

Muffin Meat Loaf

Servings: 6

Ingredients:

- 1 egg
- ½ cup non-fat milk
- ¾ cups crackers, crushed
- 1 pound lean ground beef
- 3 tablespoons chopped onion
- ¼ cup ketchup
- 1 tablespoon brown sugar (optional)

Directions:

1. Preheat oven to 350°F.
2. Combine the egg, milk, crackers, beef and onion in a bowl and mix well.
3. In a separate container, mix the ketchup and brown sugar (if desired). Divide mixture among 6 greased muffin cups.
4. Spoon the meat mixture into muffin cups.
5. Bake for 1 hour, or until temperature in center of meat loaf is 160°F.
6. Cool slightly before removing from muffin cups.
7. Enjoy! Refrigerate leftovers immediately.



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Cheese Sticks

Servings: 6

Ingredients:

- 6 ounces mozzarella string cheese or cheese of choice
- 1 egg
- 1 cup crackers, finely crushed
- ½ cup marinara sauce, warmed (optional)
- Non-stick cooking spray

Directions:

1. Wash hands and surfaces. Preheat oven to 400°F.
 2. Line a baking sheet with foil and spray lightly with cooking spray.
 3. Remove cheese from package and cut in half.
 4. Place crushed crackers in bowl. Beat egg in a separate bowl.
 5. Dip each piece of cheese in egg and then into crushed cracker, coating completely. Place on baking sheet about 1 ½ inches apart.
 6. Bake 5 to 6 minutes or until heated through. Cheese may melt slightly and lose shape. Simply press it back into place.
 7. Dip in warmed marinara sauce and enjoy!
 8. Refrigerate leftovers immediately.
- *Optional: For additional flavor, add ½ teaspoon of dried oregano and dried basil to crushed crackers.

Tuna Noodle Casserole

Servings: 4

Ingredients:

- 2 cans (6-ounce) tuna, drained
- 1 can (10.5-ounce) condensed 98% fat-free cream of mushroom soup
- 1 can (15-ounce) peas, drained
- 1 cup shredded low-fat Cheddar cheese
- 2 ¼ cup cooked noodles of your choice
- 1 cup crushed butter or salted crackers
- ½ cup melted butter

Directions:

1. Wash hands and surfaces. Preheat oven to 375°F.
2. In medium-size bowl, combine soup, noodles, tuna, cheese and peas.
3. Spread mixture into 9-by-13-inch baking dish.
4. Combine crushed crackers and melted butter in bowl and sprinkle evenly over top casserole.
5. Bake uncovered 20 to 25 minutes or until crackers turn golden brown.
6. Enjoy! Refrigerate leftovers immediately.



Simple Oven-Baked Chicken

Servings: 4

Ingredients:

- 4 skinless chicken breasts
- ½ cup melted butter or margarine
- 2 cups crushed salted or buttered crackers

Directions:

1. Wash hands and surfaces. Preheat oven to 350°F.
2. Dip chicken into bowl with melted butter or margarine.
3. In separate bowl, coat chicken with crushed cracker crumbs.
4. Place on baking sheet lined with foil.
5. Bake for 1 hour, or until temperature in center is 165°F.
6. Enjoy! Refrigerate leftovers immediately.

***Optional:** Try substituting the chicken in this recipe with pork. Please note that pork must be cooked to an internal temperature of 145°F.



Lemon Velvet Supreme

Servings: 6

Ingredients:

- 2 cups fat-free vanilla yogurt
- 3 tablespoons instant lemon pudding mix
- 8 graham crackers squares, crushed
- 1 can (4-ounce) mandarin orange slices, drained

Directions:

1. Wash hands and surfaces.
2. Combine vanilla yogurt and pudding mix. Gently stir together.
3. Layer bottom of 1 ½-quart serving dish with crushed graham crackers.
4. Immediately pour pudding mixture over cracker crumbs.
5. Top with mandarin orange slices or your favorite fruit.
6. Enjoy! Refrigerate leftovers immediately.

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COOKING TERMS:

BEAT: To mix rapidly in order to make a mixture smooth and light by incorporating as much air as possible

Measurement Equivalents:

3 teaspoons	= 1 tablespoon
4 tablespoons	= ¼ cup
5 ⅛ tablespoons	= ⅓ cup
16 tablespoons	= 1 cup
2 cups	= 1 pint
4 cups (2 pints)	= 1 quart
4 quarts (liquid)	= 1 gallon

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