

Vary Your Protein Recipes Chart

Showing the type of cooked dry legumes and other protein foods, grains, vegetables and fruits featured in the VYP recipe

Note: Dining on a Dime website is at

<http://www.ksre.ksu.edu/humannutrition/DesktopDefault.aspx?tabid=91>

Fix It Fresh website is at

<http://www.ksre.ksu.edu/humannutrition/DesktopDefault.aspx?tabid=77>

	Cooked Dry Legume Used	Other Protein Food Used	Grain Used	Vegetables Used	Fruit Used
Main Dishes – Hot					
Beans, Rice and Tuna-Stuffed Pepper	Any	Tuna, Cheese	Rice	Corn, Peppers, Salsa	
Cheesy Crab and Spinach Bake		Surimi, Cheeses		Spinach, Water chestnuts, Onion	
Chunky Refried Bean Soup	Refried	Cheese, Milk	Rice	Peppers, Tomatoes, Onions	
Colorful Hominy Casserole	Black	Poultry or Meat, Cheese	Rice	Hominy, Tomatoes, Onion	
Easy Lentil Lasagna	Lentils	Cheeses	Pasta-lasagna	Spaghetti sauce	
Great Northern Brown Sauce Skillet Supper	Great northern beans	Ground Beef or Turkey, Cheese	Pasta-macaroni or penne	Bell pepper, Tomato sauce, Tomato, Onion	Raisins

	Cooked Dry Legume Used	Other Protein Food Used	Grain Used	Vegetables Used	Fruit Used
Hearty Winter Stew	Any	Meat or Fish	Oats	Celery, Carrots, Sweet potato or Squash, Potato or Parsnip, Brussels sprouts, Spinach, Collards or Kale	
Make-ahead Eggs, Beans and Hash Brown Potatoes	Black beans	Cheese, Eggs, Milk		Potatoes	
Meat 'n Double Beans Casserole	Pork and beans	Ground beef or turkey, Cheese		Potato, Green beans, Onion	
Pork, Baked Beans and Apple Casserole	Baked beans	Pork or beef	Rice		Apple
Quick 'n Easy Thin Crust Pizza	Refried	Cheese	Tortillas	Spinach, Spaghetti sauce	
Quick Quesadilla	Refried, Any other	Cheese	Tortilla	Salsa	
Roasted Vegetables and Ham	Any	Ham, Cheese	Rice	Brussels sprouts, Onion, Carrots	
Simple Seafood Tomato Sauce with Spaghetti		Tuna, Cheese	Pasta-spaghetti	Spaghetti sauce	
Spicy Shrimp or Meat and Veggies Soup	Split peas, Lentils, or Any legume	Shrimp, Poultry, Meat or Fish		Salsa, Spinach, Onion	
Spinach Succotash Skillet Casserole	Lima beans	Meat	Rice	Spinach, Corn, Potato, Onion	Orange juice

	Cooked Dry Legume Used	Other Protein Food Used	Grain Used	Vegetables Used	Fruit Used
Ten-minute Colorful Bean and Vegetable Skillet	Any	Cheese, Nuts		Tomato, Onion, Spinach or Collards, Corn, Peppers	
Tortilla-Layered Southwest "Lasagna"	Red kidney	Cheeses, Poultry or Meat	Tortillas	Corn, Tomatoes, Onion	
Vegetable and Fish Chowder		Salmon or Tuna, Milk, Cheese		Potato, Cabbage, Peas or Corn, Onion or Celery	
3-Bean Chili (Dining on a Dime Oct. 2008)	Three kinds			Green pepper, Onion, Tomatoes, Tomato sauce	
Black Bean soup (Dining on a Dime Oct. 2007)	Black	Cheese		Tomato juice, Spaghetti sauce, Onions	
Cheese and Veggie Lasagna Casserole (Dining on a Dime July 2007)		Cheeses	Pasta-macaroni	Broccoli, Spaghetti sauce, Tomato	
Dried Bean Soup Mix (Dining on a Dime Dec. 2003)	Mixture			Tomatoes	
Fragrant Vegetable Beef Stew (Dining on a Dime Mar. 2009)		Beef		Carrots, Potatoes, Onion, Tomatoes, Celery	
Garden Chili (Fix It Fresh)	Red	Beef		Peppers, Corn, Tomatoes, Tomato sauce, Onion, Celery	
Green Beans and Meat Frittata (Dining on a Dime Nov. 2006)		Eggs, Turkey or Ham, Cheese		Green beans, Onion	

	Cooked Dry Legume Used	Other Protein Food Used	Grain Used	Vegetables Used	Fruit Used
Make It A Meal Macaroni and Cheese (Dining on a Dime June 2006)		Tuna, Cheese, Milk	Pasta-macaroni	Broccoli	
Salmon Patties (Dining on a Dime Jan. 2009)		Salmon, Egg	Oats	Onion	
Tempting Tostadas (Fix It Fresh)	Refried	Chicken or Turkey, Cheese	Tortilla	Tomatoes, Salsa, Carrots, Lettuce, Onion	
Main dishes – Cold					
Asian Tuna Dinner Salad	Any	Tuna, Cheese, Peanuts, Peanut butter	Rice	Cucumber, Lettuce, Asparagus or Green beans, Carrots	Pineapple
Cheesy Crab and Spinach Bake		Surimi, Cheeses		Spinach, Water chestnuts, Onion	
Colorful Berry and Orange Dinner Salad	Black	Meat, Almonds, Cheese		Lettuce	Oranges, Raspberries or Blackberries
Cool ‘n Crunchy Meat, Barley and Veggie Salad	Any	Meat, Peanuts, Cheese	Barley, Quinoa or Rice	Lettuce, Corn, Carrots, Peppers, Celery or Cucumber or Zucchini	
Easy Winter Holiday Wrap		Turkey	Tortilla	Pumpkin, Lettuce	Cranberries
Fiesta Bean Salad	Black	Cheese	Tortilla	Salsa, Lettuce, Peppers	
Funny Face Tuna Tostado		Tuna, Cheese	Tortilla	Lettuce, Tomatoes, Carrots, Cucumber	
Hoppin’ John Dinner Salad	Black-eye peas	Sausage Almonds	Rice	Lettuce, Tomatoes	

	Cooked Dry Legume Used	Other Protein Food Used	Grain Used	Vegetables Used	Fruit Used
Poultry, Pasta and Vegetables Dinner Salad	Black or Chickpeas	Chicken or Turkey, Cheese	Macaroni or Penne pasta	Spinach, Carrots, Onion	
Refreshing Green and Red Summer Supper		Meat or Poultry, Cheese, Milk		Tomatoes, Green peas, Onion	
Seafood and Veggies Dinner Salad	Any	Fish, Cheese		Lettuce, Tomatoes, Potatoes, Green beans	
Southwestern Slaw Dinner Salad	Black	Meat		Cabbage, Salsa, Corn	
Spicy Seafood Slaw Dinner Salad	Black	Tuna, Cottage cheese or Yogurt		Cabbage, Corn, Carrots	
Spicy Tuna and Apple Pockets		Tuna, Yogurt, Cheese	Pita bread	Cucumber or Celery	Apple
Tangy Tuna Vegetable Pinwheels		Tuna, Egg		Asparagus, Sweet potato, Beet or Tomato, Onion	Orange juice
Zesty Island Seafood Sandwiches	Black	Tuna or Salmon, Cheese	Rice, Couscous, Quinoa or Barley Whole wheat bread	Salsa, Celery	
Fish Tacos (Dining on a Dime Dec. 2007)		Fish such as Tuna, Cheese	Taco shells	Cabbage, Salsa	
Side Dishes – Hot					
Hearty Brown Yeast Bread	Garbanzo or Great northern		Whole wheat flour, Bread flour, Oats		

	Cooked Dry Legume Used	Other Protein Food Used	Grain Used	Vegetables Used	Fruit Used
Raisin or Cranberry Cinnamon Muffins	Chickpeas	Egg, Milk	Whole wheat flour		Raisins or Cranberries
Whole Grain Peanut Butter Breakfast Muffins		Peanut butter, Dry Milk, Egg	Whole wheat flour, Oats, Cornmeal		
Side Dishes – Cold					
Beans and Pasta Salad	Red		Pasta-macaroni or bowtie	Carrots, Peas, Cucumber, Radish	
Hearty Brown Yeast Bread	Garbanzo or Great northern		Whole wheat flour, Bread flour, Oats		
Peanut Butter Hummus Dip with Vegetable Sticks	Chickpeas	Peanut butter		Any raw veg. sticks	
Raisin or Cranberry Cinnamon Muffins	Chickpeas	Egg, Milk	Whole wheat flour		Raisins or Cranberries
Whole Grain Peanut Butter Breakfast Muffins		Peanut butter, Dry Milk, Egg	Whole wheat flour, Oats, Cornmeal		
Deviled Eggs (Dining on a Dime April 2004)		Eggs			
Fresh Salsa with Black Beans (Fix It Fresh)	Black			Tomatoes, Salsa, Onion, Corn, Peppers	
Pumpkin Seeds (Dining on a Dime October 2003)		Pumpkin seeds			
Healthy Sweet Foods					

	Cooked Dry Legume Used	Other Protein Food Used	Grain Used	Vegetables Used	Fruit Used
Cake-like Apple, Oatmeal, Raisin & Chocolate Chip Cookies	Great northern or Cannellini	Egg	Whole wheat flour, Rolled oats		Applesauce, Orange juice, Raisins
Easy Double-Chocolate Fudge Brownies	Black	Eggs	AP flour		
No-Added-Sugar "Pumpkin Pie" Pudding		Milk		Pumpkin	
Berry Chocolate Mousse (Dining on a Dime Feb. 2008)	Soy (tofu)	Milk, Nuts			Berries
Chocolate Chip Peanut Butter Cereal Bars (Dining on a Dime Apr. 2008)		Peanut butter, Egg, Dry Milk	Wheat germ, Oats, Rice cereal		Raisins

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan 2011. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.