



# *Quick to Fix Recipes from Foodhero.org*

**Personalized Pasta Salad  
No Bake Tuna Casserole  
Ham and Vegetable Chowder  
Veggie Skillet**





## Personalized Pasta Salad



### Ingredients

- 2 cups uncooked pasta, such as macaroni or rotini
- 1/2 cup reduced-fat salad dressing
- 2 cups cooked, cubed chicken
- 1 medium tomato, chopped
- 1 medium red or green bell pepper, cut in 1" pieces
- 1/2 medium red onion, diced
- 1 can (4 ounces) sliced black olives

### Directions

1. Measure 6 cups of water into a large pan.
2. Bring water to a boil over high heat and add pasta. Cook until tender (about 8 to 10 minutes), stirring occasionally. Drain. Rinse with cold water to cool quickly; drain well.
3. Add dressing; toss lightly.
4. Add meat and vegetables, and toss again.
5. Chill until ready to serve.
6. Refrigerate leftovers within 2 hours.

### Notes

Substitute cooked beef, pork, tuna, turkey, shrimp, or hard-boiled egg for the chicken.

Serving Size 1/2 cup  
Yield 8 Servings  
Prep time: 10 minutes  
Cooking time: 15 minutes

### Nutrition Facts

Serving Size 1/2 cup (130g)  
Servings Per Container 8

Amount Per Serving		% Daily Value*	
<b>Calories</b>	220	<b>Calories from Fat</b>	50
<b>Total Fat</b>	6g		9%
Saturated Fat	1g		5%
Trans Fat	0g		
<b>Cholesterol</b>	35mg		12%
<b>Sodium</b>	250mg		10%
<b>Total Carbohydrate</b>	26g		9%
Dietary Fiber	2g		8%
Sugars	2g		
<b>Protein</b>	15g		
Vitamin A	4%	Vitamin C	25%
Calcium	4%	Iron	10%

\*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

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# No Bake Tuna Casserole



## Ingredients

- 3 ounces reduced fat cream cheese
- 8 ounces egg noodles (4 1/2 cups dry)
- 1 can condensed cream of chicken soup, reduced sodium (10 1/2 ounce)
- 1 teaspoon chicken bouillon
- 1 can tuna, drained (6 1/2 or 7 ounce)
- dash pepper
- 1/4 teaspoon onion powder
- 1 teaspoon prepared mustard
- 1/3 cup non-fat or 1% milk

## Directions

1. Cook noodles using package directions and drain well.
2. Soften the cream cheese and mix in the soup.
3. Add remaining ingredients except noodles and stir well.
4. Gently mix in cooked noodles and serve.
5. Refrigerate leftovers within 2 hours.

## Notes

- Cream of Mushroom or Cream of Chicken Mushroom soup can be substituted for Cream of Chicken.
- A microwave works well to soften cream cheese.
- Reheat the casserole in the microwave if it has cooled before serving.

Serving Size 1 cup  
Yield 6 Servings  
Prep time: 5 minutes

## Nutrition Facts

Serving Size about a cup (169g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 270	<b>Calories from Fat</b> 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 21g	
Vitamin A 8%	• Vitamin C 0%
Calcium 6%	• Iron 15%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
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# Ham and Vegetable Chowder



## Ingredients

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 1/2 head cabbage, chopped (3-4 cups)
- 1 large potato, peeled and diced
- 2 cans (14 1/2 ounces) low-sodium, fat-free chicken broth
- 2 cans (15 ounces) cream-style corn
- 1 cup chopped lean (8% fat) ham
- 1/2 teaspoon black pepper
- 1/2 cup cheddar cheese, grated

## Directions

1. Heat oil in large pot. Saute onion, cabbage, and potato over medium heat, stirring often, until soft, about 10 minutes.
2. Add chicken broth, corn, ham, and pepper.
3. Cover and simmer until potato is tender, about 10 minutes
4. Serve hot, sprinkled with cheese.
5. Refrigerate leftovers within 2 hours.

## Notes

Leave skin on potato for added fiber.

Serving Size 1 cup  
Yield 10 Servings  
Prep time: 15 minutes  
Cooking time: 20 minutes

## Nutrition Facts

Serving Size 1 cup (260g)  
Servings Per Container 10

Amount Per Serving		% Daily Value*	
<b>Calories</b>	160	<b>Calories from Fat</b>	45
<b>Total Fat</b>	5g		8%
Saturated Fat	2g		10%
Trans Fat	0g		
<b>Cholesterol</b>	15mg		5%
<b>Sodium</b>	430mg		18%
<b>Total Carbohydrate</b>	23g		8%
Dietary Fiber	3g		12%
Sugars	5g		
<b>Protein</b>	8g		
Vitamin A	2%	Vitamin C	30%
Calcium	6%	Iron	6%

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

Calories per gram:  
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# Veggie Skillet Eggs



## Ingredients

- 6 medium or large eggs
- 1/4 teaspoon pepper
- 1/2 teaspoon oregano or basil
- 1/2 cup shredded cheese (1 1/2 ounces)
- 2 teaspoons vegetable oil
- 1 small onion, chopped (about 2/3 cup)
- 1 clove garlic, chopped (or 1/8 teaspoon garlic powder)
- 2 cups fresh, canned or frozen mixed vegetables (green beans, zucchini, peas, corn, broccoli, mushrooms)
- 1 medium tomato, sliced

## Directions

1. Beat eggs with pepper, oregano or basil, and cheese in a medium bowl.
2. Heat oil in a 9 inch frying pan. Add onions, garlic, and other vegetables and cook on medium until soft.
3. Pour egg mixture over vegetables. With knife or spatula, lift outer edges of eggs so egg mixture flows to the bottom of the pan.
4. Cook until eggs are set, about 6 minutes. Top with tomato slices.
5. Cut into 8 wedges; serve hot.
6. Refrigerate leftovers within 2 hours.

Serving Size 1 wedge  
Yield 8 Servings  
Prep time: 5 minutes  
Cooking time: 5 minutes

## Nutrition Facts

Amount Per Serving		% Daily Value*	
Serving Size 1 wedge (115g) Servings Per Container 8			
<b>Calories</b> 80	<b>Calories from Fat</b> 45		
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 145mg			<b>48%</b>
<b>Sodium</b> 110mg			<b>5%</b>
<b>Total Carbohydrate</b> 5g			<b>2%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 2g			
<b>Protein</b> 6g			
Vitamin A 15%		Vitamin C 25%	
Calcium 4%		Iron 6%	
*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
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