Sample Menu Recipes

Try out these recipes from the sample menus for a healthy & delicious meal!

Ham Salad

You Will Need:

3 cups coarsely diced ham
2 hard-cooked eggs, chopped
½ cup chopped celery or 
   ¼ cup pickle relish
½ cup light or low-fat mayonnaise
2 teaspoons mustard
1/8 teaspoon black pepper

To Make Ham Salad:

Stir together all ingredients in a medium sized bowl, cover bowl, and chill
in refrigerator. Serve on whole wheat crackers (such as Wheat Thins) or
makes enough for 6 sandwiches. Place ½ Cup of the ham salad on whole
wheat bread and top with lettuce leaves and tomato slices. Makes about
4 Cups, (6 servings).

Ham Salad can be made ahead and stored in a Tupperware container.
Since it has mayonnaise in it, ham salad should be eaten within 1 hour of
being removed from the refrigerator. If you are at a picnic, or will be
leaving the ham salad outside for some reason, put some ice in a bowl
larger than the container the ham salad is in, and keep the ham salad in
the ‘ice bowl’. The ham salad can then be kept out of the refrigerator for
an extra 2 hours.
Sample Menu Recipes

Tuna Noodle Casserole

You Will Need:

- 12 ounces egg noodles (about 3 cups)
- ½ Cup light or reduced fat mayonnaise
- 1 can (10 ½ oz) of cream of celery soup
- 10 ½ oz fat-free milk (use the soup can to measure)
- 1 can (6 ounces) tuna in water, drained
- 1 cup sliced celery
- 1 package (10 ounces) frozen peas and carrots
- 1 cup shredded cheese

To Make Tuna Noodle Casserole:

Preheat oven to 425°F. While oven is preheating, cook noodles as directed on package and drain, and place them in a greased 3-quart baking dish. Mix soup, mayonnaise, and milk in a saucepan under low heat, adding cheese until it melts. Add the frozen peas and carrots, stirring for about 5 minutes. When well mixed, add to the noodles in the baking dish. Add tuna and celery and mix lightly. Cover loosely with foil. Bake at 425°F for 25 to 30 minutes, or microwave until hot. Makes 6 servings.

Tuna Noodle Casserole can be frozen before baking to save for a day when you are short on time. To freeze, just follow the directions above, but instead of baking, freeze the baking dish covered in foil just as it is. When you are ready to bake it, place the baking dish in the refrigerator overnight to thaw, then bake at 425 for 25 minutes, just like the directions above!