



Kitchen Connect



A Cent\$ible Nutrition Program Newsletter



Savory Winter Skillet

Ingredients

- 1 pound ground meat (beef, elk, turkey, etc.)
- 1 15-ounce can tomato sauce
- 20-ounces diced tomatoes with juices
- 2 cups cooked macaroni or rice
- 1 15-ounce can or 2 cups corn or other vegetables (bell peppers, zucchini, etc.)
- ½ cup shredded cheese

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook ground meat in a large skillet, electric skillet, or stock pot.
3. Drain off fat.
4. Add tomato sauce, diced tomatoes and juices, macaroni or rice, and vegetables.
5. Cover pan and simmer for 10-15 minutes, or until heated through. Stir frequently to prevent sticking.
6. Top with cheese and let it melt before serving.

Makes 6 servings

Blueberry Pear Crisp

Ingredients

- 2 cups blueberries, fresh or frozen and thawed
- 1 15-ounce can pears or 2 fresh pears
- 1 Tablespoon cornstarch or flour
- 1 Tablespoon water or liquid from canned fruit
- ¾ cup oats
- ¼ cup sugar
- ½ cup flour
- 3 Tablespoons margarine, melted
- ⅓ cup chopped nuts, sunflower seeds, or peanuts (optional)
- Nonstick spray

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 350°F and spray baking an 8x8-inch baking pan with nonstick spray.
3. If using fresh pears, wash them. If using canned pears, drain them, saving 1 Tablespoon of liquid.
4. Cut pears into bite-sized pieces or thin slices.
5. Arrange pears and blueberries in baking pan.
6. Mix water or liquid from canned fruit with cornstarch or flour and pour over fruit.
7. Mix together oats, sugar, flour, and margarine. Stir in nuts or seeds.
8. Sprinkle evenly over fruit. Bake at 350°F for 20 minutes.
9. Enjoy warm or cold.

Makes 9 servings



Budgeting for Holiday Meals

Price per pound, meat is usually the most expensive item on your holiday grocery list. Making the most of one cut of meat can help keep your budget and menu on track. Keep these tips in mind when budgeting for food this holiday season:

1. Plan for multiple meals- If you buy a larger cut of meat, plan to use across several meals. Sauces, soups, casseroles, and enchiladas are some ways to plan additional meals from one cut of meat.
2. Know your serving sizes- A serving of meat for adults is 3 ounces. This is about the size of a deck of cards. When serving meat, keep the portion size in mind and save extra meat for planned meals later.
3. Remember your side dishes- A holiday meal isn't just about meat. Add vegetables, fruits, grains, and dairy to your plate for a balanced meal. Side dishes can be simple, low-cost, and compliment your meat entrée.

About CNP

The Cent\$ible Nutrition Program (CNP) is a free* resource that can help you eat better for less. Learn how to save money and time at the grocery store, cook quick and healthy meals, and be more active.

Class highlights include:

- A free cookbook with 200+ easy, delicious recipes
- 8 kitchen tools
- Cooking a new recipe each lesson
- Hands-on activities

* CNP is free for those who income qualify. Visit uwyocnp.org/cnp-qualify/ for more information.

Contact Us

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We're Hiring!

The Cent\$ible Nutrition Program (CNP) is a grant-funded nutrition education program for people with limited resources in Wyoming. Position duties include providing cooking and nutrition education classes and partnership building with community agencies on the Wind River Reservation. Valid driver's license and own vehicle are required for daily travel. Office located in Fort Washakie. Visit [jobs.uwyo.edu](https://uwyo.edu/jobs), position #241969 or scan the QR code!



Learn more &
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This newsletter is created in partnership between the Cent\$ible Nutrition Program, the Food Bank of Wyoming, and the mobile food distribution on the Wind River Reservation.