

# MAKING RECIPES WORK FOR YOUR FAMILY

Tempted to skip over a recipe because of one ingredient? Just use something else!

When planning a meal for your family, it's okay to start with just an idea instead of an exact recipe.

Make changes to recipes based on

- Foods you have on hand, including leftovers
- What produce is in season
- Your family's tastes
- Ingredients on sale

Use these ideas to adjust recipes in a way that appeals to your family.

## SOUP/STEW

- Mix it up with different meats, vegetables, or beans.
- Season to your tastes with different herbs or spices.
- Go meatless.

## STIR FRY

- Use whatever veggies and meats you have on hand.
- Go meatless by using extra firm tofu or frozen edamame (soy beans).
- Swap brown rice for other whole grains like instant barley or whole grain pasta.

## WRAP

- Use different beans, veggies, cheeses, or herbs.
- Sub tofu for eggs.
- Make heartier by adding leftover rice or cooked meats.

## CASSEROLE

- Use different types of toppings, whole grains, or sauces.
- Add chopped vegetables, meat, or tuna.
- Season with different spices.