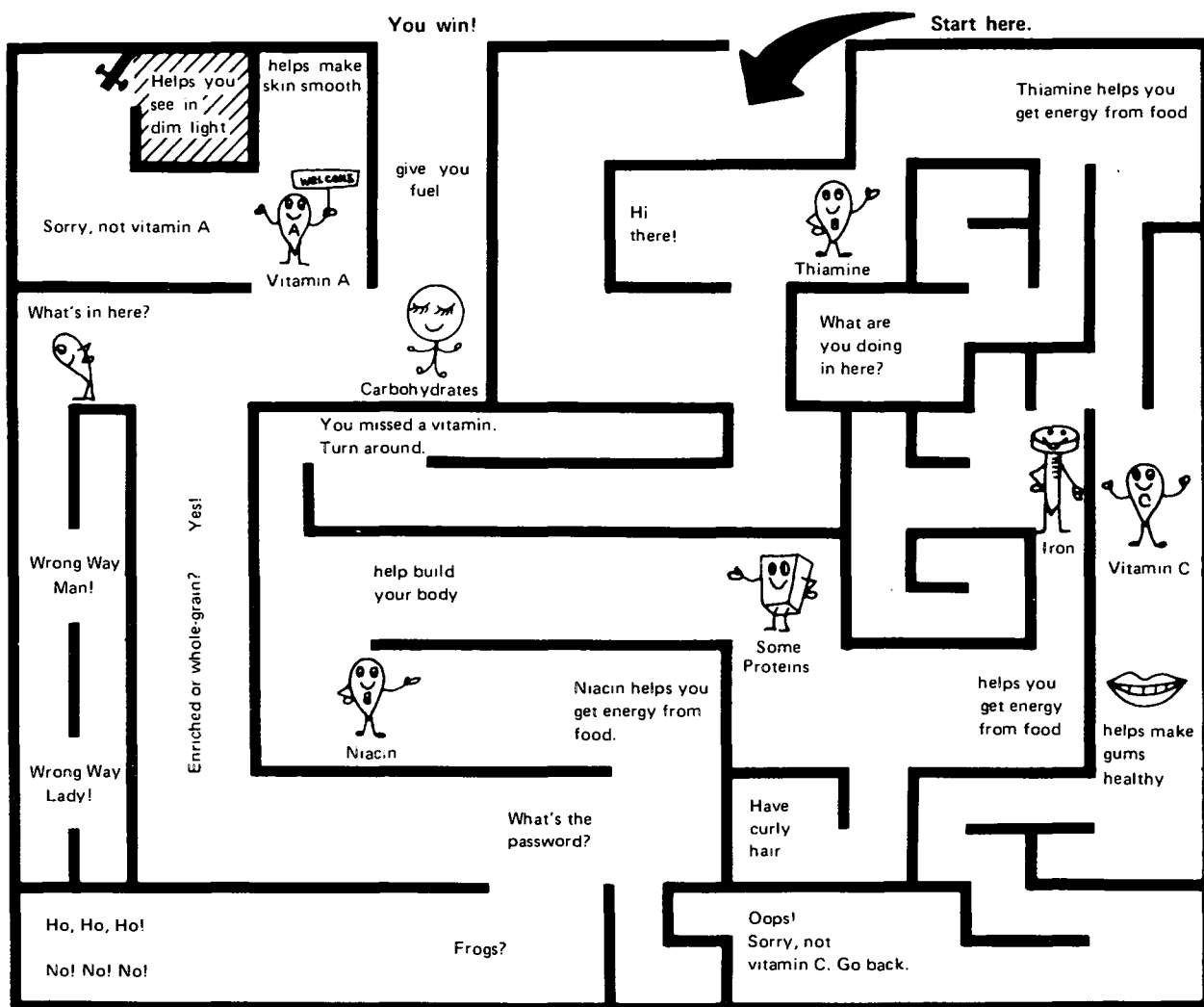




# Amazing Ways with Grains

Draw a path through the maze. Nutrients in the Bread and Cereal Group will be your guides. Don't let other nutrients trick you.

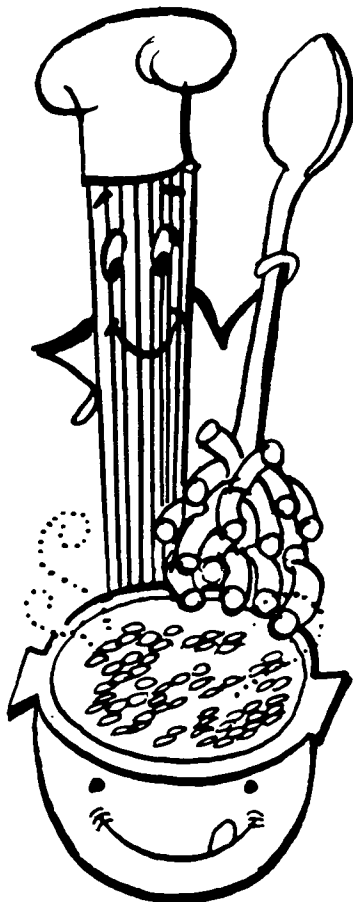


# Amaze Your Family- Invent Your Own Casserole!

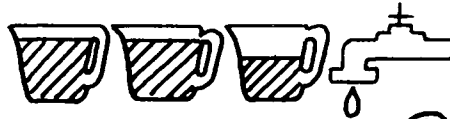
Makes 4 servings

Rice, Noodles, or Macaroni

Cook one of these:



Rice:

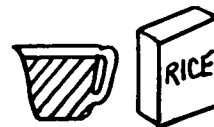


2½ cups water



½ teaspoon salt

Heat water and salt until boiling.



1 cup rice

Stir in rice. Cover and cook on low heat 25 minutes.

Noodles or  
Macaroni:



3 cups water

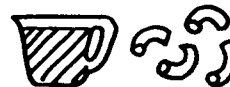


½ teaspoon salt



1 pat or spoonful  
margarine

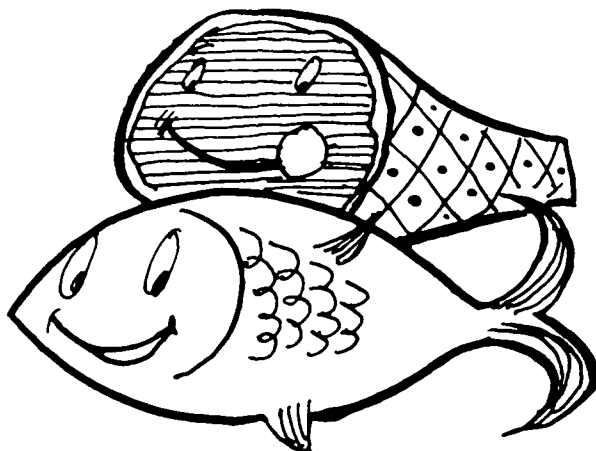
Heat water with salt and margarine until boiling.



1 cup noodles or macaroni

Stir in noodles or macaroni. Cook 2 minutes and stir. Remove from heat and cover. After 15 minutes drain.

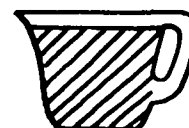
Meat or Fish Pick one of these:



1 pound  
ground beef,  
cooked



1 can tuna  
(7½ oz.)



1 cup cooked  
or canned  
meat

## Vegetable



Choose one of these:

Green Beans

Peas

Carrots

Lima Beans

Corn

Broccoli



1 can (16 oz.) drained

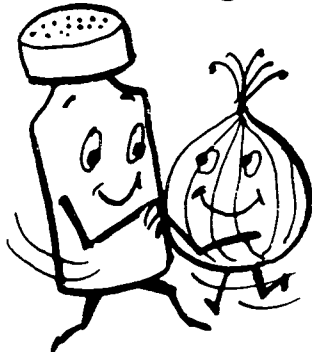
You will need this much:

Or

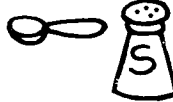


1 box (10½ oz.) frozen, cooked

## Seasoning



Use



1 teaspoon salt

and one or more of these:

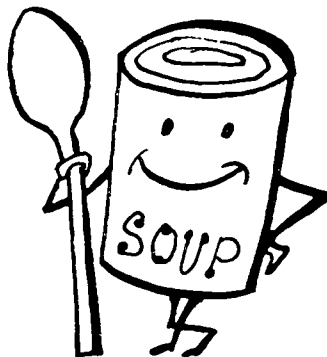


¼ cup chopped onion, celery or green pepper cooked in fat.



Pepper to taste

## Sauce



Mix



¼ cup milk with one of these:

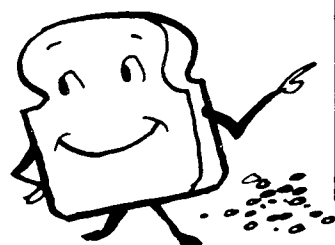


1 cup Magic Sauce (See Fun Sheet 2) Or



1 can soup — Tomato, mushroom, celery, or cream of chicken

## Crunch



Sprinkle one of these on top:



Cracker or toast crumbs



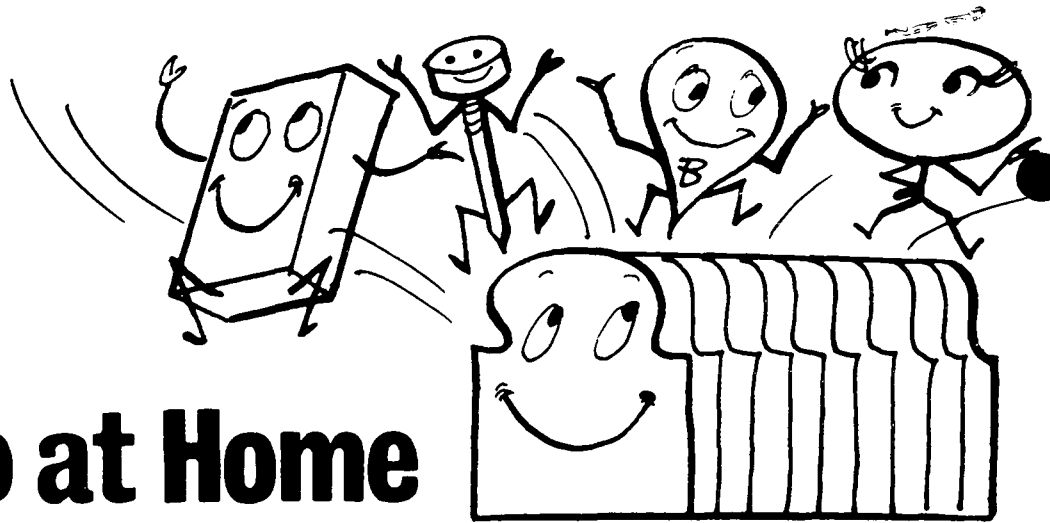
dry cereal

## To Bake in Oven

Add seasoning and sauce to meat. Grease a baking dish. Make layers. Start with rice, noodles, or macaroni. Then vegetables, then meat. Top with crumbs or cereal. Bake in oven at 350 degrees (moderate) until bubbly (about 20 minutes).

## To Cook on top of stove

Heat and stir everything except crumbs or cereal. Add more milk if it gets dry. Pour in dish and top with crumbs or cereal.



# To Do at Home

Tell someone about three or four nutrients we get from the Bread and Cereal Group.

**or**

Invent a casserole.

**or**

Give someone a compliment he deserves.

**or**

All three!

