



MAKE YOUR OWN

A Recipe Guide

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MAKE YOUR OWN

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MAKE YOUR OWN

Casserole

Grain + Protein + Vegetable + Seasoning + Topping

Grain – select ONE

- 3 cups cooked whole-grain pasta (macaroni, penne, spiral, bow ties)
- 3 cups cooked brown or white rice

Protein – select ONE

- 2 cups cooked dry beans or one can of beans, drained and rinsed
- 2 cups cooked lean ground beef, turkey or chicken
- 2 cups cooked and diced chicken, turkey, ham, lean beef or lean pork
- 1½–2 cups cooked or canned fish, seafood

Vegetables

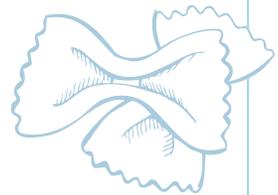
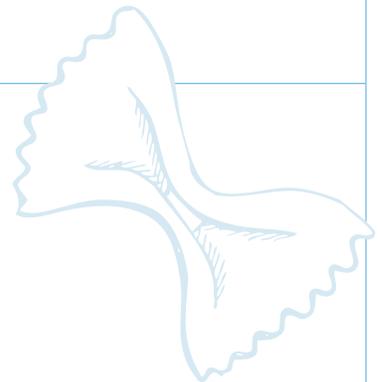
- 2–3 cups sliced fresh zucchini or summer squash
- 2–3 cups diced fresh tomatoes

Seasoning – select one or more

- ½ cup chopped celery
- ¼ cup chopped onion
- 1–2 cloves minced garlic
- 1–2 teaspoons mixed dried herbs (basil, thyme, oregano)
- Salt and pepper to taste

Topping – select one or more

- 2 tablespoons grated Parmesan cheese
- ¼ cup shredded Swiss, cheddar or Monterey Jack cheese
- ¼ cup whole-grain bread or cracker crumbs



Directions

1. Select food(s) from each box above.
2. Combine in an oiled 2½ quart casserole dish.
3. Cover and bake at 350° F for about 50 minutes–1 hour OR microwave using 50% power for about 15–30 minutes, rotating or stirring as necessary. Heat until steaming hot (165°F) throughout.



MAKE YOUR OWN

Skillet Saute

Vegetables + Seasoning + Protein + Rice

Vegetables

3 cups sliced fresh vegetables (mix up any combination of summer squash, zucchini or green peppers)

2 cups diced fresh tomatoes

Seasoning – select one or more

½ cup chopped celery

¼ cup chopped onion

1–2 cloves minced garlic

1–2 teaspoons mixed dried herbs (basil, thyme, oregano)

Salt and pepper to taste

Protein – select ONE

2 cups cooked dry beans or one can of beans, drained and rinsed

2 cups cooked ground beef, turkey or chicken

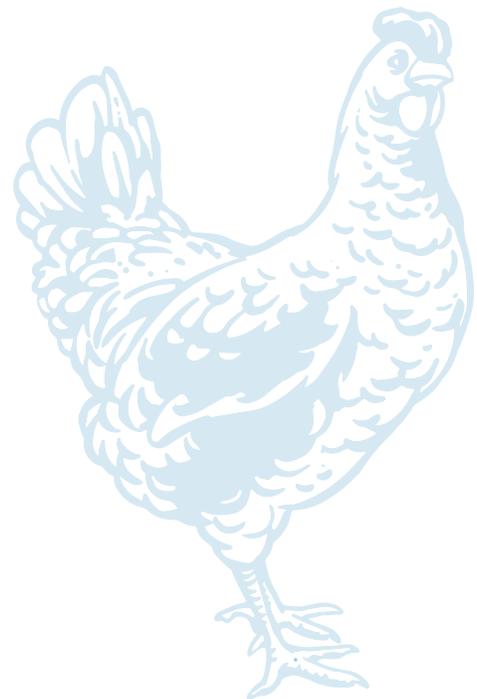
2 cups cooked and diced chicken, turkey, ham, lean beef or lean pork

Rice

½ cup uncooked instant white rice 1 cup water or broth

Directions

1. Select food(s) from each box above.
2. Heat 1 tablespoon of oil in a large frying pan over medium heat.
3. Add vegetables and seasoning. Stir.
4. Reduce heat, cover and simmer for 5–10 minutes.
5. Stir in cooked protein, rice and water.
6. Cover and cook over low heat for 20 minutes.



MAKE YOUR OWN

Soup

Onion + Vegetables + Protein + Grain + Broth + Seasoning

Vegetables (2–3 cups chopped)

- Broccoli
- Cauliflower
- Green Beans
- Peas
- Cabbage
- Corn
- Mushrooms
- Zucchini
- Carrots
- Celery
- Green Pepper
- Squash

Protein – select ONE

- 1 (16 ounce) can of beans (pinto, kidney, black or white beans), drained and rinsed
- 1 pound COOKED lean ground beef, chicken, ham or sausage
- 1 (16 ounce) can beef, chicken or ham

Grain or Starchy Vegetable – select ONE

- 3–4 cups diced potatoes
- 2 (16 ounce) cans of beans (pinto, kidney, black or white beans), drained and rinsed
- 4 ounces uncooked whole grain egg noodles, macaroni or other pasta
- ½ cup uncooked brown rice

Broth or Base – will need 4 cups (1 quart)

- 2 (16 ounce) cans low sodium vegetable, chicken or beef broth
- 4 cups water and low sodium vegetable, chicken or beef bouillon
- 1 can crushed on diced tomatoes and 2–3 cups water

Seasonings – select one or more

- 2–3 teaspoons dried herbs (oregano, basil, cumin, thyme, rosemary or parsley)
- Bay leaf
- 2–4 tablespoons fresh herbs
- Minced garlic
- Salt and pepper to taste

Directions

1. Select food(s) from each box above. Start with 1 medium (chopped) onion cooked in ¼ cup water or broth until slightly browned. Add vegetables and protein. Add remaining ingredients (except fresh herbs).
2. Partially cover pot and simmer until grains and vegetables are tender (about 20–30 minutes). Add fresh herbs. Season with salt and pepper to taste. Simmer another 5 minutes.

MAKE YOUR OWN

Stuffed Squash

Winter Squash + Stuffing (Seasoning + Protein + Grain + Topping)

SQUASH
1 medium winter squash (e.g., acorn, delicata, butternut, buttercup, Hubbard)
STUFFING
Seasoning – select one or more ½ cup chopped celery ¼ cup chopped onion 1–2 cloves minced garlic 1–2 teaspoons mixed dried herbs (basil, thyme, oregano) Salt and pepper to taste
Protein – select <u>ONE</u> 1 cup cooked dry beans or one can of beans, drained and rinsed 1 cup cooked ground beef, turkey or chicken 1 cup cooked and diced tofu or tempeh
Grain – select <u>ONE</u> 1 cup cooked brown or white rice 1 cup cooked barley, bulgur or quinoa
Toppings – Optional ½ cup shredded cheese ½ cup toasted, chopped nuts



Directions

1. Prepare squash by washing, cutting in half and scooping out the seeds. Place cut side down in a microwave-safe dish with ½ cup water. Cover and microwave on high for 5–8 minutes or until soft enough to pierce with a fork. OR prepare squash by following steps 1–5 on “How to Prepare Winter Squash in the Microwave” handout.
2. Select stuffing ingredients from each box above. Heat 1 tablespoon of oil in a large frying pan over medium heat. Add seasonings. Stir. Reduce heat, cover and simmer for 5–10 minutes.
3. Stir in cooked protein and cooked grain. Cover and cook over low heat for 10 minutes.
4. Stuff the prepared squash with the prepared stuffing. Add optional toppings.
5. Bake the stuffed squash halves on high in the microwave for 5–8 minutes or in the oven at 325°F for 15–20 minutes.

MAKE YOUR OWN

Grain Bowl

Grain + Vegetables + Protein + Sauce

Grain

Select one cup of brown rice, white rice, quinoa, couscous or whole wheat pasta

Vegetables

Choose ½ cup or more of steamed, sauteed or roasted bell peppers, onions, winter squash, broccoli, carrots, zucchini or mushrooms

Protein

Choose 2–3 ounces of cooked chicken, turkey, ground beef or poultry, ham or beans (kidney, black or cannellini)

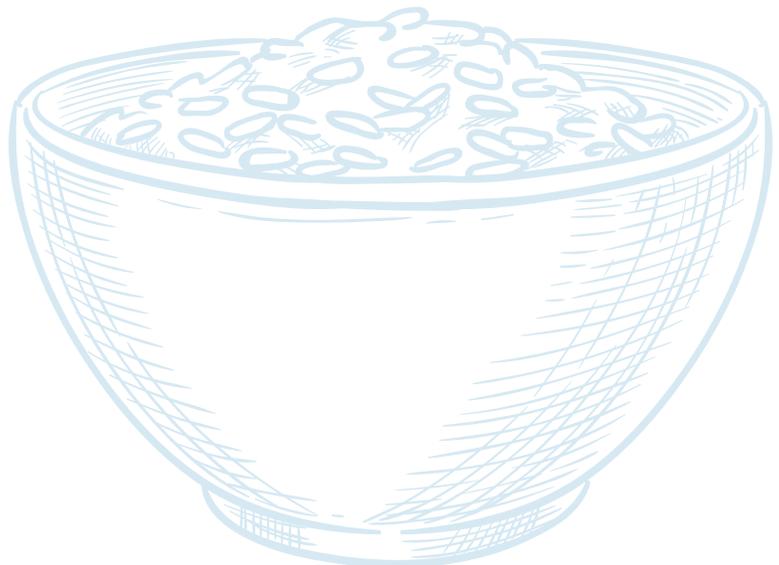
Sauces, seasonings or garnish

Add ¼–½ cup of sauce, seasoning or garnish to your grain bowl

- Teriyaki or sweet and sour sauce
- Taco sauce or salsa
- Marinara, tomato sauce or alfredo sauce
- Shredded cheese

Directions

1. Choose foods from each box above.
2. At the bottom of your bowl, start with 1 cup of grain.
3. Add vegetables.
4. Add a layer of lean, cooked protein or beans.
5. Top with a sauce, toppings, spice or a mixture of these toppings.



MAKE YOUR OWN

Roasted Root Vegetables

Vegetables + Oil + Seasoning

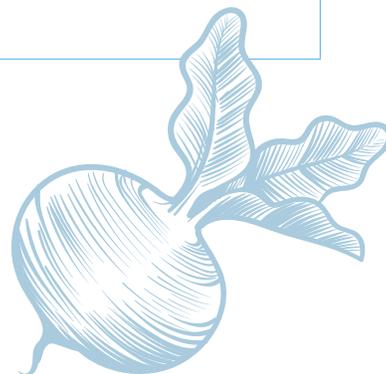
To roast root vegetables, follow the general directions below and information for specific vegetables in the chart.

Directions

1. Preheat oven to 400°F.
2. Wash and cut vegetables into uniform pieces.
3. Toss vegetables with 1 tablespoon vegetable oil (such as canola oil). Add black pepper and dried herbs and spices like basil, rosemary or tarragon.
4. Place on a lightly greased pan or baking sheet with short sides (or on a broiler pan), in a single layer.
5. Roast in the oven for 20–30 minutes, stirring after every 10 minutes or follow instructions in the chart below. Add extra time if the vegetables are cut into large pieces.
6. Vegetables are done when they are lightly browned on the edges; they develop more flavor if browned throughout.

Note: Do not pack the vegetables too closely in the pan or they will steam rather than roast.

Vegetable	Prep	How to Roast
Butternut Squash	Wash and peel. Cut into $\frac{3}{4}$ -1-inch pieces.	Roast until browned on bottom, 15 minutes. Flip and roast until tender, 10–15 minutes.
Carrots	Wash and peel. If carrot is thick, cut in half lengthwise. Cut crosswise into 1-inch pieces.	Roast until lightly browned on bottom, 12–15 minutes. Flip and roast until tender about, 5–10 minutes.

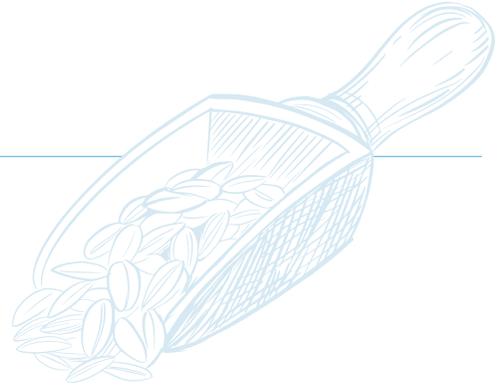




Vegetable	Prep	How to Roast
Parsnips	Wash and peel. Cut in half crosswise, halve or quarter thick end lengthwise, then cut all crosswise into 2-inch lengths.	Roast until browned on bottom, about 10 minutes. Flip and roast until tender, about 10–20 minutes.
Potatoes	Wash and peel or scrub well and dry Cut into 1-inch pieces.	Roast until browned on bottom, 10–15 minutes. Flip and roast until tender, about 10–15 minutes.
Rutabaga	Wash and peel Cut into ¾–1-inch pieces.	Roast until browned on bottom, about 10 minutes. Flip and roast until tender, about 10–20 minutes.
Sweet Potato	Wash and peel. Cut into 1-inch pieces.	Roast until browned on bottom, 10–15 minutes. Flip and roast until tender, about 10–15 minutes.
Turnips	Wash and peel. Cut into ¾–1-inch pieces.	Roast until browned on bottom, 10–15 minutes. Flip and roast until tender, about 10–20 minutes.

MAKE YOUR OWN

Oatmeal Packets



Quick Oats + Seasoning + Dried Fruit

Ingredients

½ cup quick oats

1 cup water or milk

Apple Cinnamon option

Add 1 teaspoon sugar, ¼ teaspoon cinnamon and 2 tablespoons apples (chopped and dried)

Cinnamon Raisin option

Add 2 teaspoons packed brown sugar, ¼ teaspoon cinnamon and 2 tablespoons raisins

Cinnamon Spice option

Add 1 teaspoon sugar, ¼ teaspoon cinnamon and teaspoon nutmeg

Cocoa option

Add 1 teaspoon baking cocoa and 1 teaspoon sugar or 2 teaspoons “quick-type” chocolate drink powder

Sweetened option

Add 1 teaspoon sugar or 2 teaspoons packed brown sugar

Directions

1. Put quick oats and optional ingredients into a plastic snack or sandwich bag.
2. Seal bag and store for future use.
3. When ready to use, empty packet into microwave-safe bowl.
4. Stir in 1 cup of water or milk.
5. Microwave on high 2½–3 minutes.
6. Stir before serving.

Tips

Top with dried banana chips, small pieces of walnuts or almonds, dried cranberries or other dried fruits.

This recipe is provided by Iowa State University's Spend Smart. Eat Smart.®

MAKE YOUR OWN

Bean Dip

Beans + Oil + Seasoning

Ingredients

1 can (15½ ounces) kidney beans, white beans (great northern or cannellini beans), black beans or chickpeas, drained and rinsed

2 tablespoons vegetable oil

2 teaspoons minced garlic or ¼ teaspoon garlic powder

½ teaspoon chili powder 1 teaspoon ground cumin

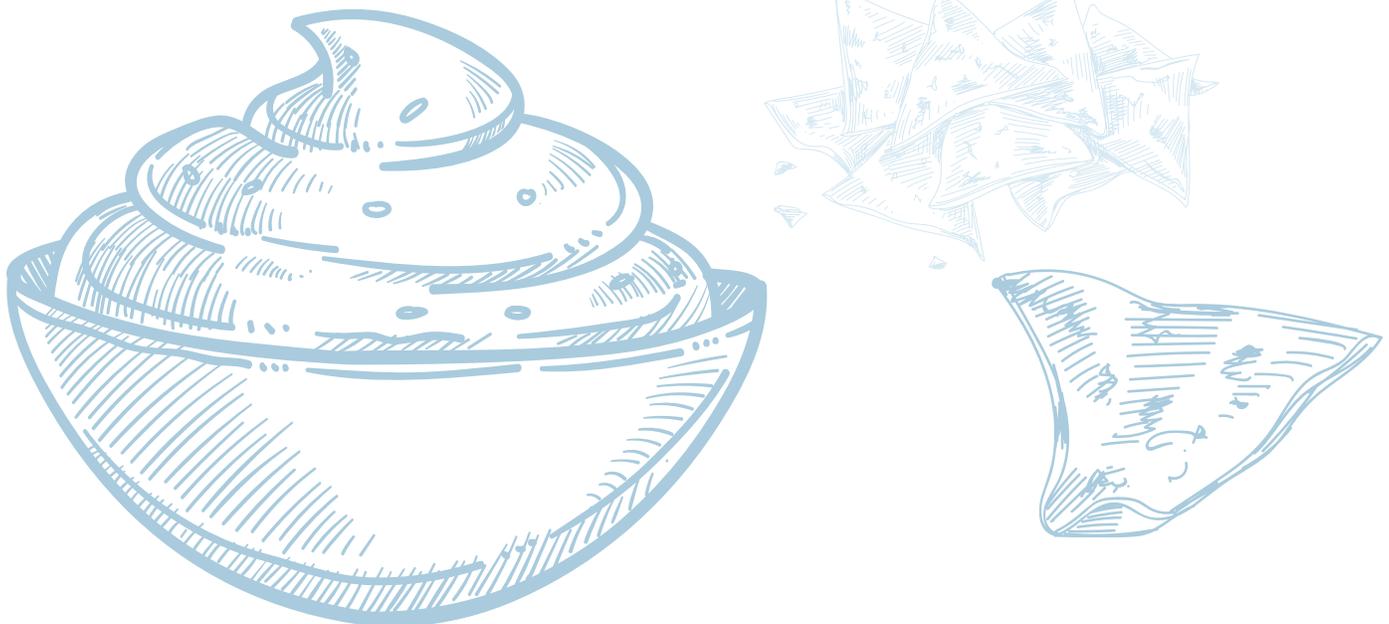
2–4 tablespoons water, if needed

Optional: ½ cup nonfat plain yogurt

Directions

1. Blend beans, oil, garlic chili powder and cumin in a blender or food processor.
2. Blend until smooth. If you do not have a blender, mash the beans and the other ingredients until smooth.
3. If the bean mixture is dry, add water 1 tablespoon at a time.
4. Once blended, transfer to a small bowl. Optional: Before transferring bean mixture to a bowl, mix in yogurt for a creamier bean dip.

Store the bean dip in the refrigerator and use within 2–3 days.



MAKE YOUR OWN

Salad Dressing

Oil + Acid + Seasoning

3 tablespoons acid	½ cup oil	1 tablespoon seasoning
<ul style="list-style-type: none">• Lemon juice• Rice vinegar• Apple cider vinegar• White wine vinegar• Red wine vinegar• Balsamic vinegar	<ul style="list-style-type: none">• Olive Oil• Canola Oil• Safflower Oil• Vegetable Oil	<ul style="list-style-type: none">• Herbs• Spices• Minced garlic• Dijon mustard• Parmesan cheese

Directions

1. Select ONE ingredient from each box above.
2. In a container with a tight-fitting lid, mix the acid and the seasonings well. Then add oil.
3. Secure the cover and shake until all ingredients are combined.

*Note: Dressing can be stored in an airtight container in the refrigerator for up to one week.



Salad Dressing Ideas

Lemon Vinaigrette

3 tablespoons lemon juice (preferably fresh)

½ cup (or less) olive oil

½ tablespoon dried oregano

OR

1 tablespoon finely minced fresh oregano

Salt and pepper to taste

Balsamic Vinaigrette

3 tablespoons balsamic vinegar

½ cup (or less) olive oil

½ tablespoon Dijon mustard

Salt and pepper to taste

Oil-Free Dressing

¼ cup orange juice

2 tablespoons balsamic vinegar

1 tablespoon Dijon mustard

2 teaspoons honey



MAKE YOUR OWN

Tips for Using Herbs and Spices



For protein sources like meat, poultry and fish, choose one or more of these herb and spice combinations:

Beef	Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
Chicken	Marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
Fish	Dill, dry mustard, marjoram, paprika, pepper
Lamb	Curry powder, garlic, rosemary, mint
Pork	Garlic, onion, sage, pepper, oregano

For vegetables, experiment with one or more of these herb and spice combinations:

Carrots	Cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage
Corn	Cumin, curry powder, onion, paprika, parsley
Green Beans	Dill, marjoram, oregano, tarragon, thyme
Potatoes	Dill, garlic, onion, paprika, parsley, sage
Summer Squash	Cloves, curry powder, marjoram, nutmeg, rosemary, sage
Winter Squash	Cinnamon, ginger, nutmeg, onion
Tomatoes	Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

Italian Seasoning	Taco Seasoning Mix	Salt-Free Seasoning Mix
2 tablespoons dried basil	4 tablespoons chili powder	1 teaspoon dried thyme
2 tablespoons dried oregano	3 tablespoons onion powder	2 teaspoons dry mustard
2 tablespoons dried rosemary	2 tablespoons ground cumin	½ teaspoon dried oregano
2 tablespoons dried parsley	2 tablespoons garlic powder	½ teaspoon onion powder
1 tablespoon dried thyme	1 tablespoon paprika	1½ teaspoon garlic powder
1 teaspoon garlic powder	2 tablespoons salt	¼ teaspoon dill weed
	1 tablespoon black pepper	2 teaspoons paprika



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