



Your Commissary ... It's Worth the Trip!



THINKING OUTSIDE THE BOX

Hobo Ham and Dumplings with a Fresh Salad

MyPlate is the graphic used to convey what leading nutrition and public health experts recommend as a nutritious and well-balanced eating pattern. Although the graphic has the food groups segmented, having all food items separate is not required for a meal to be "healthy." The actual intent of MyPlate is to encourage Americans to build meals that consist of the correct proportion of each food group. For example, the food on your plate should be mostly fruit and vegetables, 25% grains and about 25% proteins. Ideally, your meals should meet the following:

- Consist of a variety of foods/beverages from each food group, with most of the choices being healthy
- Be mostly (half or more) fruits and vegetables
- Fit into your overall caloric needs

Combination foods such as casseroles, stews, soups, salads, and skillet dinners are not only tasty, economical and quick, they are also an easy way to be sure your meals conform to MyPlate. These foods typically consist of items that are staples in most pantries and freezers and are a great way to incorporate vegetables and lean proteins. To align combination foods to MyPlate, just pay attention to which food groups are used in the recipes and aim to have the amounts be consistent with MyPlate proportions. This means that your protein and grain foods should play a supporting role and your fruits and/or vegetables should take the lead.

This meal uses items that most people usually have on hand and tosses them together to make a quick, tasty, one-skillet meal served with a side of salad for a bit of freshness. Although, this meal features ham and kidney beans, any lean protein, like chicken breast and canned beans can be used. See notes for more ideas.

Healthy Food Staple List:

Aim to choose low sodium and no added salt and no added sugar items.

- Low-sodium broth
- Tomato sauce, tomato paste, petite diced and stewed tomatoes
- Canned beans (black, kidney, navy, etc.)
- Brown rice
- Whole-wheat/grain pasta
- Cooking Oil (extra virgin olive oil and/or coconut oil)
- Vinegar (balsamic, rice, wine, and/or apple cider)
- Frozen vegetables (mixed, peppers and onions, broccoli, etc.)
- Heart-smart, dry biscuit mix
- Dried herbs and spices



Directions

1. Cut up 10-12 oz. of ham steak into bite-sized cubes.
2. In a deep pan with a cover, combine one can of stewed tomatoes (any flavor), the cubed ham, 1 ½ cans of drained and rinsed kidney beans and 2 tsp. of chili powder. Stir, cover and cook on medium-high heat.
3. In a bowl, mix 1 cup of the dry biscuit mix with 1/3 cup of skim milk until well blended.
4. Turn the stove up to high heat and bring the mixture to a rolling boil for one minute and then drop the batter (one heaping tbsp. at a time) into the pan. Be sure not to let the dropped batter (dumplings) touch.
5. Turn the stove heat down to medium and cover.
6. While the dumplings are cooking, make the salad by mixing together 12 oz. of baby spinach leaves, 1 can of drained Mandarin oranges, and ¼ cup of chopped pecans or walnuts. Mix ¼ cup of vinegar (preferably balsamic), 1 tsp.

Serves: 8

of dried basil, a few dashes of garlic powder, and 2 tbsp. of oil. Pour over the salad and toss.

7. Serve each plate with 1/8th of the Hobo dumplings and ¼ of the salad. Top the dumplings with a little sprinkle of shredded cheddar cheese.

NOTES:

- If uncooked chicken or beef is used instead of the ham, be sure the meat is cooked through before adding the dumplings. Try beef tips with black beans and cumin.
- Freeze the leftovers for a microwavable meal that will be ready when you need it.
- Make speedy chicken and dumplings by bringing to boil 32 oz. of chicken broth, 12 oz. (one bag) of mixed vegetables, and some cooked chicken.
- To make MyPlate salads for lunch, top them with the leftover ham and kidney beans.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](https://www.commissaries.com/healthy-living/healthy-eats.cfm) OR VISIT [COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM](https://www.commissaries.com/healthy-living/healthy-eats.cfm).