Beef Macaroni and Cheese

Makes: 4 servings
Serving Size: 1 cup

Make a healthy choice – buy whole grain pasta.

Ingredients:

¾ pound lean ground beef

1 ½ cups water

1 cup uncooked whole grain pasta

1 (15-ounce) can diced tomatoes

2 Tablespoons Italian seasoning

½ cup grated low-fat cheddar cheese

Directions:

1. Brown beef in a large skillet.

2. Drain fat.

3. Add water, macaroni, tomatoes, and Italian seasoning to the pan with the beef. Stir.

4. Bring to a boil, reduce heat to low and simmer covered for 15 to 20 minutes or until macaroni is tender.

5. Remove from heat and add ½ cup grated cheese.

6. Refrigerate leftovers.

Try with a fruit salad made with canned fruit packed in 100% juice, mixed with some fresh apples and bananas to make a complete meal.

See our recipe inside!

Three Can Chili

Makes: 6 servings
Serving Size: 1 cup

Ingredients:

1 (15-ounce) can beans (pinto, kidney, red, or black) rinsed and drained

1 (15-ounce) can corn, rinsed and drained or 10-ounce package frozen corn

1 (15-ounce) can crushed or diced tomatoes, not drained

1 Tablespoon chili powder

Directions:

1. In a large pot, combine beans, corn, and tomatoes.

2. Add chili powder and stir.

3. Cook over medium heat for 20-30 minutes until heated through.

4. Refrigerate leftovers.

Serve with a green salad and some whole grain bread to make a great meal.

DHS
MARYLAND DEPARTMENT OF
HUMAN SERVICES

SNAP
Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

UNIVERSITY OF
MARYLAND
EXTENSION

**FSNE**

Plan, Shop, and Save

Stretch your food dollars and make healthy and delicious family meals with these tips and recipes.

- Check your pantry and freezer to plan meals around foods you already have.

- Start with canned foods, dried beans, whole grain pasta, rice, and frozen vegetables.

- Make a shopping list for the foods you need to complete each meal.

- Read unit price labels to save money. Learn how inside!

For more information about healthy food choices and money saving tips visit:

www.eatsmart.umd.edu
facebook.com/EatSmartMD
www.choosemyplate.gov

Plan Ahead to Save Time and Money
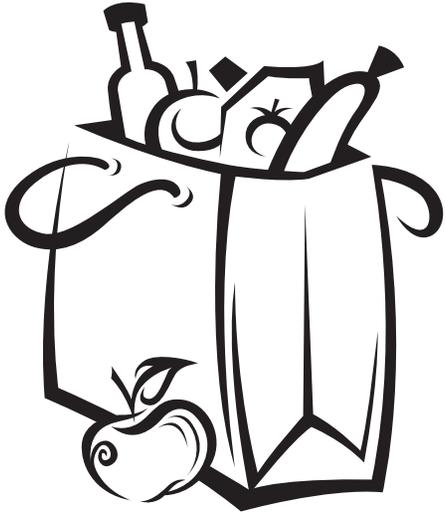
- Read store sale fliers to save money before going food shopping.

- Bring clean, reusable shopping bags to the store. Some stores will give you a discount for each bag you bring.

- Buy only the items your family will use. Large-size items at a low price are only a bargain if you will use them before they spoil.

- Choose store brands instead of name brands. They usually cost less.

- Read unit price labels on store shelves to make sure you are getting the best price.

Compare Unit Price Labels to Save Money

In most stores the unit price of a food item is shown on a sticker on the grocery store shelf below each item.

The unit price label shows the price per unit (per ounce or per pound). You can use this information to compare the price of a similar item in different sizes or brands.

Here is an example using 2 cans of pears in different sizes:

Canned pears, 16 ounces, costs $1.00

UNIT PRICE
$0.06
PER OUNCE
12 745
RETAIL PRICE
$1.00
CANNED PEARS
16 OZ. CAN
0111022287   03/14/13

Canned pears, 28 ounces, costs $1.35

UNIT PRICE
$0.04
PER OUNCE
12 463
RETAIL PRICE
$1.35
CANNED PEARS
28 OZ. CAN
4219745293   02/14/13

At $0.04 an ounce, the bigger can is the better buy. It costs less per ounce.

Fruit Salad

Make a healthy choice: Buy canned fruit packed in 100% juice instead of in heavy syrup.

Makes: 6 servings

Serving Size: ½ cup

Ingredients:

1 (8-ounces) can fruit cocktail, drained
1 (8-ounces) can pineapple, drained and diced
1 apple washed and chopped
1 medium banana, sliced

Topping:
½ cup vanilla low-fat yogurt
pinch cinnamon
pinch nutmeg

Directions:

1. Combine fruit cocktail, pineapple, apple, and banana in a medium sized bowl.

2. In a small bowl, mix yogurt, cinnamon and nutmeg.

3. Divide fruit into 6 small bowls.

4. Top each serving of fruit with some of the yogurt and spice mixture.

5. Refrigerate leftovers.