

Tempted to skip over a recipe because of one ingredient? Just use something else! When planning a meal for your family, it's okay to start with just an idea instead of an exact recipe. For example, start with an idea like "stir-fry" or "soup," and choose specific ingredients to use based on what's in your pantry, what's on sale, and leftovers.

Make changes to recipes based on:

- Foods you have on hand, including leftovers
- What's in season
- Your family's tastes
- Ingredients on sale
- The amount of time you have free to cook
- Healthier cooking methods

Use the following ideas to combine foods and flavors in a way that appeals to your family.

SOUP/STEW

Meat and/or vegetables cooking slowly in a broth with seasonings

Try these Cooking Matters recipes: Barley Lentil Soup, Turkey Chili with Vegetables

Make it your own: Mix it up with different meats, vegetables, or beans. Season to your tastes with different herbs or spices. Go meatless.

CASSEROLE

One-pot dish cooked slowly in the oven. Often contains rice or pasta, vegetables, beans, and/or meats.

Try these Cooking Matters recipes: Vegetable Lasagna

Make it your own: Use different types of cheese or different shapes of pasta. Add chopped vegetables, meat, or tuna. Season with different spices.

SALAD

Mix of grains, fruits, and/or cold veggies with a dressing.

Try these Cooking Matters recipes: Spinach Salad with Eggs, Chicken Salad with Peanut Dressing

Make it your own: Use different grains, veggies, nuts, or dried fruits.

WRAP

Mix of hot or cold foods inside a sandwich wrap.

Try these Cooking Matters recipes: Hearty Egg Burritos, Veggie Wraps

Make it your own: Use different beans, veggies, cheeses, or herbs. Sub tofu for eggs. Make heartier by adding leftover rice or cooked meats.