VYP Vary Your Protein **Recipe Series**

K·STATE Research and Extension

Recipe Category: Hot Main Dish

Spinach Succotash Skillet Casserole

Yield: 2 servings, about 1 1/2 cups each

1 teaspoon vegetable cooking oil
1/3 cup chopped onion
2 teaspoons chopped garlic
1/3 cup fresh or frozen diced potato
1/8 teaspoon ground black pepper, or more if desired
a dash of dried red pepper flakes, or more if desired
3/4 cup orange juice
1/3 cup fresh or frozen sweet corn kernels
1/3 cup fresh or frozen lima beans
2/3 cup plain cooked rice, brown or white
1/2 cup chopped cooked turkey, chicken, pork or beef (without fat, skin or bones)
1/2 teaspoon vinegar or lime juice
2 cups chopped fresh or frozen spinach leaves

1. Wash your hands and work area.
2. Heat oil in a skillet over medium heat.
3. Add onion, garlic and potato. Cook about 3 minutes, stirring occasionally, until mixture is softened and fragrant. Sprinkle with black pepper and red pepper flakes, if desired.
4. Add orange juice, corn and lima beans.
5. Cover and let mixture boil gently for 3 to 5 minutes.
6. Stir in cooked rice, cooked meat, and vinegar or lime juice.
7. Add spinach to top of mixture. Cover and cook until spinach wilts, about 2 minutes.
8. Remove from heat. Serve hot.
9. Cover and refrigerate leftovers within two hours.

Meal suggestion: Serve with cherries, an oatmeal cookie and low-fat milk.

This lean, easy-to-make hot main dish is an excellent source of vitamins A and C, and dietary fiber. It is a good source of iron.

Nutrition Facts

Serving Size about 1 1/2 cups (326g)
Servings Per Container 2

Amount Per Serving

Calories 290	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 125mg	**5%**
Total Carbohydrate 46g	**15%**
Dietary Fiber 5g	**20%**
Sugars 12g	
Protein 16g	

Vitamin A 60% • Vitamin C 35%
Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

3 carbohydrate choices per serving.

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., CDE, 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. 2009. 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.