15 Keeping Protein Foods Fresh

Beans and Lentils [legumes]: Store dry legumes in an airtight container in a cool, dark, dry place. Use within 1 year for best flavor and less cooking time. Canned beans keep for 2 or more years. Refrigerate cooked beans and lentils within 2 hours and use them within 5 days. For longer storage, freeze for up to 3 months.

Chicken: Refrigerate raw chicken as soon as you get it home and cook within 2 days for best quality, or freeze for up to 1 year. Refrigerate cooked chicken within 2 hours and use within 4 days, or freeze for up to 2 months.

Eggs: Refrigerate eggs in their original carton as soon as you get them home. Place them on the refrigerator shelf, not on the door. Use within 5 weeks. Egg whites and blended whole eggs can be frozen for up to 1 year. Thaw in the refrigerator. Yolks alone do not freeze well.

Fish: Refrigerate raw fish as soon as you get it home and cook or freeze within 1 day. Frozen fish is best used within 6 months. Refrigerate leftover cooked fish in an airtight container within 2 hours. Use within 3 days, or freeze.

Ground Beef: Refrigerate raw ground beef as soon as you get it home and use within 2 days, or freeze for longer storage and use within 4 months. Refrigerate cooked ground beef for up to 4 days, or freeze for longer storage and use within 3 months.

Freezing Tips: Divide food into recipe-sized portions for quick use. Package in freezer-quality bags or containers and remove as much air as possible. Label the container with the date, using a marker and tape.

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Snack Ideas

Give Them More of the Good Stuff!

For tasty, healthy snack recipes that fit your budget, visit www.foodhero.org/recipes/snacks


Apples


Bananas


Bell Peppers


Berries


Carrots


Cereal Bars


Cheese


Crackers


Fruit Cups


Melon


Oranges


Pears


Tomatoes


Trail Mix


Vegetables with Salsa


Yogurt

Oregon State University

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17 White Chicken Chili

Prep time: 20 minutes **Cooking time:** 35 minutes **Makes:** 8 cups

Ingredients

1 Tablespoon **oil**

1 pound boneless, skinless **chicken breasts**, cut bite-sized

1 **onion**, chopped

1½ teaspoons of **garlic powder** or 6 cloves **garlic**, minced

3 cups cooked **white beans** (or two 15-ounce cans, drained and rinsed)

2 cups **chicken** or **vegetable broth**

1 cup (two 4-ounce cans) chopped **mild green chiles**

1 teaspoon ground **cumin**

1 teaspoon dried **oregano**

½ teaspoon **pepper**

¼ teaspoon **cayenne pepper** or **chili powder**, if desired

1 cup (8 ounces) **sour cream** or **plain yogurt**

½ cup nonfat or 1% **milk**

Directions

1. Heat oil in a large saucepan; sauté the chicken, onion and garlic until the chicken is no longer pink.
2. Add the beans, broth, green chiles and seasonings.
3. Bring to a boil. Reduce the heat and simmer uncovered for 30 minutes.
4. Remove from the heat; stir in sour cream or yogurt and milk.

Broth or Bouillon

Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or cube of bouillon.

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Variations

- Use turkey or 2 cups of beans instead of the chicken.
- Serve with hot sauce or black pepper.

Nutrition Facts

8 servings per container

Serving size **about 1 cup (307g)**

Amount per serving

Calories **300**

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 580mg	25%
Total Carbohydrate 30g	11%
Dietary Fiber 6g	21%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 28g	

Vitamin D 0mcg	0%	Calcium 119mg	10%
Iron 2mg	10%	Potassium 710mg	15%
Vitamin A 0mcg	0%	Vitamin C 1mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

18 Vegetable and Beef Skillet Meal

Prep time: 10 minutes Cooking time: 40 minutes Makes: 8 cups

Ingredients

½ pound lean **ground beef** (15% fat)

¼ cup chopped **onion** (¼ medium onion)

1 cup uncooked white **rice**

1 can (15 ounces) diced **tomatoes** (about 2 medium fresh tomatoes)

1½ cups **vegetables**, fresh, frozen, or canned and drained (try one or more of the following: zucchini, bell pepper, broccoli, corn, cauliflower)

1¾ cups **water**

1½ teaspoons **chili powder**

1 Tablespoon **oregano**

1 teaspoon **salt**

½ cup (2 ounces) shredded **cheese**

Directions

1. Cook beef in a large skillet over medium-high heat until no longer pink. Drain fat.
2. Add onion and cook until soft, about 3 to 5 minutes.
3. Add rice, tomatoes, vegetables, water and spices. Stir and bring to a boil.
4. Reduce heat to medium low. Cover, and simmer for 20 minutes or until rice is cooked. Add more water if needed.
5. Remove from heat. Sprinkle with cheese and cover for 1 to 2 minutes to allow cheese to melt. Serve warm.

Variations

- Try brown rice and simmer for 15 more minutes.
- Try ground turkey or 1½ cups of beans (a 15-ounce can, drained and rinsed) in place of beef.
- For extra flavor, in step 3 add ¼ teaspoon pepper and 1 teaspoon garlic powder or 4 cloves minced garlic.

Nutrition Facts

8 servings per container

Serving size 1 cup (190g)

Amount per serving

Calories 210

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 380mg	17%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 11g	

Vitamin D 0mcg	0%	Calcium 90mg	0%
Iron 2mg	10%	Potassium 210mg	6%
Vitamin A 90mcg	11%	Vitamin C 15mg	17%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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19 Southwestern Stuffed Potatoes

Prep time: 5 minutes Cooking time: 15 minutes Makes: 4 potato halves

Ingredients

2 medium **potatoes** (each about 5 x 2½ inches)

1 cup cooked **black beans** (or any type), drained and rinsed

¾ cup **salsa**

1 cup **corn** (canned and drained, frozen or fresh cooked)

½ cup shredded **cheese** (try cheddar, pepper jack)

Directions

1. Scrub the potatoes well. Poke each with a fork 2 or 3 times. Microwave on high for 5 minutes, turn potatoes over, and microwave another 3 to 5 minutes, or until easily pierced with a fork. Set aside.
2. In a microwave-safe bowl, combine the beans, salsa and corn. Cover and cook on high for 2 to 3 minutes, stirring halfway though cooking time, until heated through.
3. Cut the potatoes lengthwise and flatten them with a fork. Divide the bean mixture among the halves. Sprinkle with cheese and serve.

Note

- Topping ideas: hot sauce, avocado, black olives, green onion, cooked meat or tofu, or plain low-fat yogurt or sour cream.

Nutrition Facts

4 servings per container

Serving size 1 potato half (250g)

Amount per serving	
Calories	**240**
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 480mg	20%
Total Carbohydrate 40g	15%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 10g	

Vitamin D 0mcg	0%	Calcium 125g	10%
Iron 2mg	10%	Potassium 720mg	15%
Vitamin A 54mcg	6%	Vitamin C 24mg	27%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cooking Dry Beans

1. **Sort and rinse** to remove stones, seeds, damaged beans and dust.
2. **Soak**—Cover the beans with plenty of water (8 cups of water for every 2 cups of beans). Soak for 6 hours or overnight.
3. **Drain and rinse** the beans.
4. **Cook**—In a large saucepan, add fresh water to cover the beans by at least 1 inch, and bring to a boil. Reduce heat, cover and simmer until the beans are tender. Add water if needed to keep the beans covered with liquid during cooking. Cooking time varies for different beans, but is usually from 1 to 2 hours. The beans are done when you can easily mash them with a fork.
5. **Add flavoring!**

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20 Cowboy Salad

Prep time: 20 minutes

Makes: 8 cups

Ingredients

3 cups cooked **black-eyed peas** or **black beans** (or two 15-ounce cans, drained and rinsed; try a mix or any type)

1½ cups cooked **corn** (fresh or frozen, or a 15-ounce can drained and rinsed)

1 bunch **cilantro**

1 bunch **green onions** (5 green onions)

3 medium **tomatoes** (or a 15-ounce can diced tomatoes, drained)

1 **avocado**, if desired

1 Tablespoon **oil**

2 Tablespoons **vinegar** or **lime juice**

½ teaspoon each **salt** and **pepper**

Directions

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Finely chop the cilantro and green onions.
3. Dice the tomatoes and avocado, if desired.
4. Combine all vegetables in a large bowl.
5. Mix the oil, vinegar or lime juice, salt and pepper together in a small bowl.
6. Pour the oil mixture over the vegetables and toss lightly.

Tastes great with these Food Hero recipes:

- Easy Cheesy Enchiladas
- Fish Taco Salad
- Rice Bowl Southwestern Style
- Spicy Rice Casserole

Tips for Draining Canned Beans

When using canned beans, drain and rinse them before adding them to recipes to lower the sodium.

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Variations

- Try adding other vegetables such as sweet or hot peppers or zucchini.
- Make it a meal. Add diced and cooked chicken, turkey or baked tofu; add grains such as rice or couscous; wrap in a tortilla; or serve on top of salad greens.

Note

- Freeze extra lime juice.

Nutrition Facts

15 servings per container

Serving size 1/2 cup (119g)

Amount per serving

Calories 90

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	11%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	

Vitamin D 0mcg	0%	Calcium 27mg	2%
Iron 1mg	6%	Potassium 280mg	6%
Vitamin A 5mcg	1%	Vitamin C 0mg	0%

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21 Chicken Enchilada Soup

Prep time: 10 minutes Cooking time: 30 minutes Makes: 12 cups

Ingredients

2 teaspoons **oil**

1 cup chopped **onion** (about 1 medium onion)

2 cloves of **garlic**, minced, or ½ teaspoon **garlic powder**

1 teaspoon ground **cumin**

1½ cups cooked **navy beans** or any type of beans (or a 15-ounce can, drained and rinsed; try any type)

3½ cups **diced tomatoes** (fresh or a 28-ounce can diced with juice)

4 cups **chicken broth** (any type)

1 cup **tomato sauce** (an 8-ounce can)

1 cup (two 4-ounce cans) chopped **mild green chiles**

2 teaspoons dried **oregano**

2 cups chopped cooked **chicken**

½ cup chopped **cilantro**

1 cup shredded **cheese**

10 corn **tortillas** cut into strips, if desired

Directions

1. Heat the oil in a large pot. Add the onion, garlic and cumin, and sauté until the onion is softened but not browned.
2. Add the beans, tomatoes with juice, and chicken broth. Heat to a boil. Reduce heat.
3. Stir in the tomato sauce, chilies, oregano and chicken. Simmer 15 minutes.
4. When ready to serve, stir in the cilantro and cheese until melted. Serve tortilla strips on the side as soup toppings, if desired.

Baked Tortilla Strips

1. Preheat oven to 350 degrees F.
2. Stack the tortillas and cut the stack in half. Cut each half stack into strips.
3. Spread the strips on a baking sheet.
4. Bake, tossing frequently, for 15 minutes or until crispy and starting to lightly brown.

Nutrition Facts

12 servings per container

Serving size **1 cup (200g)**

Amount per serving

Calories **200**

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 510mg	22%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 15g	

Vitamin D 0mcg	0%	Calcium 127mg	10%
Iron 2mg	10%	Potassium 243mg	6%
Vitamin A 54mcg	6%	Vitamin C 20mg	22%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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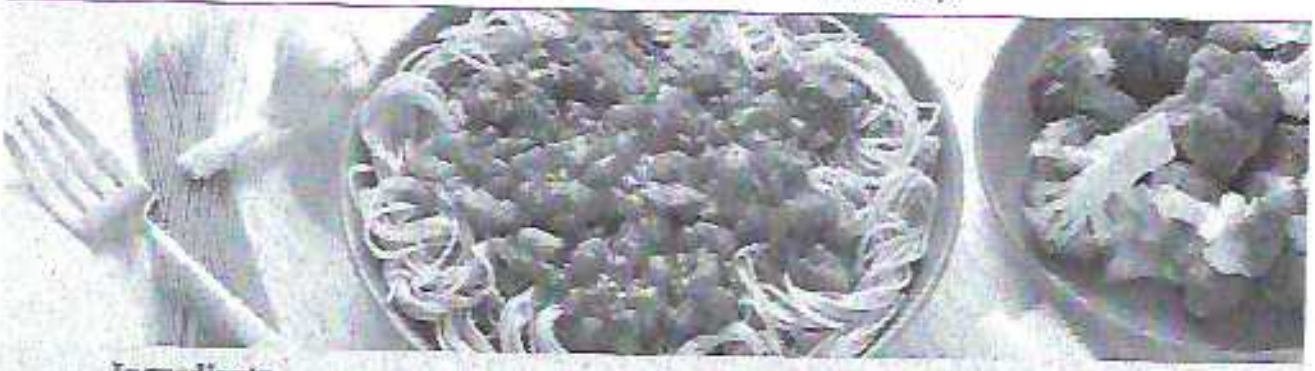
22 Quick Tomato Pasta Sauce

Prep time: 5 minutes Cooking time: 15 minutes Makes: 2 cups



Ingredients

2 teaspoons **vegetable oil**

2 cloves of **garlic**, minced, or ½ teaspoon **garlic powder**

1 can (15 ounces) diced or crushed **tomatoes** with juice

¼ teaspoon each **salt** and **pepper**

1 Tablespoon **lemon juice**, if desired

¼ teaspoon **red pepper flakes**, if desired

Directions

1. If using garlic powder, omit the oil and skip this step. In a medium saucepan, heat the oil over medium heat. Add the garlic and cook for 1 minute.
2. Add the remaining ingredients. Cook until heated through, stirring occasionally. For a thicker sauce, cook an extra 10 to 20 minutes to allow more of the liquid to evaporate.
3. Serve over pasta or use in any recipe that calls for pasta sauce.

Variation

○ Add 1 teaspoon dried oregano or basil, or Italian seasoning.

Nutrition Facts

4 servings per container

Serving size 1/2 cup (107g)

Amount per serving

Calories 60

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg 0%	Calcium 38mg 3%
Iron 1mg 6%	Potassium 304mg 6%
Vitamin A 11mcg 1%	Vitamin C 10mg 11%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Baked Spaghetti Squash

1. Preheat oven to 425 degrees F. Cut the squash in half lengthwise. If needed, microwave or bake it for a few minutes to soften.
2. Remove the seeds and stringy fibers with a spoon.
3. Rub the cut edges with a little oil, if desired. Place the halves cut side down on a baking dish and bake uncovered.
4. After 40 minutes, check. If the squash can be pierced with a fork and if the flesh separates into strands, it is cooked.
5. Once cool enough to handle, use a fork to gently scrape the insides and make spaghetti-like strands.

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23 Quick Lasagna

Prep time: 10 minutes **Cooking time:** 45 minutes **Makes:** 9 cups

Ingredients

1 pound lean **ground beef** (15% fat)

1 large **onion**, chopped

1 clove of **garlic**, minced, or ¾ teaspoon **garlic powder**

2 cups **spaghetti sauce**

4 Tablespoons fresh **parsley**, or 4 teaspoons dried

1 teaspoon **dried oregano**

1 teaspoon **dried basil**

1 pint (2 cups) low-fat **cottage cheese, ricotta cheese,** or a mixture of the two

¾ cup shredded **mozzarella cheese**

6 uncooked **lasagna noodles**

¼ cup grated **parmesan cheese**

Directions

1. In a 10-inch skillet or saucepan, cook the ground beef over medium-high heat until it is no longer pink.
2. Drain the fat. Add the onion and cook until it is soft.
3. Add the garlic, 1 cup of the spaghetti sauce, and the herbs. Stir. Spread evenly in the skillet.
4. Reduce the heat to low. Spoon the cottage cheese or ricotta over the mixture, and sprinkle with half of the mozzarella. Top with the noodles, breaking them as needed to fill in all open spaces.
5. Pour the remaining spaghetti sauce evenly over the top of the noodles. Gently press the noodles down to moisten.
6. Cover and simmer for 15 to 20 minutes until the noodles are tender. Top with the remaining cheeses. Cover and simmer 2 more minutes or until cheeses are melted.
7. Let stand, covered, 5 to 10 minutes before serving.

Food Hero Ranch Dressing is also shown in the photo.

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Variations

- Try ground turkey or 2 cups of beans in place of the beef.
- Try whole-grain pasta for more fiber.

Tips for Draining Beef Fat

Pour beef fat into a metal can (it won't melt from the heat of the fat) or let it cool slightly and pour it over papers in the garbage can. Pouring beef fat down the sink drain can cause clogging.

Nutrition Facts

9 servings per container

Serving size 1 cup (196g)

Amount per serving

Calories 260

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 610mg	27%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 2g Added Sugars	4%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 158mg	10%
Iron 3mg	15%
Potassium 461mg	10%
Vitamin A 45mcg	5%
Vitamin C 0mg	7%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

24 Easy Cheesy Enchiladas

Prep time: 10 minutes Cooking time: 20 minutes Makes: 8 enchiladas

Ingredients

2 cans (15 ounces each) **pinto beans**, drained and rinsed

1 cup **salsa**

1½ cups cooked **corn** (fresh or frozen, or a 15-ounce can drained and rinsed)

½ cup (a 4-ounce can) chopped **mild green chiles**

2 cloves of **garlic**, minced, or ½ teaspoon **garlic powder**

1½ cups shredded **cheese**

8 whole wheat **flour tortillas** (10-inches) or 12 **corn tortillas** (6-inches)

1 can (15 ounces) **enchilada sauce**

Directions

1. Preheat oven to 350 degrees F. Lightly oil or spray a 9 x 13-inch baking dish.
2. Mix beans, salsa, corn, chilies, garlic and half of the cheese together in a bowl.
3. Warm each tortilla in a dry skillet and stack them on a plate.
4. Spoon about ½ cup of the bean mixture onto each tortilla.
5. Roll the tortilla and place seam-side down in a baking dish.
6. Pour enchilada sauce over the tortillas and sprinkle with remaining cheese.
7. Bake for 15 to 20 minutes, or until hot.

Variation

- Substitute cooked chicken or black beans for the pinto beans.

Note

- Topping ideas: hot sauce, avocado, black olives, green onion, lettuce, radishes, or plain low-fat yogurt or sour cream.

Nutrition Facts

12 servings per container
Serving size 1 enchilada (201g)

Amount per serving
Calories 210

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 680mg	28%
Total Carbohydrate 30g	11%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 9g	

Vitamin D 0mcg	0%	Calcium 140mg	10%
Iron 2mg	10%	Potassium 305mg	6%
Vitamin A 54mcg	6%	Vitamin C 5mg	6%

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25 Chicken, Broccoli & Cheese Skillet

Prep time: 15 minutes **Cooking time:** 30 minutes **Makes:** 7 cups

Ingredients

1 pound boneless, skinless **chicken breast** (2-3 halves)

2 teaspoons **oil**

1¼ cups **chicken broth** (any type)

1 can (10.5 ounces) **condensed cream of chicken soup** (or any creamed soup)

1 teaspoon **pepper**

½ teaspoon **garlic powder** or 2 cloves of **garlic**, minced

2 cups small **shell pasta**, uncooked

2½ cups **broccoli**, chopped (fresh or frozen)

1 cup (4 ounces) **cheddar cheese**, shredded

Directions

1. Cut the chicken breast into bite-sized pieces. Sauté the pieces in oil in a large skillet over medium-high heat until lightly browned, 2 to 3 minutes.
2. Add the broth, soup, pepper and garlic. Stir until smooth. Add the pasta.
3. Bring to a boil. Cover and reduce heat to low. Simmer 15 minutes. Add the broccoli and continue cooking until the pasta and broccoli are tender, about 5 minutes. Add a small amount of water near the end of cooking if needed to prevent sticking.
4. Add cheese during the last two minutes of cooking. Stir until the cheese is melted.

Variations

- Try whole-grain pasta for more fiber.
- Try pasta in different shapes, such as spiral or elbow.
- Add other vegetables such as peas, grated carrots or chopped bell peppers.
- In place of chicken, use 1½ cups of white beans (a 15-ounce can, drained and rinsed), another meat or tuna or salmon.

Nutrition Facts

7 servings per container

Serving size 1 cup (230g)

Amount per serving

Calories 310

	% Daily Value*
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 520mg	23%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 24g	

Vitamin D 0mcg	0%	Calcium 148mg	10%
Iron 2mg	10%	Potassium 430mg	10%
Vitamin A 66mcg	7%	Vitamin C 1mg	1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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26 Skillet Mac and Cheese

Prep time: 10 minutes Cooking time: 20 minutes Makes: 4 cups

Ingredients

2 cups **water**

1½ cups uncooked **macaroni**

1 teaspoon **butter** or **margarine**

2 Tablespoons **flour**

¼ teaspoon **salt**

¼ teaspoon dry **mustard** or 1 teaspoon **prepared mustard**

1¼ cups nonfat or 1% **milk**

1¼ cups (5 ounces) grated **cheddar cheese**

Directions

1. In a 10-inch skillet or saucepan, bring the water to a boil.
2. Add the macaroni and butter or margarine. Stir a few times to prevent sticking.
3. Cover the pan and reduce the heat to low. Simmer for 5 minutes (do not drain the water).
4. Meanwhile, mix the flour, salt and mustard in a small bowl. Add ¼ cup of milk and stir until smooth. Add the remaining milk. Set aside.
5. Take the lid off the skillet and cook the macaroni until most of the water is gone.
6. Stir in the milk mixture and cheese. Cook and stir until all the cheese melts and the sauce is bubbly and thick.

Variations

- Add your favorite fresh or frozen vegetables in step 2. Try onions, celery, carrots, zucchini, spinach, broccoli or tomatoes.
- Add your favorite seasonings in step 4. Try oregano, garlic powder, chili powder or others.
- Use a combination of cheddar and mozzarella cheese.
- Try whole-wheat macaroni or pasta in different shapes.

Nutrition Facts

4 servings per container

Serving size 1 cup (275g)

Amount per serving

Calories 340

	% Daily Value*
Total Fat 13g	17%
Saturated Fat 7g	35%
Trans Fat 0 g	
Cholesterol 35mg	12%
Sodium 470mg	18%
Total Carbohydrate 37g	12%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 1mcg	0%
Calcium 354mg	30%
Iron 2mg	10%
Potassium 203mg	6%
Vitamin A 164mcg	18%
Vitamin C 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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