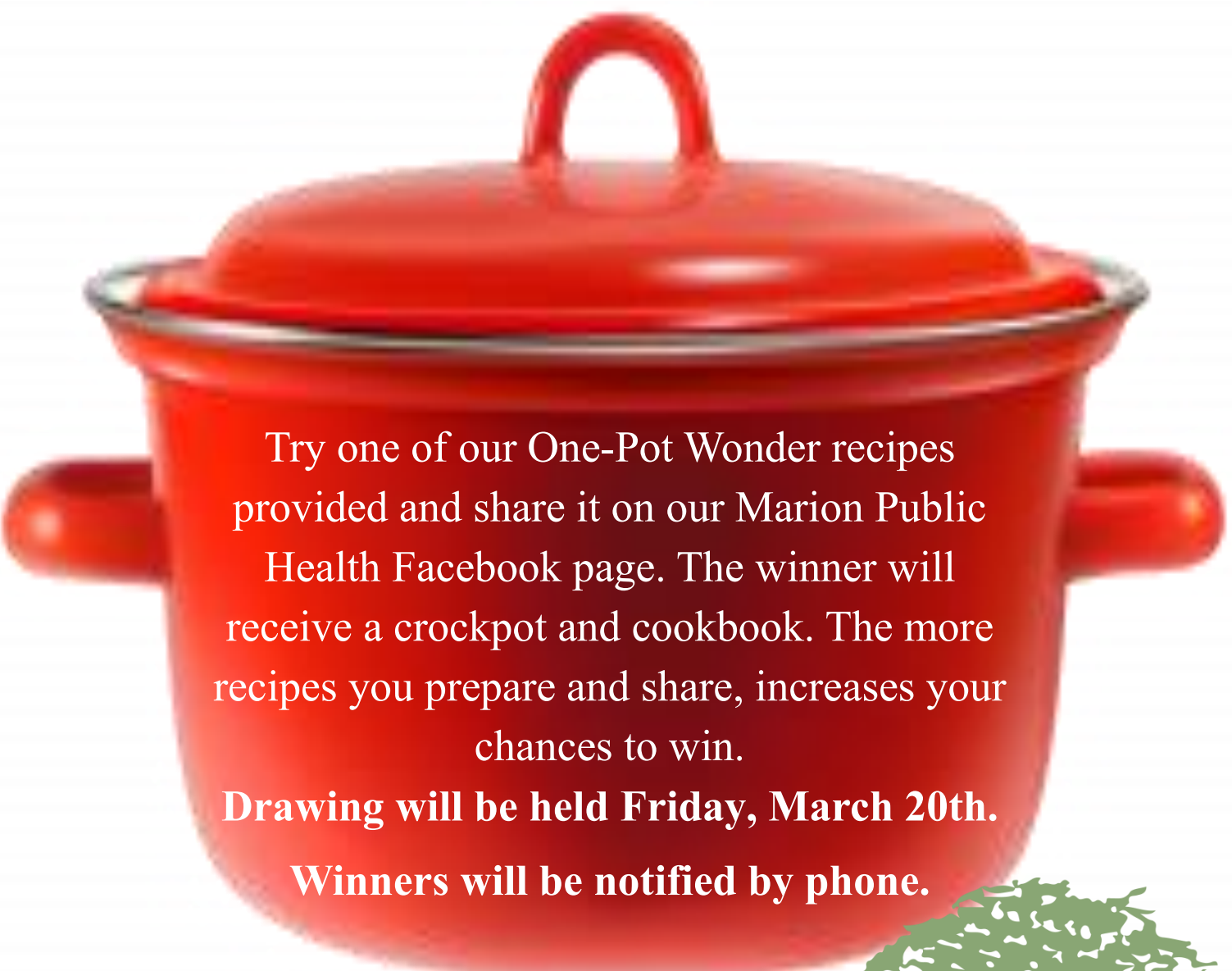


One-Pot Wonder Cooking Contest



Try one of our One-Pot Wonder recipes provided and share it on our Marion Public Health Facebook page. The winner will receive a crockpot and cookbook. The more recipes you prepare and share, increases your chances to win.

Drawing will be held Friday, March 20th.

Winners will be notified by phone.

Official Rules

1. Try one of our **One-Pot Wonder** recipes provided in this cookbook. Or, if you have a one-pot meal you already enjoy that would spotlight a whole grain choice (see details below) you can share that with us too.
2. Snap a picture of you and your family enjoying the meal. Smile! We will be watching!
3. Share it with us by posting it on our **Marion Public Health Facebook Page** in the pinned post at the top of the page. You can also direct message Marion Public Health through Facebook with a photo of your meal.

The more recipes you prepare and share with us increases your chances to win!

Drawing will be held Friday, March 20th. The **WINNER** will receive a crockpot and cookbook! The winner will be notified by phone.

Ready... Set... GET COOKIN!

Choose foods that are naturally whole grains

- ✓ Some foods like oatmeal and brown rice are always whole grains.

Check the information on the package

- ✓ Buy bread, cereal, tortillas, and pasta with "100% Whole Grain" or "100% Whole Wheat" on the package.
- ✓ Check the ingredient list to see if the food is made from whole grains. Look for the word "whole" before the first ingredient.



Recipe *Chicken Ramen Noodle Dump Dinner*

Level Easy

Total Time 45 min

Yields 8servings



Kick up the nutritional value by switching out the ramen noodles for a 100% whole grain option like brown rice or 100% Whole Wheat Pasta.

Ingredients

Six 3 oz. packages of chicken-flavored ramen noodles. (Reserve 1 packet)

One 8 oz. container scallion cream cheese

4 cups milk

2 cups rotisserie chicken (skin and bones discarded)

One 10.8 oz. bag of frozen broccoli florets

8 oz. shredded cheddar



Directions

Preheat oven to 400 degrees F.

Put the ramen squares in a single layer covering the bottom of a 13-by-9 inch baking dish. Whisk together the cream cheese, milk and the 1 reserved flavor packet from the ramen in a medium bowl. Pour the mixture over the ramen. Scatter the chicken over the sauce and noodles and then scatter the broccoli. Sprinkle with cheddar, making sure to distributive it evenly across the whole casserole.

Bake until the noodles are cooked through, the cream sauce is bubbly and the cheese melts, 30-35 minutes.

**Foods with the following words
on the label are usually
NOT
100% whole-grain products.**

7 grains
Multi-grain
100% wheat
Contains whole grain

Bran
Cracked wheat
Made with whole grains
Made with whole wheat

Recipe *Sheet Pan Fried Rice*

Level Easy

Total Time 45 min

Yields 4 servings.



Ingredients

4 cups cooked rice (preferably leftover and slightly dry)

5 scallions, white and dark green parts separated, thinly sliced

2 large carrots, peeled and grated using the large holes on a box grater

3/4 cup frozen peas, thawed

2 garlic cloves, finely grated

1 tablespoon finely grated ginger

1/4 cup vegetable oil

1/4 cup soy sauce

3 tablespoons seasoned rice wine vinegar

1 tablespoon sesame oil

3 large eggs, beaten to blend

3/4 pound medium shrimp, peeled and deveined, tails removed

Toasted sesame seeds and sriracha, for serving

Directions

Preheat oven to 475 degrees F.

Toss together the rice, white and light green parts of the sliced scallions, carrots, peas, garlic, ginger, vegetable oil, soy sauce, vinegar and sesame oil in a large bowl until the rice is completely coated. Spread on a sheet pan and bake until the rice begins to toast on the outer edges, about 15 minutes. Toss the rice on the sheet pan using a metal spatula, scraping up any stuck-on pieces. Drizzle the eggs over the rice and nestle in the shrimp.

Continue baking until the shrimp and eggs are cooked through, 5 to 10 minutes more. Top with the sesame seeds and reserved dark green scallions and divide among 4 plates. Serve with sriracha on the side.



Add your favorite frozen veggies to make it your own. Kick up the nutritional value of your meal by using brown rice.

Recipe *Sheet-Pan Bacon Egg Sandwiches for a Crowd*

Level Easy

Total Time 55 min

Yields 16 sandwiches.



Directions

Preheat the oven to 350 degrees F.

Spread the bacon pieces in a single layer on an 18-by13-inch sheet pan and drizzle with vegetable oil. Bake until crisp and lightly browned, about 15 minutes, stirring halfway through. Remove the pan from the oven but do not drain the fat or remove the bacon. Reduce the oven temperature to 300 degrees.

Meanwhile, whisk the eggs, half-and-half, scallions, 2 teaspoons salt and 1/4 teaspoon pepper together in a large bowl. Redistribute the bacon evenly on the sheet pan, then pour the egg mixture over and top with tomatoes and cheese. Return the pan to the oven, being careful not to spill, and bake until the eggs are just set, about 25 minutes.

Let the eggs cool 5 minutes before cutting. Meanwhile warm the buns in the oven on a separate baking sheet. Use a knife or pizza cutter to cut the eggs into 16 even portions and place them between the bun halves. Serve the sandwiches with hot sauce on the side.



Switch out the sandwich rolls for 100% Whole Wheat Tortillas for egg roll-ups on the go and increase your fiber.

Recipe *One-Pot Beef & Pepper Stew*

Level Easy

Total Time 40min

Yields 8 servings

Ingredients

1 pound lean ground beef (90% lean)
3 cans (14-1/2 ounces each) diced tomatoes, undrained
4 large green peppers, coarsely chopped
1 large onion, chopped
2 cans (4 ounces each) chopped green chiles
3 teaspoons garlic powder 1 teaspoon pepper
1/4 teaspoon salt
2 cups uncooked brown rice
Hot pepper sauce, optional

Directions

In a 6-qt. stockpot, cook beef over medium heat 6-8 minutes or until no longer pink, breaking into crumbles; drain.

Add tomatoes, green peppers, onion, chilies and seasonings; bring to a boil. Reduce heat; simmer, covered, 20-25 minutes or until vegetables are tender.

Prepare rice according to package directions. Serve with stew and, if desired, pepper sauce.



Get the kids involved by letting them add ingredients to the pot. Be happy knowing you are offering them wholesome foods like brown rice.



Recipe *Mama's Italian Wedding Soup*

Prep 20 min

Total Time 45 min

Ingredients

- 1 pound extra-lean ground beef
- 2 eggs, beaten
- 1/4 cup dried bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon dried basil
- 3 tablespoons minced onion
- 2 1/2 quarts chicken broth
- 2 cups spinach - packed, rinsed and thinly sliced



Directions

In a medium bowl, combine the beef, egg, bread crumbs, cheese, basil and onion. Shape mixture into 3/4-inch balls and set aside.

In a large stockpot heat chicken broth to boiling; stir in the spinach, pasta, carrot and meatballs. Return to boil; reduce heat to medium. Cook, stirring frequently, at a slow boil for 10 minutes or until pasta is al dente, and meatballs are no longer pink inside.

Serve hot with Parmesan cheese sprinkled on top.

Why Eat Whole Grains

- ✓ Eating whole grains may reduce the risk of heart disease and diabetes.
- ✓ Eating foods containing fiber, like whole grains, may improve digestion and reduce constipation.
- ✓ Eating whole grains keeps you fuller longer and may help manage body weight.
- ✓ Eating grain products with added folic acid before and during pregnancy helps prevent birth defects.

Recipe *One-Pot Chicken Pesto Pasta*

Total Time 30 min

Yields 4 Servings



Ingredients

1 pound boneless skinless
chicken thighs, cut into 1-inch
Pieces

1 teaspoon salt-free seasoning
blend

2 teaspoons olive oil

1 can (14-1/2 ounces)
reduced-sodium chicken broth

2 tablespoons lemon juice

1 cup uncooked spiral pasta

2 cups fresh broccoli florets

1 cup frozen peas

1/3 cup prepared pesto

Directions

Toss chicken with seasoning blend. In a large non-stick skillet, heat oil over medium-high heat. Add chicken and brown evenly; remove from pan.

In same pan, combine broth and lemon juice; bring to a boil, stirring to loosen browned bits from pan. Stir in pasta; return to a boil. Reduce heat; simmer, covered, 10 minutes.

Add broccoli; cook, covered, 5 minutes. Return chicken to pan; cook, covered, until pasta is tender and chicken is no longer pink, 2-3 minutes longer, stirring occasionally. Add peas;



Use frozen vegetable in a pinch and Rotini or Penne pasta that is 100% Whole Wheat.

Recipe *Apple Oatmeal*

Level Easy

Total Time 5 hours

Ideal slow cooker size 3 quarts

Ingredients

2 cups fat-free milk

1 cup water

1 Tbsp. honey

1 Tbsp. coconut oil

1/4 tsp Kosher salt

1/2 tsp cinnamon

1 cup steel cut oats

1 cup chopped apples

1/2 cup chopped walnuts

1 Tbsp. sugar



Directions

Grease the inside of the slow cooker crock.

Add all ingredients to the crock and mix.

Cover. Cook on low for 3-5 hours.



If you see the stamp below on your grains rest assured that you are getting some whole grains. 100%, 50% plus or the product may have some whole grains but is mainly made of refined grains.



Recipe *Festive Applesauce*

Level Easy

Total Time 6 hours

Ideal slow cooker size 5 quarts

Ingredients

8 medium apples, mixed variety,
peeled and cubed

5 pears, peeled and cubed

1 cup frozen or fresh cranberries

1-inch piece fresh ginger root,
minced

3 Tbsp. maple syrup

1/2 cup apple cider

3 tsp. ground cinnamon

1/4 tsp. ground nutmeg

1/4 tsp. ground cloves

Pinch salt

Juice and zest of 1 lemon

Directions

Combine all ingredients in slow cooker except the lemon zest and juice.

Cover and cook on low for 6 hours, until apples and pears are soft and falling apart.

Stir in lemon zest and juice. Serve hot, warm, or chilled.



Mix up the flavors by adding your favorite fresh or frozen fruit. You can use your applesauce to sweeten your oatmeal naturally.



Recipe *Fresh Veggie Lasagna*

Total Time 4.5 hours

Yields 4-6 Servings.

Ideal Slow Cooker size 4-5 quarts

Ingredients

1 1/2 cups shredded low-fat mozzarella cheese
1/2 cup low-fat ricotta cheese
1/3 cup grated Parmesan cheese
1 egg, lightly beaten
1 tsp. dried oregano
1/4 tsp. garlic powder
3 cups marinara sauce, divided
1 medium zucchini, diced, divided
4 uncooked lasagna noodles
4 cup fresh baby spinach, divided
1 cup fresh mushrooms, sliced, divided



Directions

Grease interior of slow cooker crock.

In a bowl, mix together mozzarella, ricotta, and Parmesan cheeses, egg, oregano, and garlic powder.

Spread 1/3 cup marinara sauce in the crock.

Sprinkle with half the zucchini.

Spoon 1/3 cheese mixture over the zucchini.

Break 2 noodles into larger pieces to cover the cheese layer.

Spread 1/2 cup marinara over noodles.

Top with half the spinach and then half the mushrooms.

Repeat layers, ending with cheese mixture, and then sauce. Press layers down firmly.

Cover and cook on low for 4 hours, or until vegetables are tender as you like them and noodles are fully cooked.

Let stand for 15 minutes so lasagna can firm up before serving.