Baked Chicken with Corn Crust

Yield: 2 servings       Serving size: 1 chicken breast

Ingredients:
- 2 6oz. chicken breasts
- 1/8 tsp salt
- 1 cup corn flakes cereal, crushed into crumbs
- 1 cup 1% milk
- 1/4 tsp black pepper
- 2 tsp margarine

Directions:
1. Preheat oven to 350°F. Spray a baking sheet with nonstick spray.
2. Place milk in bowl. In another bowl, combine salt, black pepper, and corn flakes.
3. Dip chicken breasts in milk, then dip in cereal to coat the outside. Place breasts on baking sheet.
4. Place 1 tsp. margarine on top of each chicken breast.
5. Bake for 20-30 minutes or until chicken is cooked through.

Crunchy Potato Casserole

Yield: 8 servings       Serving size: 3/4 cup

Ingredients:
- 2 pounds potatoes, peeled and grated
- 1/4 cup margarine, melted
- 1 can (10oz) cream of chicken soup
- 1 cup low-fat cheddar cheese, shredded
- 2 cups corn flakes cereal, crushed into crumbs
- 1/4 tsp black pepper

Directions:
1. Preheat oven to 350°F.
2. Combine potatoes, margarine and black pepper in a large bowl.
3. Add onion soup, sour cream, and cheese, mix well.
4. Pour into a 13x9 inch baking dish and sprinkle with corn flakes.
5. Bake for 45 minutes.

Beef and Noodle Casserole

Yield: 10 servings       Serving size: 1/10 of recipe

Ingredients:
- 1/2 pound egg noodles
- 1 pound ground beef
- 1 (15oz) can diced tomatoes, drained
- 3/4 cup light sour cream
- 1 tsp dried basil
- 3/4 cup low-fat cheddar cheese

Directions:
1. Preheat oven to 350°F. Cook noodles. Drain and set aside.
2. Cook ground beef on medium high until beef is browned. Drain.
3. Add tomatoes, sour cream and basil. Stir well. Cover on low heat for 10 minutes.
4. Place noodles into baking dish, add beef and tomato mixture and toss well to coat. Sprinkle with cheese.
5. Bake for 30 minutes or until cheese is melted.

Dutch Green Beans

Yield: 4 servings       Serving size: 1/4 of recipe

Ingredients:
- 1 can (15ounces) green beans
- 1/2 cup bean liquid
- 1/4 cup brown sugar
- 1/3 cup vinegar
- 1/2 cup bean liquid
- 1 tsp cornstarch
- 1 small sliced onion

Directions:
1. Drain the green beans and save the liquid in a small bowl.
2. Pour 1/2 cup green bean liquid into the saucepan.
3. Add the cornstarch in the green bean liquid. Stir well.
4. Add the vinegar and brown sugar.
5. Put on medium heat and bring to a boil. Turn the heat to low.
6. Add the green beans and onions. Heat and serve.
Cooking Up A Holiday Meal

Baked Apples and Sweet Potatoes
Yield: 6 servings
Serving size: 1/6 of recipe
Ingredients:
- 5 cooked sweet potatoes
- 4 apples, peeled, cored and sliced
- 1/4 cup margarine
- 1/4 cup hot water
Directions:
1. Boil the sweet potatoes until tender. After cooling, peel and slice.
2. Put a layer of sweet potatoes on the bottom of a casserole dish. Add a layer of apple slices. Add some sugar, salt, and tiny pieces of margarine to the apple layer.
3. Repeat step 2 to make additional layers. On the top layer of apples, sprinkle the rest of the brown sugar and margarine pieces. Sprinkle the top layer with nutmeg.
4. Mix the hot water and honey together. Pour over the top layer.
5. Bake for 30 minutes at 400°F until the apples are tender.

Corn Bread
Yield: 12 servings
Serving size: 2 inch square
Ingredients:
- 1 cup cornmeal
- 1 cup all purpose flour
- 2 Tbsp sugar
- 1 Tbsp baking powder
- 1 egg
- 1/4 cup vegetable oil
Directions:
1. Heat oven to 425°F. Grease 8- or 9-inch square pan.
2. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack and beat egg with a fork to combine white and yolk. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.
4. Pour batter into prepared pan and bake 20 to 25 minutes, until firm to touch.

Pumpkin Bars
Yield: 8 servings
Serving size: 1/2 cup
Ingredients:
- 1 (15oz) can pumpkin
- 1/2 cup water
Directions:
1. Preheat oven to 350°F. Grease a 10x15 inch baking pan. Set aside.
2. In a large bowl, combine all ingredients until well blended.
3. Bake for 15 to 20 minutes or until a toothpick inserted near the center comes out clean.

Peach Crisp
Yield: 4 servings
Ingredients:
- 1 can peaches
- 1 Tbsp brown sugar
- 1 Tbsp cinnamon
- 1/2 Tbsp nutmeg (optional)
- 1 cup low fat granola
Directions:
1. Pour peaches into microwave safe dish.
2. Sprinkle brown sugar, cinnamon, nutmeg, and low fat granola.
3. Heat for 2 minutes.

Recipe sources: TEFAP, University of Nebraska-Lincoln Extension, Indiana's Food for the Hungry
Provided by Indiana's Food for the Hungry, www.cfs.purdue.edu/safefood/sfhungry.html