

## Millikin Market Recipe Book

### Safe Cooking Temperatures for Meat

Meat Type	Internal Temperature	Doneness Level	Notes
Chicken (whole or parts)	165°F (74°C)	Fully cooked	Juices should run clear
Turkey (whole or parts)	165°F (74°C)	Fully cooked	Use a thermometer for accuracy
Beef, steak (medium rare)	135°F (57°C) (rest to 145°F/63°C)	Medium rare	Rest for 3 minutes
Beef, steak (medium)	140°F (60°C)	Medium	Rest for 3 minutes
Beef, steak (well done)	160°F (71°C)	Well done	
Pork (whole or cuts)	145°F (63°C)	Medium	Rest for 3 minutes
Lamb	145°F (63°C)	Medium	Rest for 3 minutes
Ground meats (beef, pork, lamb)	160°F (71°C)	Fully cooked	
Fish and Shellfish	145°F (63°C) or opaque in appearance	Fully cooked	Flakes easily, opaque in color

Ounces (oz)	Cups
1 oz	0.125 cup (1/8)
2 oz	0.25 cup (1/4)
4 oz	0.5 cup (1/2)
8 oz	1 cup
16 oz	2 cups

### Cups to Ounces

Cups	Ounces (oz)
1 cup	8 oz
1.5 cups	12 oz
2 cups	16 oz
4 cups	32 oz

## 3-Ingredient Recipes with what you'll find in the Market!

### 1. Ham & Egg Breakfast Wrap

- Oscar Meyer Ham
- Eggs (doz.)
- Wheat Bread (flattened and rolled up like a wrap)

### 2. Cheesy Tuna Melt

- StarKist Tuna (in water)
- Velveta Sliced Cheese

- White Bread

### **3. Chicken Veggie Rice Bowl**

- Swanson Chicken Breast
- Ben's Ready Rice – Roasted Chicken
- Del Monte Mixed Vegetables

### **4. Sweet Trail Mix Yogurt Bowl**

- Kar's Sweet & Salty Trail Mix
- Welch's Fruit Snacks
- Milk (used to soften or mix in)

### **5. Bologna Breakfast Sandwich**

- Oscar Meyer Bologna
- Eggs (doz.)
- White Sandwich Bread

### **6. Fruit & Cereal Snack**

- Kellogg's Special K with Red Berries
- Del Monte Sliced Peaches
- Milk (1/2 gallon)

### **7. Quick Pizza Sandwich**

- Jack's Pepperoni Pizza
- White Bread (folded in half as crust)
- Heinz Ketchup (for extra sauce)

### **8. Simple Veggie Soup**

- Campbell's Vegetable Soup
- Del Monte Mixed Vegetables
- Minute White Rice

---

## **4-Ingredient Recipes with what you'll find in the Market!**

### **1. Chicken Alfredo Rice Bowl**

- Swanson Chicken Breast
- Hunt's Spaghetti Sauce – Four Cheese

- Ben's Ready Rice – Creamy Four Cheese
- Smart Way Garlic Salt

## **2. Ham & Potato Bowl**

- Oscar Meyer Ham
- Idahoan Buttery Homestyle Mashed Potatoes
- Smart Way Black Pepper
- Del Monte Sweet Corn

## **3. Cheesy Egg Scramble**

- Eggs (doz.)
- Velveta Sliced Cheese
- Smart Way Minced Onions
- Smart Way Garlic Salt

## **4. Turkey Sandwich with Chips**

- Oscar Meyer Turkey Breast
- Wheat Bread
- Velveta Sliced Cheese
- Lays Original Potato Chips (side or crushed inside)

## **5. Quick Spaghetti & Tuna**

- Spaghetti Noodles
- Hunts Spaghetti Sauce – Traditional
- StarKist Tuna
- Smart Way Garlic Salt

## **6. PB&J Trail Snack**

- Jiffy Creamy Peanut Butter
- Welch's Strawberry Preserves
- Kar's Sweet N Spicy Trail Mix
- Wheat Bread

## **7. Salisbury Dinner Remix**

- Banquet Salisbury Steak Dinner
  - Del Monte Sweet Corn
  - Heinz Ketchup
  - Smart Way Black Pepper
-

## **5-Ingredient Recipes with what you'll find in the Market!**

### **1. Cheesy Chicken & Veggie Pasta**

- Chicken Tenderloin
- Spaghetti Noodles
- Hunts Spaghetti Sauce – Four Cheese
- Del Monte Mixed Vegetables
- Velveta Sliced Cheese

### **2. Tuna Rice Casserole**

- StarKist Tuna
- Ben's Ready Rice – Creamy Four Cheese
- Del Monte Green Beans
- Heinz Ketchup
- Smart Way Minced Onions

### **3. Ham & Egg Breakfast Bowl**

- Oscar Meyer Ham
- Eggs
- Velveta Sliced Cheese
- Smart Way Garlic Salt
- Wheat Bread (toasted for dipping)

### **4. Loaded Chicken Pizza**

- Jacks Cheese Pizza
- Swanson Chicken Breast (or Chicken Tenderloin pieces)
- Del Monte Green Beans (chopped on top)
- Heinz Ketchup
- Smart Way Black Pepper

### **5. Veggie & Spam Fried Rice**

- Spam Original
- Ben's Ready Rice – Roasted Chicken
- Del Monte Mixed Vegetables
- Smart Way Garlic Salt
- Smart Way Minced Onions

### **6. Breakfast Cereal Mix**

- Kellogg's Frosted Flakes
- Cinnamon Toast Crunch

- Milk
- Welch's Fruit Snacks
- Nature Valley Protein Bar (crumbled)

## 7. Chicken Noodle Soup Upgrade

- Campbell's Chicken Noodle Soup
- Swanson Chicken Breast
- Minute White Rice
- Smart Way Garlic Salt
- Smart Way Minced Onions

What can go in the microwave?

### ☐ **Food Items:**

- **Leftovers:** Reheating almost any previously cooked meal.
- **Frozen Meals:** Many single-serving, pre-packaged frozen dinners.
- **Quick Snacks:** Popcorn, mug cakes, instant oatmeal, soup.
- **Liquids:** Heating water for tea/coffee or milk.
- **Vegetables:** Steaming non-root vegetables (broccoli, green beans, etc.) in a covered dish with a little water.

### ☐ **Containers:**

- **Microwave-Safe Glass or Ceramic:** Bowls, plates, and casseroles without metallic trim.
- **Microwave-Safe Plastic:** Containers labeled specifically for microwave use (BPA-free is best).
- **Paper Products:** Paper towels (for covering) and microwave-safe paper plates/bowls.
- **Wax or Parchment Paper:** Can be used to cover food to prevent splattering

What's best on the stove top?

### ☐ **Food Items/Techniques:**

- **Boiling/Steaming:** Water, pasta, rice, vegetables.
- **Sautéing/Stir-Frying:** Vegetables, meat, tofu, and sauces.
- **Frying:** Shallow frying (eggs, pancakes) or deep frying (chicken, donuts).
- **Simmering/Reducing:** Soups, stews, chilis, and sauces that need to cook slowly.

- **Searing:** Giving meat or fish a flavorful brown crust before or instead of oven cooking.

☐ **Containers:**

- **Pots and Pans:** Stainless steel, cast iron, non-stick, copper.
- **Woks:** For stir-frying.
- **Griddles:** For pancakes and grilled sandwiches.
- **Heat-Resistant Glass:** Only pots specifically designed for stovetop use (rare).

What's best in the oven?

☐ **Food Items/Techniques:**

- **Baking:** Bread, cakes, cookies, pies, casseroles.
- **Roasting:** Large cuts of meat (turkey, chicken, ham) and dense vegetables (potatoes, carrots).
- **Broiling:** Finishing dishes with a quick, intense heat from the top (melting cheese, crisping skin).
- **Braising:** Slow-cooking meat in liquid after an initial sear.

☐ **Containers:**

- **Metal Bakeware:** Cookie sheets, muffin tins, metal loaf/cake pans.
- **Oven-Safe Glass:** Pyrex or similar glass casserole dishes (avoid extreme temperature changes).
- **Ceramic Dishes:** Glazed pottery and stoneware.
- **Cast Iron:** Skillets and Dutch ovens.
- **Aluminum Foil:** For covering or creating packets.

### Safety First: Never Put These in the Microwave

Item	Reason
<b>Metal/Foil</b>	Causes sparks/fire (arcing) because microwaves reflect off metal.
<b>Sealed Containers</b>	Pressure builds up and can cause the container to explode.
<b>Styrofoam</b>	Can melt and release harmful chemicals into your food.
<b>Certain Plastics</b>	If not labeled "microwave-safe," they can warp or leach toxins.
<b>Paper Bags (lunch bags)</b>	Can easily catch fire due to high heat.
<b>Grapes/Whole Eggs</b>	Can explode due to rapid internal pressure build-up.

