

# Meat Alternates

# Savory Cheese Soup

Number of Portions: 12

Size of Portions: 2/3 cup

Meal Pattern Contribution:  
1 1/2 oz. Meat/Meat Alternate

## INGREDIENTS

Onion, chopped	1/2 cup
Margarine	1/4 cup + 2 Tbsp.
Flour, all-purpose	1/2 cup
Salt	1/2 tsp.
Black Pepper	1/4 tsp.
Garlic Powder	1/4 tsp.
Milk	1 qt.
Chicken Broth	2 (14 1/2 oz.) cans
Carrots, shredded	1 cup
Celery, chopped	1 cup
Cheddar Cheese, shredded	3 cups
Mozzarella Cheese, shredded	1 1/2 cups

In a large saucepan, sauté onion in margarine until tender. Add flour, salt, pepper, and garlic powder. Stir until smooth. Gradually add milk. Cook and stir over medium heat until thickened and bubbly. Meanwhile, bring chicken broth to boil in a small saucepan. Add carrots and celery. Simmer for 5 minutes or until vegetables are tender. Add to milk mixture and stir until blended. Add cheeses. Cook and stir until cheese melts (do not boil).

Calories, 277  
Cholesterol, 41 Mg  
Sodium, 685 Mg  
Dietary Fiber, 0.7 G

Iron, 1 Mg  
Calcium, 421 Mg  
Vitamin A, 469 RE  
Vitamin C, 3 Mg

Protein, 15.8 G  
Carbohydrates, 10.9 G  
Total Fat, 18.8 G  
Saturated Fat, 9.2 G

# Baked Ziti with Cheese

Number of Portions: 25

Size of Portion: 2/3 cup

Meal Pattern Contribution:

1 1/2 oz. Meat/Meat Alternate;  
1/2 cup Fruit/Vegetable; 1/2 Grain/Bread

## INGREDIENTS

Tomato Sauce	1 qt. + 3 1/2 cups
Tomato Paste	1 3/4 cups
Oregano Leaves	3 Tbsp.
Garlic Powder	3/4 tsp.
Ziti Pasta	1 lb.
Ricotta or Cottage Cheese	1 lb.
Mozzarella, shredded, divided	1 1/4 lb.
Cheddar shredded	3/4 lb.

In a saucepan, heat tomato sauce and tomato paste. Add the oregano and garlic powder. Simmer uncovered for 30 minutes. Cook ziti according to directions, drain. Combine sauce, pasta and all cheese except 1/2 lb. mozzarella. Place in baking pans. Sprinkle with remaining mozzarella cheese. Bake at 350° F for 20–25 minutes or until hot and cheese melts.

“Mmmmm.  
Cheesy!”

Calories, 238  
Cholesterol, 27 Mg  
Sodium, 739 Mg  
Dietary Fiber, 2.4 G

Iron, 2 Mg  
Calcium, 303 Mg  
Vitamin A, 203 RE  
Vitamin C, 18 Mg

Protein, 15.9 G  
Carbohydrates, 24.2 G  
Total Fat, 9.1 G  
Saturated Fat, 5.5 G

# Cheese and Vegetable Pasta

Number of Portions: 10

Size of Portion: 1 cup

Meal Pattern Contribution:  
1 1/2 oz. Meat/Meat Alternate; 1/4 cup  
Fruit/Vegetable; 3/4 Grain/Bread

## INGREDIENTS

Water	2 qt.
Carrots sliced	1 lb.
Spiral Pasta	1/2 lb.
Zucchini, sliced, quartered	1/2 lb.
Half and Half	1/4 cup
Eggs	3
Salt	1/4 tsp.
Mozzarella, shredded	2 cups
Parmesan cheese, shredded	1/2 cup
Black Pepper	to taste

Bring water to boil, add carrots, and cook for 3 minutes. Add pasta, cook 5 minutes, and add zucchini; continue cooking until zucchini is tender and pasta is done. Drain. In a bowl, whisk together half and half, eggs and salt. Toss together egg mixture, pasta, vegetables, and cheeses in a stockpot. Reduce heat to low, continue cooking, stirring constantly until thickened, and cheese is melted (1–2 minutes). Sprinkle with pepper.

Calories, 217  
Cholesterol, 81 Mg  
Sodium, 291 Mg  
Dietary Fiber, 2.2 G

Iron, 2 Mg  
Calcium, 253 Mg  
Vitamin A, 1369 RE  
Vitamin C, 6 Mg

Protein, 13.4 G  
Carbohydrates, 23.6 G  
Total Fat, 7.6 G  
Saturated Fat, 4.1 G

# Greek Cheese and Spinach Squares

Number of Portions: 25

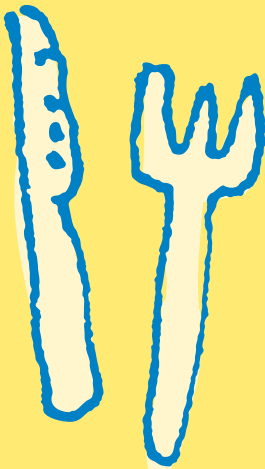
Size of Portion: 1 square

Meal Pattern Contribution:  
 1 1/2 oz. Meat/Meat Alternate;  
 1/4 cup Fruit/Vegetable

## INGREDIENTS

Eggs	6
Flour, whole wheat	3/4 cup
Spinach, fresh, torn	2 lb.
Cottage Cheese	2 lb.
Cheddar Cheese shredded	1 lb.
Salt	1 tsp.
Wheat Germ	1/4 cup + 2 Tbsp.

Beat eggs and flour until smooth. Add all other ingredients, except wheat germ and mix well. Pour into well-greased baking pan and sprinkle top with wheat germ. Bake at 350° F for about 45 minutes. Cut pan 5 x 5.



Calories, 143  
 Cholesterol, 71 Mg  
 Sodium, 397 Mg  
 Dietary Fiber, 1.7 G

Iron, 2 Mg  
 Calcium, 197 Mg  
 Vitamin A, 321 RE  
 Vitamin C, 10 Mg

Protein, 12.4 G  
 Carbohydrates, 6.1 G  
 Total Fat, 8 G  
 Saturated Fat, 4.5 G

# Cheesy Broccoli Casserole

Number of Portions: 12

Size of Portion: 3/4 cup

Meal Pattern Contribution:  
1 1/2 oz. Meat/Meat Alternate;  
1/4 cup Fruit/Vegetable; 1/2 Grain/Bread

## INGREDIENTS

White Rice	1 cup
Broccoli, frozen, chopped	1 1/4 lb.
Vegetable Oil	1/4 cup
Onion, chopped	1/2 cup
Celery, chopped	1/4 cup
Egg	4
Milk	1 cup
American cheese shredded	1 lb.
Parsley	2 Tbsp.
Salt	1 tsp.
Nutmeg	1/2 tsp.
Bread Crumbs	1/2 cup
Margarine	1/4 cup

Preheat oven to 325° F. In a saucepan, cook rice according to package directions. In another saucepan, cook broccoli. Set aside. Sauté onion and celery in oil. Lightly beat eggs; mix in milk, cheese, and spices. Combine rice, broccoli, cheese mixture, onions, and celery. Pour into greased 13 x 9 inch baking pan. Sprinkle bread crumbs on top and dot with margarine. Bake about 35 minutes, until a knife inserted in center comes out clean.

Calories, 350

Cholesterol, 111 Mg

Sodium, 652 Mg

Dietary Fiber, 2.1 G

Iron, 2 Mg

Calcium, 348 Mg

Vitamin A, 288 RE

Vitamin C, 28 Mg

Protein, 15.5 G

Carbohydrates, 20.6 G

Total Fat, 23.1 G

Saturated Fat, 9.7 G

# Broccoli Quiche

Number of Portions: 25

Size of Portion: 1 slice

Meal Pattern Contribution:

1 1/4 oz. Meat/Meat Alternate;

1/4 cup Fruit/Vegetable; 1 Grain/Bread

## INGREDIENTS

Pie Shells, unbaked	3 (10 inch)
Broccoli Spears	2 lb. + 1 oz.
Onion, minced	3/4 cup
Margarine	1/4 cup
Milk	1 qt.
Eggs	6
Salt	1/2 tsp.
Black Pepper	1/2 tsp.
Bread Crumbs, dry	3/4 cup
Cheddar Cheese, shredded	4 1/2 cups + 2 Tbsp.

Prick pie shells on bottom and side and bake at 425° F for 5–7 minutes until lightly brown. Steam or boil broccoli until tender. In a small pan, sauté onions in margarine until tender, about 3–5 minutes. Set aside to cool. In a bowl combine eggs, milk, pepper, and salt. Add onions; stir to blend. Combine bread crumbs and cheddar cheese. Sprinkle 1 cup of this crumb mixture in each baked crust. Next, add 2 1/2 cup broccoli to each crust. Finally, pour 2 1/3 cup of egg mixture in each crust. Bake at 375° F for 30–35 minutes. Then, top each quiche with 1/2 cup of cheese, cover with foil and bake for additional 15 minutes. Cut each pie into 9 slices.

Calories, 290

Cholesterol, 67 Mg

Sodium, 513 Mg

Dietary Fiber, 2 G

Iron, 2 Mg

Calcium, 202 Mg

Vitamin A, 161 RE

Vitamin C, 30 Mg

Protein, 12 G

Carbohydrates, 24 G

Total Fat, 16.8 G

Saturated Fat, 5.3 G

# Egg Salad

Number of Portions: 32

Size of Portion: 1/4 cup

Meal Pattern Contribution:  
1 1/2 oz. Meat/Meat Alternate

## INGREDIENTS

Mayonnaise	2 cups
Lemon Juice	2 Tbsp. + 2 tsp.
Onion minced	1 Tbsp. + 1 tsp.
Salt	2 tsp.
Black Pepper	1 tsp.
Eggs, hard-cooked	2 doz.
Celery, chopped	2 cups

Blend together mayonnaise, lemon juice, onion, salt, and pepper. Peel and chop eggs. Stir eggs and celery into mayonnaise mixture until moistened throughout.



Calories, 156  
Cholesterol, 168 Mg  
Sodium, 273 Mg  
Dietary Fiber, 0.1 G

Iron, 1 Mg  
Calcium, 23 Mg  
Vitamin A, 83 RE  
Vitamin C, 1 Mg

Protein, 4.9 G  
Carbohydrates, 1.2 G  
Total Fat, 14.7 G  
Saturated Fat, 2.4 G



# Egg and Potato Bake

Number of Portions: 12

Size of Portion: 2/3 cup

Meal Pattern Contribution:  
1 1/2 oz. Meat/Meat Alternate;  
1/4 cup Fruit/Vegetable

## INGREDIENTS

Potatoes, cooked	5
Eggs, hard-boiled	5
Margarine	2 Tbsp.
Flour, all-purpose	2 Tbsp.
Milk	2 cups
Worcestershire Sauce	2 tsp.
Salt	1 tsp.
Black Pepper	1/2 tsp.
Cheddar Cheese, shredded	1 cup
Cottage Cheese	1 cup
Cornflakes, crushed or Bread Crumbs, dry	1 cup

Peel and thinly slice potatoes. In a small bowl, mash eggs. In a saucepan, melt margarine. Stir in flour. Slowly add milk and cook over low heat stirring until thickened. Add seasonings and shredded cheese; stir until blended. Add cottage cheese. In a 13 x 9 inch pan sprayed with non-stick vegetable oil, layer half of the sliced potatoes, half of the eggs, and half of the cheese sauce. Repeat. Top with bread crumbs or cornflakes. Bake at 350° F for 30 minutes.

Calories, 198

Cholesterol, 101 Mg

Sodium, 435 Mg

Dietary Fiber, 1.7 G

Iron, 2 Mg

Calcium, 152 Mg

Vitamin A, 128 RE

Vitamin C, 8 Mg

Protein, 10.8 G

Carbohydrates, 21.2 G

Total Fat, 7.9 G

Saturated Fat, 3.4 G