

*Good nutrition is one of the keys to good health. This means making sure you regularly eat foods that have a lot of vitamins and minerals in them, as well as foods that are not high in fat. You should drink milk every day to give your bones the calcium that makes them strong. For most people, foods that are high in fiber are a good choice, and almost everyone should eat several fruits and vegetables every day.*



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# Desperation Dinner



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### ***Hot Cocoa Mix***

10-2/3 cups nonfat dry milk powder  
6 oz. jar powdered coffee creamer  
4 cups powdered sugar  
2 cups unsweetened cocoa powder  
2 cups mini marshmallows (optional)

Combine all ingredients in a large bowl and mix thoroughly with whisk to blend. Store in an airtight container in a cool place. Makes 17 cups. For 1 serving, stir 3 tablespoons Hot Cocoa Mix into 1 cup of hot water until dissolved. For extra richness, use milk instead of hot water.

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### ***Ranch Dressing Mix***

2 Tbsp and 2 tsp dried minced onion  
1 Tbsp dried parsley flakes  
2 ½ tsp paprika  
2 tsp sugar  
2 tsp salt  
2 tsp pepper  
1 ½ tsp garlic powder  
1 cup mayonnaise  
1 cup buttermilk  
1 cup sour cream

In a small bowl, combine the first 7 ingredients. Store in an airtight container in a cool dry place up to 1 year. Yield: 6 Tbsp mix. To prepare dressing, combine 1 Tbsp mix with mayonnaise and buttermilk; refrigerate. Yield: 2 cups. To prepare dip, combine 1 Tbsp mix and sour cream. Refrigerate for at least 1 hour before serving. Yield: 1 cup.

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### ***Ranch Chicken Coating***

2/3 cup purchased dried bread crumbs  
1 (0.4 oz.) pkg. buttermilk ranch salad dressing mix  
1/3 cup light sour cream  
4 boneless, skinless chicken breasts

Combine bread crumbs and salad dressing mix in shallow dish. Place sour cream in another dish. Dip boneless, skinless chicken breasts in sour cream to coat well. Roll coated chicken in bread crumbs, pressing to coat.

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## ***Fruit Parfait***

2 cups low-fat vanilla yogurt  
2 cups cut-up fresh fruit (such as banana, grapes, blueberries) or unsweetened canned fruit, drained (such as peaches)

Wash fresh fruit and cut up or drain canned fruit. Put 1/4 cup of the fruit into the bottom of 4 glasses. Top each with 1/4 cup of the vanilla yogurt. To each cup add another 1/4 cup of the fruit and top with 1/4 cup of yogurt. Serve (or cover and chill in the refrigerator until ready to serve). Per serving: 116 calories, 23 grams carbohydrate, 5 grams protein, 1 gram fat, 1.5 grams fiber.

*Makes 4 servings, 1 cup each* **IDEA:** *Can be prepared the night before for a quick breakfast. Good source of calcium.*

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## ***Sweetheart Fudge Cake***

18 oz. package chocolate fudge cake mix  
1 teaspoon vanilla extract  
1/4 cup currant jelly, room temperature  
3/4 cup whipping cream  
3 1-oz squares semi-sweet chocolate, chopped  
1 can vanilla frosting (16 ounces)  
8 oz. frozen whipped topping, thawed  
2 pints fresh raspberries  
2-3 sprigs of fresh mint leaves (optional)

**CAKE:** Grease and flour two 9 inch round baking pans. Prepare cake mix according to package directions and stir in vanilla. Pour into prepared pans. Bake at 350 for 25-30 minutes or until a toothpick inserted into the center comes out clean. Cool for 15 minutes before removing cakes to wire racks. While cakes are warm, poke several holes in cakes with a wooden skewer to within 1/4 inch of the bottom (not all the way through). Brush jelly over top and sides of cakes. In a small saucepan combine cream and chocolate. Cook over low heat until chocolate is melted. Brush chocolate over top and sides of cake, allow mixture to absorb into cake between brushings. Let cake cool completely.

**FROSTING:** Beat frosting until fluffy; fold in whipped topping. Place cake on serving plate and spread with frosting. Place second cake on top of first and spread remaining frosting over top and sides. Refrigerate for 2 hours before cutting and serving cake.

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## ***Chicken Flavored Rice Mix***

3 Tbsp chicken bouillon granules  
3 Tbsp dried parsley  
1 Tbsp dried celery flakes  
1 Tbsp dried minced onion  
1 cup uncooked long grain rice  
2 Tbsp margarine  
2 cups water

Combine the first five ingredients. Store in an airtight container for up to 6 months. Yield 3 batches (about 3/4 cups total). To prepare rice: Saute rice in margarine until lightly browned. Add water and 1/4 cup of seasoning mix. Bring to a boil, then reduce heat. Cover and simmer 20 minutes or until the rice is tender. Makes 4-6 servings.

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## ***Vegetable Seasoning Mix***

2 tbsp garlic salt  
2 tbsp garlic powder  
2 tbsp dried minced onion  
2 tbsp onion powder  
2 tbsp salt  
2 cups green beans or other vegetable  
1 tbsp margarine  
1 tbsp slivered almonds, toasted

Combine the first five ingredients. Store in an airtight container in a cool place for up to 1 year. Yield: 24 – 30 batches (1/2 cup total) To use: Mix, cook and drain vegetables. Add butter and 1/2 to 1 tsp seasoning mix. Toss until butter is melted. Sprinkle with almonds. Yield 3-4 servings.

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## ***Low-calorie White Sauce***

2 tablespoons all-purpose flour  
1 cup nonfat dry milk powder  
1 1/2 cups cold water  
Salt and pepper (optional)

Mix flour and milk in small glass bowl. Add 1/2 cup cold water. Stir until smooth. Add 1/2 cup more water, stirring mixture until smooth. Microwave on high for 1 1/2 minutes. Stir with whisk to remove any lumps. (If not thickened - microwave for 30 seconds more, repeating stirring and adding microwave time until thickened). Stir in the additional 1/2 cup water till desired thickness is reached. Use for creamed vegetables, creamed meat over toast and as a base for casseroles

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## ***Bean and Pasta Salad***

1 pound pasta, uncooked  
6 oz can tuna, drained  
2 cups assorted raw vegetables, washed and chopped (pepper, zucchini, broccoli, cabbage, carrots, cauliflower, celery, onion, cucumber)  
½ cup black or green olives, drained  
2 cups beans, drained and rinsed (any type)  
Dressing:  
½ cup low fat salad dressing  
½ cup yogurt or sour cream  
2 Tbsp mustard  
1 Tbsp lemon juice or vinegar  
½ tsp. dill, oregano, or basil (or combination of all)  
Cook pasta in boiling water. While pasta is cooking, chop vegetables. Rinse pasta in cold water: drain well. Combine half the pasta and vegetables in large bowl and mix gently. Add rest of the pasta, beans, and olives. Stir gently. Mix dressing ingredients and pour over salad. Blend well. Serve on a bed of lettuce leaves with fresh tomatoes or other vegetable in season.

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## ***Gazpacho Salad***

1 cup sliced celery  
15 oz. can black beans, drained and rinsed  
4 plum tomatoes, sliced  
1 yellow bell pepper, chopped  
2/3 cup salsa  
1/3 cup light sour cream  
1 Tbsp. lemon juice  
butter lettuce leaves  
Combine vegetables in bowl. In small bowl, combine salsa, sour cream and lemon juice. Pour over bean mixture and toss. Serve over lettuce.  
4 servings

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## ***Squash Apple Casserole***

2 ½ C. winter squash cut in ½ inch slices  
1 1/2 cups apples, peeled and cut into 1/2 inch slices  
1 tsp. Cinnamon  
1/2 tsp. Nutmeg

Using an 8 x 8 pan, layer sliced squash on the bottom of the pan. Repeat with a layer of apples making sure to end with a layer of apples. Sprinkle cinnamon and nutmeg on top. Cover pan with foil and bake at 350 degrees for 45-60 minutes. Remove foil and bake 10-15 minutes more. Serve warm. *Serves 4*

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## ***Spiced Rice Recipe***

*This spiced rice is easy, cheap and very good - the result of a desperate experiment to find something different to eat on a very limited budget some years ago.*

2 tablespoons of butter or margarine  
1 cup of uncooked rice, any type  
¼ to ½ cup of chopped bell pepper (may substitute mild green chiles)  
2 heaping tablespoons chopped onion (dehydrated works well, use one tablespoon instead)  
1 teaspoon cumin  
1 teaspoon caraway seed (may substituted dill seed)  
1 tablespoon minced garlic, or three fresh cloves  
2 boullion cubes or two tsp of loose boullion, either chicken or beef  
2 cups water  
You can substitute the bouillon cubes and water for 2 cups of canned bouillon and extra water as needed.  
Get everything ready before you start, as the ingredients need to be added all at once. Put the spices, onion, pepper, garlic and boullion in one container, or mix them into the water.  
Heat a large skillet, melt butter and stir rice into it. Keep stirring until rice has lost its translucent look. All at one time, add the rest of the ingredients. Stir well, and wait until the mixture has come to a boil, then turn down the heat and cover. Let it simmer until the rice is tender, but watch that it doesn't cook dry. More water can be added if necessary.

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## ***Caribbean Black Beans and Rice***

1 ½ cup long grain or brown rice  
1 medium onion, chopped  
15 oz can black beans, rinsed and drained  
¾ cup orange or pineapple juice  
½ tsp. allspice or thyme  
Pepper to taste  
1 Tbsp canola oil

Cook rice according to directions on package. While rice is cooking, sauté onion in oil. Add black beans, juice, seasoning and pepper. Mash some of the beans for thicker consistency. Simmer over low heat until rice is done, stirring occasionally. Serve black beans over rice. Leftovers can be rolled in a flour tortilla and topped with salsa for a quick burrito.

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## ***Parmesan Chicken***

¼ cup Dijon or plain mustard

2 Tbsp. apple juice

1 clove garlic, minced

1 cup soft bread crumbs

½ cup grated Parmesan cheese

½ tsp. dried basil leaves

2 Tbsp. butter, melted

½ tsp. salt

1/8 tsp. pepper

4 boneless, skinless chicken breasts

Line a 13x9" pan with foil and preheat oven to 400 degrees. In shallow pan, mix mustard, apple juice and garlic. In other pan, mix the crumbs, cheese, basil, melted butter, and salt and pepper. Coat chicken in the mustard mixture, then roll it in the crumb mixture until thoroughly coated. Place the chicken in the lined pan and bake for 18-24 minutes, until golden brown and thoroughly cooked.

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## ***Baked Omelet***

1 onion, chopped

1 Tbsp. olive oil

1/2 cup shredded Cheddar cheese

1-1/2 cups milk

8 eggs

1/3 cup flour

1/2 tsp. baking powder

1/2 tsp. dried basil leaves

1/8 tsp. salt

dash white pepper

Preheat oven to 350 degrees F. In heavy skillet, cook onion in olive oil until crisp tender. Grease a 9" pie pan and sprinkle onion into pan; sprinkle cheeses over onion. Place remaining ingredients in blender or food processor. Cover and blend on medium speed about 30 seconds or until mixture is smooth. Or, place in large bowl and beat with mixer for 2 minutes or until smooth. Pour over onions and cheese in pie plate. Bake uncovered at 350 degrees F for 35-40 minutes or until omelet is light golden and puffed and a knife inserted in center comes out clean.

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## ***Pizza on a Potato***

1 potato, scrubbed clean

2 tablespoons pizza or tomato sauce

1/4 to 1/2 cup frozen vegetable mix

1/4 cup shredded cheese (mozzarella or Monterey Jack)

Bake or microwave potato until it is soft and cooked through.

While potato is baking, place frozen vegetables in a colander; run warm water over them until thawed; drain well.

Split baked potato in half length-wise and place in a small baking dish.

Spread pizza or tomato sauce on each half of the cooked potato. Topped with drained, vegetables. Sprinkle shredded cheese over vegetables. Microwave until cheese is bubbly. (Or bake at 375 degrees for 5 - 10 minutes until cheese is melted).

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## ***Bean and Ham Soup***

48-ounce jar mixed beans

1 chopped onion

2 stalks celery chopped

1 carrot, peeled and sliced

1 cup cubed cooked ham

Put all ingredients in the slow cooker. Cook on high for 4 hours or on low for 8 to 10 hours. Serve with milk, canned fruit, and corn meal muffin or whole wheat bread. Refrigerate leftovers in covered container for a later meal.

8 1-cup servings

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## ***Slow Cooker Chili***

1 pound ground beef

2 15-ounce cans stewed tomatoes

1 15-ounce can chili beans

1 15-ounce light red kidney beans

1 chopped onion

2 teaspoons chili powder

1 tablespoon sugar

Brown, drain, and rinse ground beef. Put all ingredients in the slow cooker.

Cook on high for 4 hours or on low for 8 to 10 hours. Serve with milk, carrot/celery sticks, crackers, and cheese. Refrigerate leftovers in covered container.

10 1-cup servings

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### ***Easy Tortilla Soup***

2 cups water  
2 chicken bouillon cubes  
1 14.5-ounce can diced tomatoes  
1 cup frozen or canned corn  
1 tablespoon minced dried onion (or 2 tablespoons raw diced onion)  
1/2 teaspoon garlic powder  
1/2 cup shredded cheese  
4 flour tortillas, cut in 1-inch strips

Put all\* ingredients EXCEPT cheese and tortilla strips in saucepan. Heat until mixture comes to a boil, and then reduce heat. Add tortilla strips and simmer about 15-20 minutes. Top each serving with 2 tablespoons cheese. Serve with milk and fresh or canned fruit. 4 servings

*\*Optional additions:*

15-ounce can black or red beans, drained  
1 - 2 cups chopped or frozen vegetables (carrots, celery, green pepper or zucchini)  
1 cup chopped cooked chicken or turkey.

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### ***Turkey Pot Pie***

2 packaged frozen pie crust  
2 cups cooked and cubed turkey (or cooked chicken or canned chicken)  
1 cup cooked mixed vegetables (leftover, frozen, or canned)  
1 cup left-over gravy, heated (or make from packet mix)

Thaw pie crusts according to package directions. Preheat oven to 375 F. Place one pie crust into an 8-9 inch pie pan. Place cubed turkey into pie crust. Pinch the edges of the pie crusts together. Cut 2 or 3 air vents in top crust. Bake 20 minutes. Serve with milk, raw vegetables or lettuce salad, bread stick or roll, and instant vanilla pudding with sliced bananas. 6 to 8 servings

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### ***Spicy Chicken***

4 skinless chicken breast halves (about 1 pound)  
1/2 cup bottled salsa

Rinse chicken pieces and pat dry. Remove any remaining skin and fat. Coat baking dish lightly with nonstick spray. Place chicken in baking dish; pour salsa over chicken. Cover tightly and bake at 400 F for 20 minutes. Chicken is done when a meat thermometer in the chicken reaches 180 F. Serve with tossed salad or vegetables, rice fruit, and milk. 4 servings\*

*\*Double or triple the recipe, then refrigerate or freeze the extra for later meals.*

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### ***English Muffin Pizza***

5 whole English muffins  
1/2 cup tomato or pizza sauce  
1 tsp oregano  
1/4 cup onion, chopped  
1/2 cup shredded reduced fat cheddar cheese  
Preheat oven to 400 F. Slice English muffins in half and place on a baking sheet. Mix tomato sauce and oregano and spoon on each muffin. Sprinkle onion over sauce and top with cheese. Bake until crust is lightly browned and cheese is melted, about 5 minutes.

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### ***Crispy Chicken***

1 tsp. dried thyme leaves  
1 tsp. dried minced chives  
1 cup dry purchased fine bread crumbs  
1/4 cup grated Parmesan cheese  
1/2 tsp. salt  
1/8 tsp. pepper  
1 Tbsp. olive oil  
4 boneless, skinless chicken breasts  
1 egg, beaten

Prepare two sided grill. In shallow pan, combine the herbs, bread crumbs, grated cheese, and salt and pepper. Drizzle the olive oil over this mixture, working it into crumbs gently until crumbs are coated.

Dip chicken breasts into beaten egg, then firmly press each coated breast into bread crumb mixture. Cook the chicken breasts on two sided dual contact indoor grill for 4 to 6 minutes until thoroughly cooked and until juices run clear.

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## ***Pesto Pasta***

1 lb. uncooked linguine pasta  
12-oz. container refrigerated basil pesto 2 cups grape tomatoes  
1/2 cup grated Parmesan cheese  
Cook pasta as directed on package; drain and return to pot. Stir in basil pesto, tossing gently over low heat until pasta is coated. Add grape tomatoes and toss for 1 minute. Sprinkle with cheese and serve. Serves 4

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## ***Glazed Ham Slice***

1 lb. fully cooked center cut ham slice  
1/4 cup orange marmalade  
2 Tbsp. Dijon mustard  
Combine marmalade and mustard and brush over both sides of ham. Cook on a George Foreman two sided grill for 4-6 minutes until thoroughly heated. 4 servings

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## ***Curried Chicken Sandwich Spread***

12 oz. can white and dark meat chicken, drained  
2/3 cup mayonnaise  
8 oz. can pineapple tidbits, drained  
1/4 cup mango chutney  
1-1/2 tsp. curry powder  
1/2 cup chopped celery  
1/4 cup currants  
1/4 cup chopped peanuts  
Combine all ingredients in medium bowl and blend gently to combine. Cover tightly and refrigerate up to two days. Makes 4-6 sandwiches

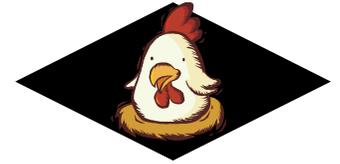
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## ***Chicken with Vegetables and Pasta***

2 tsp canola oil  
1/2 cup chopped onion  
2 cups cooked cubed chicken breast  
2 cups frozen mixed vegetables  
1 1/2 cups uncooked noodles, any type  
2 cups low sodium chicken broth  
1/2 tsp garlic powder  
1 tsp. dried oregano or basil  
14.5 oz canned whole tomatoes, drained  
Heat oil in large non-stick skillet over medium heat. Saute onion, then add rest of ingredients. Bring to a boil. Lower heat and cover pan. Simmer until noodles are tender, about 8 to 10 minutes. **Serve hot.**

## ***Chicken and Rice Dinner***

4 boneless skinless chicken breast halves  
1 teaspoon cooking oil  
1 can condensed cream of chicken soup  
1/4 teaspoon pepper  
1/4 teaspoon paprika  
2 cups instant rice  
2 cups broccoli florets  
1 1/3 cups water



Rinse chicken pieces and pat dry. Heat oil in non-stick skillet on medium high heat. Add chicken; cover. Cook 4 minutes on each side or until cooked through. Remove chicken. In skillet combine soup, water, pepper, and paprika. Bring to boil. Stir in rice and broccoli. Place chicken on top. Cover and cook on low heat for 5 minutes. Serve with milk, bread sticks, and grapes. 4 servings

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## **"Anytime Tortillas"**

4 eggs  
1/4 cup nonfat dry milk powder  
4 whole wheat tortillas, warmed  
1/2 cup reduced fat cheese, shredded  
Salsa

Lightly coat skillet with nonstick spray; pre-heat over medium heat. In mixing bowl beat together the eggs and milk; pour into skillet. Cook and stir until eggs become firm. Spread one-fourth of egg mixture in the center of each tortilla. Top with cheese and salsa. Fold or roll tortilla and serve with peaches and milk for breakfast, or with cooked broccoli, carrot sticks, and milk for lunch or dinner. Optional additions: Finely chopped red onion, green pepper, and/or tomato. 4 servings

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## ***Veggie Tortilla***

2 6 to 8-inch tortillas  
2 to 3 tablespoons shredded cheese  
1/3 cup chopped or shredded vegetables (carrots, onion, celery, spinach, lettuce, cabbage, broccoli, tomatoes)  
Salsa  
Sprinkle cheese over one tortilla. Add vegetables. Cover with second tortilla and place in skillet. Heat 1 to 2 minutes over medium high heat; flip and heat 1 to 2 minutes more until heated through. Cut into wedges and serve with salsa. 1 serving

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## ***Vegetarian Enchiladas***

### Sauce:

1 cup chopped onions  
2 tbsp. Water  
½ cups canned tomatoes  
1 cup tomato sauce  
¼ tsp. Pepper

1 tbsp. honey\*

### Bean Mixture:

2 tbsp. water  
1 can (16-oz.) pinto beans  
½ cup chopped onion  
1 small can ripe olives (optional)  
1 tsp. Chili powder  
½ cups shredded cheddar cheese

*\*Honey should not be fed to babies under 1 year of age.*

Have tortillas ready for filling. Prepare sauce by heating water in large frying pan. Cook chopped onions in water until soft. Add remaining ingredients for the sauce to the frying pan. Cook and stir until heated through. Prepare bean mixture by heating water in frying pan. Cook beans and onion in water. Add remaining ingredients, except cheese. Add some sauce mixture to bean mixture if beans are too thick. Assemble by filling tortillas with 2-3 tablespoons of bean mixture, roll or fold and place in shallow baking dish. Cover with sauce and add shredded cheese. Bake at 350 for 30 minutes or until bubbly. Serves 8

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## ***Garden Tortillas***

Cover a 10-inch flour tortilla with raw spinach. Add shredded carrot, sliced or chopped tomato, pepper strips, and other raw chopped vegetables. If desired, add 2 tablespoons shredded cheese and 1 thin slice deli turkey. Roll up and eat with ranch dressing and/or salsa. 1 serving

*Variation: Spread refried beans over tortilla before adding vegetables.*

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## ***Quick Tortilla Pizza***

Spread a thin layer of pizza sauce over a 6-inch tortilla. Add a variety of raw vegetables (sliced mushrooms, pepper strips, chopped onion, chopped tomato, shredded carrot, etc.). Add 3 tablespoons shredded mozzarella or other cheese. Heat in a skillet over medium heat or bake at 375 F. until cheese is melted. 1 serving

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## ***Apple Cheese Tortilla***

2 6 to 8-inch tortilla  
Thinly sliced apples or 3 to 4 tablespoons applesauce  
¼ cup Monterey Jack cheese  
2 tablespoons raisins (optional)  
Ground cinnamon (optional)

Arrange apple slices on one tortilla (or spread applesauce to cover). Sprinkle with cheese. Add raisins and/or cinnamon, if desired. Cover with second tortilla and place in a skillet. Heat 1 to 2 minutes over medium high heat; flip and heat 1 to 2 minutes more. Cut into wedges and serve. 1 serving

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## ***Quick Stir Fry***

Heat 1 to 2 tablespoons cooking oil in a skillet or wok. Add 2 cups frozen vegetables plus 1 to 2 cups frozen shrimp, frozen scallops, leftover roast, or leftover grilled chicken. Cook and stir over medium high heat until heated through. Season with soy sauce. Serve with rice, pineapple or kiwi, and milk. 4 servings

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## ***Egg-coated Vegetable Stir Fry***

Heat 1 - 2 tablespoons oil in a skillet or wok. Add 2 - 4 cups of vegetables. Cook and stir over medium high heat until tender. Beat 2 to 4 eggs (depending on amount of vegetables). Pour eggs over vegetables and cook until firm. Top with shredded cheese, if desired. Serve with toast, orange slices, and milk. 2 to 4 servings

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## ***Citrus Sole***

1 Tbsp. olive oil  
4 6 oz. sole fillets  
juice and zest of one orange  
juice of one lemon  
2 Tbsp. chopped fresh chives  
½ tsp. salt  
⅛ tsp. white pepper

Place oil in large skillet and heat over medium heat. Place fish fillets in skillet and sprinkle with orange juice and lemon juice. Cook for 5-7 minutes until fish flakes when tested with fork. Sprinkle with orange zest, chives, salt, and pepper and serve. Serves 4