Build a Pyramid Skillet Meal

This recipe, using the ingredients listed under the Nutrition Facts label, is a good source of iron, which carries oxygen in our blood. Choosing different ingredients will provide other nutritional benefits.

Grains	Veggies	Meat/Beans	Sauce	Spices	Topping
1 cup uncooked (4 oz. dry)	1 1/2-2 cups fresh, frozen, canned, or dried	1 cup cooked, cut bite size	2 1/4 cups liquid total	1/2 teaspoon	3-4 tablespoons
Bulgur Pasta • Couscous • Lasagna, broken • Macaroni • Rotini • Shells • Spaghetti, broken Rice • Brown • White Quinoa	Asparagus Bell Peppers Broccoli Cabbage Carrots Cauliflower Celery Corn Green beans Lima beans Mixed Veggies Mushrooms Onions Peas Potatoes Spinach Squash Tomatoes Zucchini	Beans •Black •Pinto •Kidney Chicken Eggs Fish •Mackerel •Tuna •Salmon Ham Hamburger Lentils Peanut Butter Soy •Crumbles •Dry mix Tofu Turkey TVP (Textured Vegetable Protein)	*Add water or milk to make 2 1/4 cups when added to any of the following:* Broth Cream Soup • Celery • Chicken • Mushroom • Potato Other Soup • Tomato • Onion Sauce •Spaghetti •Tomato •White	Basil Chili powder Cilantro Garlic powder Ginger Onion flakes/ powder Oregano Paprika Parsley Salt and Pepper Soy Sauce Thyme	Bread crumbs Cereal, crushed Cheese, grated or sliced Corn chips Crackers, crushed Nuts • Almonds • Hazelnuts • Walnuts Peanuts **Fruit** Canned Dried Fresh Frozen

Nutrition Facts

Serving Size 1 cup (229g)
Servings Per Container 4

Amount Per Serving

Calories 350	Calories from Fat 120
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 4.5g	**23%**
Trans Fat 0.5g	
Cholesterol 50mg	**17%**
Sodium 540mg	**23%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 3g	**12%**
Sugars 5g	
Protein 23g	

Vitamin A 4% • Vitamin C 8%
Calcium 4% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

This nutrition label is based on
1 cup pasta
1 1/2 cup peas
1/2 cup onions
1 cup hamburger
2 1/4 cups cream of mushroom soup

This skillet meal guide is to help you plan meals using food items that can be found in your cupboard and refrigerator.

Directions:

1. Choose one or more item from each column, all items should be bite size.
2. Stir foods together in a skillet.
3. Bring to a boil.
4. Reduce heat to lowest setting. Cover pan and simmer 30 minutes until rice, bulgur, pasta or quinoa is tender. Stir occasionally. Add more liquid as needed.
5. Add topping before serving.
6. Refrigerate leftovers within 2-3 hours.

Source: 2006. Adapted from WSU Extension publication EM4712 by Holly Pederson, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, see our web site at http://healthyrecipes.oregonstate.edu.

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