

Salmon Garden Skillet

Makes 4-6 servings | Protein • Vegetables • Grains • Dairy

Ingredients

- 1 14.5-ounce can salmon, drained
- 1 cup *CNP Magic Mix*
- 2 cups water or broth
- 2 teaspoons ranch seasoning
- 1 cup canned peas, drained
- 1 cup canned corn, drained
- 2 cups whole-wheat or egg noodles, uncooked
- ½ cup low-fat cheese, shredded

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Prepare ingredients. Stir together in a large pan or electric skillet.
3. Bring to a boil.
4. Reduce heat. Cover pan and simmer 10-15 minutes, until pasta is tender.
5. Top with cheese or breadcrumbs, if desired, near the end of cooking.

CNP Magic Mix

Makes 4 cups | Dairy

Ingredients

- 4 cups nonfat dry milk powder
- 1 cup all-purpose flour
- ⅓ cup canola oil

Directions

1. Wash hands in warm, soapy water for 20 seconds.
2. Put ingredients into bowl and mix until it looks like course cornmeal.
3. Refrigerate in a tightly covered container. Keeps 3 months in refrigerator.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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