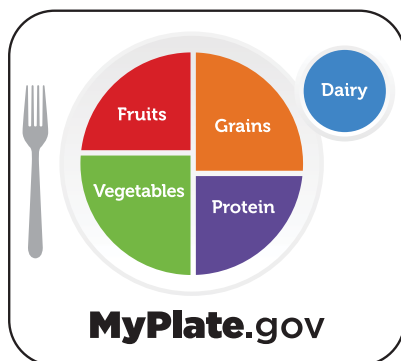


Recipes and Tips

Steps to Healthy, Economical Meals



For more information, contact your local office of NDSU Extension
or visit our Nutrition, Food Safety and Health website:

www.ag.ndsu.edu/food

We chose the recipes in this cookbook
because they are tasty, nutritious,
economical and easy to prepare.
We hope some become your family favorites!

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KEY to Commodity Items Used:

○ Frozen ground beef	* Pasta	✕ Applesauce	= Oatmeal
□ Canned fish	• Rice	& Dry fruit	✓ Vegetable
♥ Canned chicken	■ Beans	~ Tomato sauce	☆ Walnuts
+ Turkey	▲ Dry milk	♦ Tomato juice	⌘ Fruit juice
▶ Peanut butter	▼ Cheese	< Dry cereal	/ Fruit

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▶ Peanut butter	▼ Cheese	< Dry cereal	/ Fruit

Cooking Abbreviations

tsp. = teaspoon

Tbsp. = tablespoon

c. = cup

oz. = ounce

pkg. = package



Cooking Measurement Equivalents

16 tablespoons = 1 cup = 8 fluid ounces

12 tablespoons = $\frac{3}{4}$ cup = 6 fluid ounces

10 tablespoons + 2 teaspoons = $\frac{2}{3}$ cup

8 tablespoons = $\frac{1}{2}$ cup = 4 fluid ounces

6 tablespoons = $\frac{3}{8}$ cup = 3 fluid ounces

5 tablespoons + 1 teaspoon = $\frac{1}{3}$ cup

4 tablespoons = $\frac{1}{4}$ cup = 2 fluid ounces

2 tablespoons = $\frac{1}{8}$ cup = 1 fluid ounce

2 cups = 1 pint = 16 fluid ounces

2 pints = 1 quart = 32 fluid ounces

3 teaspoons = 1 tablespoon = $\frac{1}{2}$ fluid ounce

48 teaspoons = 1 cup = 8 fluid ounces



How to Plan Healthy, Economical Menus



- Set a goal to plan daily menus for a week at a time. It will save time in the long run. Have family members help in the planning. Save your menu plans and reuse them.
- Plan your menu based on what's on sale at your local grocery store. Fruits and vegetables that are "in season" usually are less expensive and of better quality.
- Include a variety of colors and flavors in menus. Serving colorful carrots, sweet potatoes, corn or green beans as a side dish adds nutrition and makes a meal look more appealing.
- Vary the textures of meals. If you serve a meat such as roast beef or chicken, accompany it with soft mashed potatoes and a crisp vegetable salad. Serve crusty breads beside casseroles, stews and soups.
- Remember to serve "hot" food hot and "cold" food cold!
- Try to fit in at least three whole-grain foods every day. Try whole-grain cereal for breakfast, a sandwich on whole-grain bread for lunch, or a whole-wheat pasta dish for dinner.
- When you add a "new recipe" to your menu, pair it with a recipe your family has tried and liked!
- Serve low-fat milk with meals to help your family meet its calcium needs. Most people need at least three cups of milk per day.
- Share kitchen duties with others in the household. If you prepare the main entrée, have someone else make the side dishes, salad or dessert. Children can learn many skills by helping in the kitchen.
- Think of leftovers as "planned-overs." Use "planned-overs" to save time in the future. For example, make extra portions of meat and freeze them in recipe-size portions. Make a double batch of lasagna and freeze one for later. Have extra roast? Chop it up, add barbeque sauce and place it on a bun for a quick lunch or dinner the next day.

Four Steps to Food Safety



1. Clean

- Wash your hands with warm, soapy water for at least 20 seconds before preparing food and after using the bathroom, changing diapers and handling pets.
- Wash counter surfaces, utensils, dishes and cutting boards with hot, soapy water before preparing food.
- Paper towels work well for cleaning kitchen surfaces. Cloth towels can spread bacteria and should be washed frequently.

2. Separate

- Keep raw meat, poultry and seafood away from other foods while shopping and in the refrigerator. The juices could drip and spread bacteria.
- Use different cutting boards when preparing food, one for raw meat and one for ready-to-eat foods.
- Don't allow cooked or ready-to-eat foods to come in contact with raw meats.

3. Cook

- Use a thermometer to measure the internal temperature of cooked foods to make sure they reach a safe temperature.
- If using a microwave oven, take some food safety precautions. Use microwave-safe containers. For even cooking, cover the food, rotate and stir the contents to prevent hot and cold spots. Allow microwave-cooked food to stand about two minutes before serving.

4. Chill

- Refrigerate foods within two hours of preparation.
- Do not defrost foods at room temperature. Foods should be thawed in the refrigerator, under cold running water, as part of cooking or in the microwave. Microwave-thawed food should be cooked immediately.
- To chill foods quickly, store leftovers in shallow containers.
- Cool air must circulate in the refrigerator. Do not pack it too full; monitor the temperature with a refrigerator thermometer.

How to Use a Food Thermometer

Why use a food thermometer?

- Cooking by color can be misleading.
- One in every four hamburgers turns brown before it has reached a safe internal temperature.
- Using a food thermometer can prevent overcooking.

Why is using a food thermometer important?

- Millions of people get sick from dangerous bacteria in food every year.
- You can become sick from 20 minutes to six weeks after eating food with some types of harmful bacteria.
- Young children, pregnant women, people over age 65 and people with chronic illnesses are at a high risk for foodborne illness. Getting sick from a foodborne illness can cause serious health problems, even death, for these groups.
- The only sure way to know if your food is done is to use a food thermometer.

How do you use a food thermometer?



- When measuring the temperature of a roast or chicken, insert the food thermometer in the thickest part away from bones.
- To measure the temperature of soups, stews and casseroles, insert the food thermometer in the center away from the bottom.
- Some thermometers can be left in the meat during the cooking process. Before using a thermometer in this way, be sure your thermometer is oven-safe!

Temperature Rules!

Item	Recommended Temperatures in Degrees Fahrenheit
Whole poultry	165
Chicken breasts/roasts	165
Ground turkey/chicken	165
Beef, lamb and veal steaks and roasts	145
Ground beef, pork, veal, fish, lamb and other ground meats	160
Pork chops, ribs and roasts	145*
Egg dishes	160
Soups, stews, stuffing and casseroles	165
Stuffed meat, poultry, fish and pasta	165
Leftovers	165
Ham, precooked	140
Ham, raw	160
Fish, shellfish	145
Fruits and vegetables that are cooked	140

*Allow three-minute rest time.

Source: U.S. Department of Agriculture.



How to Cook and Bake with Less Fat

- Use low-fat or no-fat dressings, dairy products, etc., when possible.
- Use nonstick cooking spray to grease pans.
- Bake, broil, boil, steam or grill meats.
- Substitute applesauce for oil in your favorite baked products. Most cakes can be substituted one for one. For cookies and bars, substitute applesauce for half the fat.
- Don't use reduced-fat margarines in cookie recipes unless the recipe calls for reduced-fat margarine. Cookies made with the wrong type of fat may spread across the pan and have a different texture than you may want.
- Choose canned fruits packed in their natural juices.
- Buy tuna packed in spring water instead of oil.

How to Cook Dry Edible Beans

- Rinse, soak and simmer dry beans for delicious results.
- First, inspect the dry beans, removing any broken beans or foreign materials. Rinse thoroughly in cold water.
- Next, use the “Preferred Hot Soak” method: Add 10 cups of cold water to the pot for each pound (2 cups) of beans prepared. Bring the water to a boil and boil for one to three minutes. Cover the pot. Let stand. A four-hour soak is ideal.
- Finally, drain and rinse soaked beans. Add fresh, cold water to fully cover beans – plus, if you wish, 1 to 2 tablespoons of oil and 1 to 2 teaspoons of salt. Simmer the beans until they are tender. Serve them plain or follow a favorite recipe for a dish your family will love.
- Add ingredients rich in acid or calcium such as tomatoes, chili sauce, ketchup, vinegar, wine and molasses after the beans have been soaked and fully cooked. If you add these ingredients too soon, they may prevent dry beans from becoming tender.

– **2 cups of dry beans = 4 to 5 cups of cooked beans**

How to Cook Pasta

Divide this recipe based on how much pasta you are cooking.

1. Boil 4 to 6 quarts of water for 1 pound of dry pasta. Add the pasta, stir and return the water to a boil.
2. Stir the pasta occasionally during cooking.
3. Follow the package directions for cooking times. If you plan to use the pasta as part of a dish that requires further cooking, undercook the pasta by one-third of the cooking time specified on the package.
4. Taste the pasta to determine if it is done. Perfectly cooked pasta should be “al dente,” or firm to the bite, yet cooked through.
5. Drain pasta immediately. Serve.

Source: National Pasta Foundation

How to Cook Rice

1. Accurately measure rice and liquid according to package directions.
2. To prevent under- or overcooking, set the timer according to package directions.
3. Keep the lid on the pot during cooking to prevent steam from escaping.
4. Use cookware appropriate for the amount of rice you are preparing. Rice triples in volume.
5. Do not stir. Stirring releases the starch, resulting in rice that is sticky.
6. At the end of the cooking time, remove the lid and test for doneness. If the rice is not tender or the liquid is not absorbed, cook two to four minutes longer.
7. When the rice is cooked, fluff with a fork or slotted spoon to allow steam to escape and keep the grains separate.

– **1 cup of raw rice = 3 cups of cooked rice**

Source: USA Rice Federation

How to Cook with Venison

- You can substitute venison for beef in most recipes. Venison works great in stews and casseroles. You also can marinate and grill it for a summertime barbecue.
- Thaw meats in the refrigerator, or in the microwave for immediate use.
- Use the same amount of meat the recipe calls for and add 1 to 2 tablespoons of cooking oil when browning the venison. Venison has less fat than beef and can dry out or stick together when it is cooking.
- Add spices or marinades to the meat if desired. This can help reduce some of the gamey flavor.
- Cook game meats to an internal temperature of at least 165 F.

How to Use Dried Cranberries

- Enjoy dried cranberries as a quick and easy snack or an addition to baked goods or salads. They contain no fat, no cholesterol and no sodium.
- Package in individual portion sizes for school snacks.
- Use as a tasty addition to trail mix, quick breads, muffins, desserts, sauces, salsa and salads.
- Sprinkle dried cranberries over cold or cooked cereals. You also can cook dried cranberries in the cereal.
- Add to chopped chicken or turkey salads.
- Store unopened dried cranberries in a cool, dry place off the floor not exceeding 65 F. You can extend the shelf life if you store them below 45 F.

How to Use Dry Milk

- You easily can substitute dry milk for regular milk in many recipes. Dry milk can add protein and calcium to recipes.
- To rehydrate dry milk, follow package directions and measure water and dry milk carefully.
- Try substituting reconstituted dry milk for water when making hot cereal, hot chocolate, chocolate milk, milk shakes, puddings, cream soups or white sauces.
- Add dry milk to casseroles, cake batter, mashed potatoes, scrambled eggs, cookies or cornbread.
- When traveling, consider bringing dry milk. It's easy to bring dry milk on camping or backpacking trips, too!

Source: Michigan State University Extension Service

Baked Chicken Nuggets

Ingredients

- 1½ lb. chicken thighs
- 1 c. cornflakes or other ready-to-eat cereal crumbs
- 1 tsp. paprika
- ½ tsp. Italian herb seasoning or seasoning of your choice
- ¼ tsp. garlic powder
- ¼ tsp. onion powder

Directions

1. Preheat oven to 400 F.
2. Remove chicken skin and bones; cut the chicken into bite-sized pieces.
3. Place cereal in a plastic bag and crush using a rolling pin or can.
4. Add remaining ingredients to cereal crumbs. Close bag tightly and shake until blended.
5. Add a few chicken pieces at a time to crumb mixture and shake to coat evenly. Discard any unused crumb mixture.
6. Place chicken pieces on greased cooking sheet so they are not touching.
7. Bake until golden brown with internal temperature of 165 F, about 12 to 14 minutes.

Makes four servings

*Per serving: 231 calories, 7g carbohydrate,
7g fat, <1g fiber and 205mg sodium*



Whole poultry and poultry parts should be cooked to an internal temperature of 165 F. Insert a food thermometer into the thickest part of the meat to measure the temperature. Measure in more than one spot!

Basic Casserole Mix

Ingredients

- 1½ c. cooked meat, poultry or fish
 - 1 c. cooked vegetable of choice
 - 1 c. starchy ingredient such as cooked cubed potatoes, cooked rice, cooked noodles or stuffing mix
 - 2 to 2½ c. gravy, medium white sauce, tomato sauce or reduced-fat canned cream soup, thinned with skim or low-fat milk
- Optional toppings: ½ c. bread or cracker crumbs

Directions

1. Preheat oven to 350 F.
2. Put together the casserole in one of the following ways:
 - a. Mix everything together except topping.
 - b. Alternate layers of meat, vegetables, starchy ingredient and sauce, ending with sauce.
 - c. Mix meat, vegetables and starchy ingredients. Pour sauce on top.
3. Sprinkle the bread or cracker crumbs on top, if desired.
4. Bake about 25 to 30 minutes. Always heat casseroles to at least 165 F and only reheat once.

Makes four servings.

Nutrition information varies depending on choice of ingredients.

Refrigerate leftovers in shallow containers. Use within three days. Freeze in meal-size portions for longer storage.



Vegetarian Taco Burgers

Ingredients

- 2 c. cooked or canned pinto beans
- 1 egg, beaten
- ½ c. bread crumbs, fine and dry
- 1 Tbsp. vegetable oil
- 1 tsp. chili powder
- ¼ tsp. garlic powder
- 4 hamburger buns

Directions

1. Mash beans; mix with egg in the mixing bowl; add spices.
2. Place bread crumbs on a flat surface (such as a plate).
3. Shape bean/egg mixture into patties and coat with bread crumbs.
4. Heat oil in the frying pan and brown patties on both sides.
5. Place cooked patties on paper towels or napkins to absorb excess oil.
6. Top with cheese, lettuce and salsa and serve on a hamburger bun.

Makes six servings

Per serving: 263 calories, 40g carbohydrate, 6g fat, 6g fiber and 455mg sodium



Beans are a good source of fiber. Fiber has been shown to reduce the risk of heart disease, diabetes and some cancers.

Tuna Salsa Wraps

Ingredients

- 1 (7-oz.) can tuna, drained and flaked
- ¼ c. light mayonnaise
- 1 tsp. yellow mustard
- ½ c. salsa
- ¼ c. shredded carrots
- 6 large corn or flour tortillas
- 1½ c. shredded lettuce
- ¾ c. mild shredded cheddar cheese



Directions

1. Warm tortillas according to package instructions.
2. In a small bowl, combine the first five ingredients in the order given. Mix well.
3. Place tortilla on a cutting board or other surface.
4. In the center of the tortilla, place an equal portion of shredded lettuce and tuna mixture.
5. Top with a pinch of cheese.
6. Fold in one end and tightly roll the tortilla over the ingredients.
7. Place in baking pan and warm in oven until cheese is slightly melted.

Makes six servings

Per serving: 362 calories, 41g carbohydrate, 14g fat, 2.5g fiber and 838g sodium

“Go lean with protein.”
Tuna packed in spring water
is a lean source of protein.

Creamed Tuna or Salmon on Toast

Ingredients

- 2 Tbsp. butter or margarine, melted
- 3 Tbsp. flour
- 2 tsp. salt
- ¼ tsp. pepper
- 2 c. low-fat milk or dry milk equivalent
- 1 carrot, sliced
- 1 stalk of celery, sliced
- 1 c. peas
- 1 (7-oz.) can tuna (or salmon), drained
- 8 slices bread for toast

Day-old bread from the grocery store or bakery costs less and is good for toast, bread crumbs and stuffing.

Directions

1. Wash and slice carrot and celery. Cook them in a saucepan with 2 c. water until soft. Drain and set aside in a small bowl.
2. In the same saucepan, melt margarine. Add the flour, salt and pepper and stir until it looks like paste.
3. Add the milk and stir while it cooks until the sauce gets thicker. Do not boil.
4. Add the carrots, celery, peas and tuna (or salmon).
5. Stir and cook until the mixture is hot.
6. Make toast and serve the creamed tuna (or salmon) over it. You also can serve it over biscuits or noodles.

Makes four servings

Per serving: 344 calories, 42g carbohydrate, 10g fat, 6g fiber and 993mg sodium



Easy Supper Casserole

Ingredients

- 2 lb. lean ground beef
- 1 onion, chopped
- 1 c. dry macaroni
- 2 c. tomato juice
- 1 (15.5-oz.) can chili beans
- 1 tsp. oregano, crushed
- 2 tsp. chili powder
- 2 tsp. salt
- ¼ tsp. pepper
- 1 c. grated cheddar cheese

Directions

1. Brown ground beef in a large frying pan or electric skillet; drain fat.
2. Add chopped onion to ground beef; cook until onion is clear.
3. Turn heat down; add macaroni, beans, juice and spices, stirring to combine.
4. Cover pan and simmer mixture for 20 minutes.
(If you uncover the pan more than twice to check and stir, add additional tomato juice).
5. Remove pan from heat, stir and sprinkle grated cheese on top of mixture. Cover and let stand until cheese melts.



Fight BAC with these four simple steps to food safety.

Clean your hands, utensils and kitchen surfaces.

Separate raw from cooked foods.

Cook foods thoroughly. Chill food as quickly as possible.

Makes six servings

Per serving: 269 calories, 31g carbohydrate, 8g fat, 4.5g fiber and 763mg sodium

Easy Turkey or Chicken Pot Pie

Ingredients

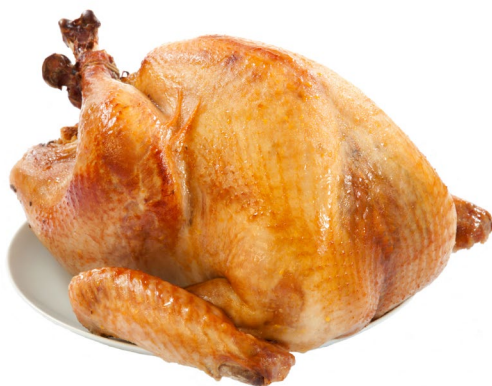
- 1 c. cut up cooked turkey or chicken
- 1 (16-oz.) bag frozen vegetables, thawed
- 1 (10.75-oz.) can reduced-fat condensed cream of chicken soup
- 1 c. biscuit mix (such as Bisquick)
- ½ c. low-fat milk or dry milk equivalent
- 1 egg

Directions

1. Preheat oven to 400 F.
2. Stir turkey or chicken, vegetables and soup in an ungreased 2-quart casserole dish.
3. Stir the remaining ingredients until combined.
4. Pour over the turkey or chicken mixture.
5. Bake uncovered about 30 minutes to an internal temperature of 165 F, until the crust is golden brown.

Makes six servings

Per serving: 215 calories, 27g carbohydrate, 5g fat, 3g fiber and 415mg sodium.



Choose lean protein sources such as turkey, chicken, fish and lean cuts of pork and beef.

Remember to trim all visible fat and remove the skin from chicken and turkey before cooking.

One-pan Macaroni and Cheese

Ingredients

- 1½ c. dry macaroni
- ⅔ c. warm water
- 1 c. nonfat dry milk powder
- 2 c. frozen mixed vegetables
- 8-oz. American (or other) cheese, diced
- Pepper to taste

Directions

1. Cook macaroni in the saucepan according to package directions; drain. Return macaroni to saucepan.
2. Mix warm water with dry milk powder in a mixing bowl.
3. Add milk and cooked vegetables to the macaroni.
4. Cut cheese into small pieces.
5. Add cheese to macaroni. Cook and stir gently until cheese melts. Let stand a few minutes after cooking for thicker sauce. For thinner sauce, add a little water.
6. Add pepper to taste.

Makes four servings

Per serving: 349 calories, 48g carbohydrate, 5g fat, 4g fiber and 1,000mg sodium

Variations . . .

Add leftover cooked vegetables when adding the milk. This is a good way to add vegetables to your family's meals and make good use of leftovers.



Quick Taco-Mac

Ingredients

- 1 lb. ground turkey or ground beef
- 1 packet taco seasoning
- 1 (14.5-oz.) can whole tomatoes, undrained,
OR 1 (15-oz.) can tomato sauce
- 1 c. water
- 1 (7.25-oz.) box macaroni and cheese

Directions

1. In medium skillet, brown ground meat until crumbly. Drain fat.
2. If using canned whole tomatoes, cut or break up the tomatoes.
3. Stir in rest of ingredients, including the cheese packet from the macaroni and cheese.
4. Bring to a boil; reduce heat, cover and simmer 20 minutes.
5. Sprinkle with cheddar cheese, if desired.



Makes six servings

Per serving: 247 calories, 30g carbohydrate, 4g fat, 1g fiber and 866mg sodium

GermS don't die in the refrigerator
or freezer. They just slow down.

Thaw meat in the refrigerator and
cook meat thoroughly.

Creamy Tuna Noodle Casserole

Ingredients

- 2 c. dry noodles
- 1/3 c. onion, chopped
- 2/3 c. celery, chopped
- 1 (7-oz.) can tuna, drained and flaked
- 1 (10-oz.) can reduced-fat condensed cream of mushroom soup
- 1 (6-oz.) can nonfat evaporated milk
- 2/3 c. crushed potato chips (optional)



Directions

1. Preheat oven to 375 F. Spray or grease casserole baking dish.
2. Cook noodles according to package directions.
3. Sauté celery and onions, stirring occasionally until tender.
4. Combine noodles, tuna, soup, sautéed vegetables and evaporated milk. Mix well.
5. Pour into prepared casserole dish and sprinkle with potato chips.
6. Bake for 25 or 30 minutes or until chips are golden brown.
Double the recipe and freeze one for later.

Makes six servings

Per serving: 252 calories, 36.5g carbohydrate, 4.5g fat, 2g fiber and 550mg sodium

Label canned goods with the date of purchase.
Rotate the food in your cupboard so the “oldest” cans are in the front and you use them first.

Salmon Casserole

Ingredients

- 2 c. dry pasta
- ½ c. low-fat mayonnaise or salad dressing
- ½ c. milk
- 1 (10-oz.) can reduced-fat condensed cream of mushroom soup
- 1 c. shredded, processed cheese (American or Monterey Jack)
- ½ tsp. seasoning (dry mustard, dill weed or curry powder)
- 1 (7-oz.) can salmon, tuna, shrimp or crab, drained and flaked

Directions

1. Cook pasta according to package directions. Drain and set aside.
2. Combine mayonnaise with milk. Stir in condensed cream soup. Add shredded cheese and seasoning.
3. Gently stir in cooked pasta and canned fish. Pour into 1½-quart casserole baking dish.
4. Cover and bake in 350 degree oven for 30 minutes.
5. Uncover and sprinkle with a crunchy topping (crushed potato chips, cracker crumbs, french fried onions). Bake five more minutes.

Makes six servings

Per serving: 330 calories, 35g carbohydrate, 14g fat, 2g fiber and 550mg sodium

You cannot prevent food spoilage, but you can slow it with proper storage temperatures.

Refrigerators should be 40 F or less and freezers should be 0 F or less.

Ramen Noodle Casserole

Ingredients

2 pkg. ramen noodles (any flavor)

Do not add flavor packet to recipe

1 can reduced-fat cream soup (any kind)

1 can green beans or peas, undrained

1 lb. cooked lean ground beef, diced ham or other meat

Directions

1. If using meat that needs to be cooked, do so in a large skillet; drain fat.
2. Stir soup and undrained green beans or peas into the meat.
3. Break up the ramen noodles and stir into the soup mixture.
4. Cover and simmer at a low boil until noodles are done, about 10 minutes.

Makes eight servings

Per serving: 170 calories, 19g carbohydrate, 5g fat, 3g fiber and 560mg sodium

Read the newspapers for weekly sales at your grocery store. Use the sale items to help plan your menu for the week.



Tuna Melt Macaroni Casserole

Ingredients

- 2 c. macaroni, uncooked
- $\frac{3}{4}$ c. shredded cheddar cheese
- $\frac{1}{3}$ c. skim milk
- 1 (7-oz.) can of tuna
- 1 c. frozen peas

Directions:

1. Preheat oven to 350 F.
2. Prepare macaroni according to package directions. Reduce cooking time by about one-third because this will be baked.
3. Stir in peas and cook for a few minutes until soft.
4. Add two-thirds of cheese, all the milk and tuna.
5. Pour into casserole dish. Sprinkle with remaining cheese.
6. Bake for 20 or 25 minutes until casserole reaches an internal temperature of 165 F.

Makes six servings

Per serving: 248 calories, 31g carbohydrate, 6g fat, 2g fiber and 239mg sodium

To reduce fat, substitute skim milk for whole or 2% when possible.

Skim milk is a good source of calcium, vitamin D, protein and other nutrients.



Taco Meatballs

Ingredients:

- 1 lb. lean ground beef or ground turkey
- 1 packet taco seasoning
- ½ c. water
- 1 c. shredded cheddar cheese
- 2 c. biscuit baking mix (such as Bisquick)
- 1 c. taco sauce

Directions:

1. Preheat oven to 350 F.
2. Combine all ingredients except cheese and taco sauce.
Shape into 20 balls.
3. Pour taco sauce over meatballs and sprinkle with cheese.
4. Bake on greased 9-by-13-inch baking dish until meatballs reach an internal temperature of 160 F, about 25 to 30 minutes.

Makes 10 servings

Per serving: 216 calories, 23g carbohydrate, 6g fat, 2.5g fiber and 604mg sodium

Make extra chicken, turkey, ground beef or ham and place in freezer-safe containers or package tightly. Freeze in recipe-size amounts to use later. Label with contents and date. Keep a “freezer inventory list” so you don’t forget what you have!



Venison or Beef Chili

Ingredients

- 2 lb. ground venison or beef, browned
- 1 medium onion, diced
- ½ green pepper, diced
- 2 (15-oz.) cans chili or kidney beans (may substitute dry beans, refer to “How to Cook Dry Edible Beans”)
- 1 (15-oz.) can tomato sauce
- 1 (15-oz.) can diced tomatoes
- 1½ c. water
- 1 packet chili seasoning (cumin and chili powder may be substituted)

Directions

1. Brown the meat with diced onion and green pepper.
2. Drain.
3. Add remaining ingredients and simmer for one hour.

Makes six servings

Per serving: 428 calories, 30.5g carbohydrate, 7g fat, 6.5g fiber and 866mg sodium

Venison is a lean meat that you can substitute for ground beef in most recipes.



MAIN DISHES

Venison or Beef Stroganoff

Ingredients

- 1½ lb. ground venison or beef
- 1 to 2 Tbsp. cooking oil
- 1 (10.25-oz.) can reduced-fat cream of mushroom soup
- 1 (4-oz.) can mushrooms, drained
- ½ c. light sour cream
- 3 c. cooked noodles or rice

Directions

1. Brown ground venison in oil. If using beef, omit oil and drain after browning.
2. Stir in soup, sour cream and mushrooms. Heat to an internal temperature of 165 F.
3. Serve over cooked rice or noodles.

Makes six servings

Per serving: 331 calories, 17g carbohydrate, 11g fat, 1.5g fiber and 898mg sodium

When browning venison, adding some oil often is necessary because venison is so lean.



Venison or Beef and Potato Loaf

Ingredients:

- 1 lb. ground venison or beef, browned and drained
- 4 c. potatoes, peeled and sliced
- 1 Tbsp. onion, chopped
- 2 tsp. salt
- Pepper to taste
- $\frac{3}{4}$ c. milk or dry milk equivalent
- $\frac{1}{2}$ c. oats
- $\frac{1}{4}$ c. ketchup
- 5 Tbsp. onion

Directions

1. Mix potatoes, onion, 1 tsp. salt and dash of pepper together and place in a 2- to 3-quart casserole dish.
2. Mix remaining ingredients together and spread over potato mixture.
3. Bake at 350 F for 30 to 45 minutes or until potatoes are tender.

Makes six servings

Per serving: 254 calories, 27g carbohydrate, 3.4g fat, 2g fiber and 953mg sodium

Venison is a lean meat that you can substitute for other types of meat in casseroles, stews and chili.



Venison or Beef Hash

Ingredients

- 1½ lb. ground venison or beef
- 3 large onions, diced
- 1½ large green peppers, diced
- 1 (16-oz.) can tomatoes
- 2 tsp. salt
- ⅓ tsp. chili powder
- ½ c. chopped chilies (optional)



Directions

1. Preheat oven to 350 F.
2. In large skillet, cook and stir meat, onion and peppers until the meat is brown and the veggies are tender.
3. Drain fat. Add tomatoes, salt, chili powder and chilies. Stir well.
4. Heat through and place in covered casserole dish.
5. Bake for one hour. Stir it a few times during cooking for even heating.

Makes six servings

Per serving: 250 calories, 12g carbohydrate, 4g fat, 2.5g fiber and 965mg sodium

Use “planned-overs” in quick soups.
Save cleanup time with one-pot
meals such as hearty soups.

Vegetable Venison or Beef Soup

Ingredients

- 1 lb. ground venison or beef
- 3 to 4 c. water
- 1 quart tomatoes
- 1 medium onion
- 2 celery stalks
- 2 carrots
- 2 beef bouillon cubes
- ½ tsp. pepper
- ⅛ tsp. crushed red pepper
- ½ c. barley

Directions

1. Brown venison in oil in large pot. If using beef, omit oil and drain after browning.
2. Add water and tomatoes.
3. Wash vegetables. Chop and add.
4. Add bouillon cubes, spices and barley.
5. Bring to boil; reduce to a simmer. Cook until vegetables are tender (about 30 minutes).

Makes six servings

*Per serving: 261 calories, 27g carbohydrate,
3g fat, 7g fiber and 335mg sodium*



Use “planned-overs” in quick soups. Save cleanup time with one-pot meals such as hearty soups.

Venison or Beef Sloppy Joes

Ingredients

- 2 lb. ground venison or beef
- 1 onion, chopped
- 1 c. ketchup
- 1 c. tomato juice
- 1 c. cheddar cheese, shredded
- Salt and pepper to taste

Directions

1. Brown meat and onion in large skillet.
2. Drain fat and add remaining ingredients.
3. Simmer for about one hour.
4. Serve on open hamburger buns.

Makes eight servings

Per serving: 408 calories, 32g carbohydrates, 10g fat, 1.5g fiber and 754mg sodium

Label leftovers
with the date and
remember to use
them!

Always use the first-
in-first-out method
and put older
products in the front
and the newer ones
in the back.



Bean and Sausage Stew

Ingredients

- ½ lb. Polish or German sausage or low-fat turkey sausage
- 1 large onion, sliced
- 1 c. sliced celery
- 2 c. sliced, peeled carrots
- 1 (15.5-oz.) can Great Northern beans with liquid (may substitute soaked dry beans; refer to “How to Cook Dry Edible Beans”)
- 1 (15.5-oz.) can red beans with liquid (may substitute soaked dry beans; refer to “How to Cook Dry Edible Beans”)
- 2 c. water

Directions

1. Slice sausage into ¼-inch thick rounds and fry until brown.
2. Add onion to sausage and brown. Drain off fat.
3. In a large pan, combine sausage and onions with rest of ingredients.
4. Cover and simmer 45 to 60 minutes.

Makes six to eight servings

Per serving: 193 calories, 28g carbohydrate, 4.5g fat, 9g fiber and 637mg sodium when made with Polish sausage



Choose low-fat sausage when possible
or use turkey sausage as a substitute.

Chicken Rice Gumbo

Ingredients

- 3 (14.5-oz.) cans reduced-sodium chicken broth
- 1 lb. cooked chicken or turkey, cut into bite-sized pieces
- 1 (15-oz.) can whole-kernel corn, drained
- 1 (14.5-oz.) can stewed tomatoes, undrained, chopped
- ½ c. uncooked white rice
- ¼ to ½ tsp. hot pepper sauce (adjust to taste)

Directions

1. Heat all ingredients to a boil in large saucepan on medium-high heat. Reduce heat to low; cover.
2. Simmer 20 minutes.

Makes 10 servings

Per serving: 290 calories, 15g carbohydrate, 9g fat, 1g fiber and 1,012mg sodium

To reduce salt in canned vegetables, drain the liquid, then rinse the vegetables in water before eating. Use herbs and spices for flavoring.



White Chili

Ingredients

- 1 medium onion
- 1 (4-oz.) can chopped green chilies
- 2 (16-oz.) cans cooked Great Northern beans (may substitute soaked dry beans; refer to “How to Cook Dry Edible Beans”)
- 3 tsp. ground cumin
- 3 c. cooked chicken or turkey, diced
- 2 (14-oz.) cans reduced-sodium chicken broth
- 2 c. Monterey Jack cheese or other cheese of choice
- Cheese, chips, sour cream and salsa (optional)



Directions

1. Combine 3 c. of broth, onion, chilies, beans and cumin. Simmer for an hour.
2. Add 1 to 1½ c. cheese and chicken. Cook until chili is thick and add additional broth as needed.
3. Top with shredded cheese, nacho chips, sour cream and salsa if desired.

Makes 12 servings

Per serving: 350 calories, 42g carbohydrate, 9g fat, 14g fiber and 283mg sodium

Cheese keeps better and is less expensive to buy in blocks rather than sliced or shredded.
Shred extra to save time for later cooking.
Freeze in recipe-size amounts in freezer bags or sealed containers.

Taco Soup

Ingredients

- 2 lbs. ground beef
- 1 medium onion, chopped
- 2 (15.5-oz.) cans pinto, ranch-style, kidney or bean of choice
(may substitute soaked dry beans; refer to “How to Cook Dry Edible Beans”)
- 2 (14.5-oz.) cans stewed tomatoes
- 1 (14.5-oz.) can diced tomatoes and green chilies, drained
- 1 pkg. taco seasoning
- 1 pkg. ranch dressing mix
- 1 tsp. garlic powder
- 1 (15-oz.) can whole-kernel corn
- 6 c. water
- Cheese, corn chips and sour cream (optional)

Directions

1. Brown ground beef and onions; drain well.
2. Place in large soup pot and add rest of the ingredients.
3. Bring to a boil and reduce heat; simmer 1½ hours.
4. Top with cheese, chips and/or sour cream if desired.
Freeze leftovers.

Makes 12 servings

Per serving: 215 calories, 22g carbohydrate, 5g fat, 4g fiber and 533mg sodium

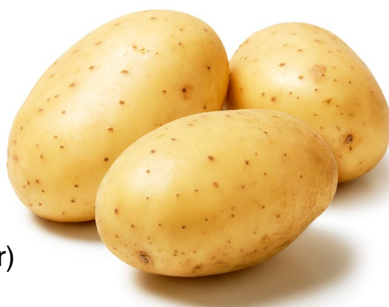
Improper cooling is one of the leading causes of food poisoning. Divide large amounts of food into smaller, shallow containers and place immediately in the refrigerator or freezer.



Cheesy Potato Soup

Ingredients

- 2 c. water
- 2 c. potatoes, peeled and cubed
- 3 Tbsp. butter or margarine
- 1 small onion, chopped
- 3 Tbsp. all-purpose flour
- Black pepper to taste
- 3 c. low-fat milk
(or 1 c. nonfat dry milk + 3 c. water)
- ½ tsp. sugar
- 1 c. cheddar cheese, shredded
- 1 c. (8-oz.) cooked ham, cubed



Directions

1. Bring water to boil in large saucepan. Add potatoes and cook until tender. Drain, reserving liquid. You should have 1 c.; add water if necessary.
2. Melt butter in saucepan over medium heat. Add onion; cook and stir until tender, but not brown. Add flour; season with black pepper. Cook three to four minutes.
3. Gradually add potatoes, reserved liquid, milk and sugar to onion mixture; stir well. Add cheese and ham.
4. Simmer over low heat 30 minutes, stirring frequently.

Makes 10 servings

Per serving: 190 calories, 14g carbohydrate, 10g fat, <1g fiber and 160mg sodium

Dry milk can be cheaper than fluid milk.
You can substitute dry milk powder with added
water for fluid milk in your favorite recipes.

Chili with Beans and Potatoes

Ingredients

- 1 lb. extra lean ground beef
- 1 onion, chopped
- 2 c. tomato sauce or puree
- 1 (15-oz.) can kidney or chili beans (may substitute soaked dry beans; refer to “How to Cook Dry Edible Beans”)
- 4 potatoes, cubed
- 2½ Tbsp. chili powder (or to taste)
- 2 c. water

Directions

1. In a large saucepan over medium heat, sauté ground beef and onions for five to 10 minutes or until the onions are almost tender and the beef is browned; drain fat.
2. Add tomato sauce, kidney beans, potatoes, chili powder and water.
3. Reduce heat to low and simmer to 165 F, about 30 minutes.
4. Add another cup of water if thinner chili is desired.

Makes seven servings

Per serving: 290 calories, 49g carbohydrate, 3g fat, 7g fiber and 408mg sodium

Always wash fruits and vegetables thoroughly before cutting or eating, using plenty of water and a vegetable brush if necessary.



Quick and Easy Chili

Ingredients

- 3 c. cooked pinto or red beans (may substitute soaked dry beans; refer to “How to Cook Dry Edible Beans”)
- 1½ lb. lean ground beef
- 3 (8-oz.) cans tomato sauce
- 1 onion, chopped
- 1 clove garlic, chopped
- 3 Tbsp. chili powder
- 2 tsp. cumin
- 1 tsp. paprika
- 1 tsp. thyme
- 1 tsp. oregano

Directions

1. Sauté hamburger and chopped onion; drain.
2. Add to beans with spices, garlic and tomato sauce. Salt and pepper to taste.
3. Simmer one hour or until heated and flavors blend.

Makes eight servings

Per serving: 212 calories, 22g carbohydrate, 4g fat, 7.5g fiber and 575mg sodium



Buy extra meat when it's on sale; package in meal-size portions and freeze.

Bean Bake

Ingredients

- 1 lb. lean ground beef
- 1 c. ketchup
- 1 pkg. dry onion soup mix
- ½ c. water
- 1 Tbsp. vinegar
- 1 Tbsp. prepared mustard
- 1 (15.5-oz.) can pork and beans
- 1 (15.5-oz.) can kidney or pinto beans (may substitute soaked dry beans; refer to “How to Cook Dry Edible Beans”)

Directions

1. Brown the beef and drain off fat.
2. Combine beef with rest of ingredients. Put in a large casserole.
3. Bake at 350 F for one to 1½ hours.

Makes eight servings

Per serving: 210 calories, 30g carbohydrate, 3.5g fat, 6g fiber and 1,100mg sodium

A high-fiber diet helps control diabetes by maintaining healthy blood glucose levels. Beans are high in dietary fiber and complex carbohydrates and low in fat and sodium.



Buckaroo Beans

Ingredients

- 2 c. (1 lb.) dry pinto beans
- 6 c. water
- 1 tsp. salt
- 2 lb. uncooked ham, cut into cubes
- 1 large onion, sliced thick
- 1 tsp. dry minced garlic or 2 large cloves garlic, sliced thin
- 1 small bay leaf
- 2 c. (16-oz. can) tomatoes
- 2 c. chopped green pepper
- 1 tsp. chili powder
- 2 Tbsp. brown sugar
- 2 tsp. dry mustard
- ¼ tsp. oregano or cumin



Directions

1. Soak beans using preferred hot-soak method. Refer to “How to Cook Dry Edible Beans.”
2. Combine soaked, drained beans, 6 c. water, salt, ham, onion, garlic and bay leaf in a large kettle.
3. Cover and simmer until beans are tender (one hour).
4. Add remaining ingredients, cover and simmer to 165 F, about two hours. Enough liquid should be left on beans to resemble a medium-thick gravy.

Makes eight servings

*Per serving: 245 calories, 35g carbohydrate,
3g fat, 9g fiber and 390mg sodium*

Clean your
refrigerator often and
follow the simple rule
of “When in doubt,
throw it out!”

Crimson Slaw

Ingredients

- ½ head (1 lb. 8-oz.) red cabbage, shredded
- ½ red onion, thinly sliced
- ¼ onion, thinly sliced
- 4 Tbsp. oil
- 2 Tbsp. vinegar
- 2 Tbsp. sugar
- 2 tsp. salt
- ¼ tsp. black pepper
- 1 to 2 c. dried cranberries

Directions

1. Toss cabbage and onions together in a large mixing bowl.
2. Mix oil, vinegar, sugar, salt and pepper together in a small bowl to make a dressing.
3. Pour dressing over cabbage mixture; toss with cranberries.
4. Marinate in refrigerator for one hour.

Makes six servings

Per serving: 225 calories, 40g carbohydrate, 10g fat, 4g fiber and 225mg sodium

Check out the new nutrition recommendations at www.MyPlate.gov.

People 9 years old and older should aim for at least three cups of vegetables a day.

Aim for a variety of colorful fruits and vegetables every day!



Apple Cranberry Salad Toss

Ingredients

- 1 head of lettuce (10 c.)
- 2 medium apples, sliced
- ½ c. walnuts, chopped
- 1 c. cranberries, dried
- ½ c. green onions, sliced
- ¾ c. vinaigrette dressing

Directions

1. Toss lettuce, apples, walnuts, cranberries and onions in a large bowl.
2. Add dressing and toss to coat. Serve immediately.

Makes eight servings

Per serving: 143 calories, 25g carbohydrate, 5g fat, 3g fiber and 29mg sodium

Choose fresh produce that is not bruised, shriveled, moldy or slimy.
Buy only enough to eat in the next few days.



Cranberry Sweet Potato Bake

Ingredients

- 2 (15.5-oz) cans sweet potatoes, drained and cut into ½-inch cubes
- ¾ c. dried cranberries
- ½ c. raisins
- 1 large apple, peeled and cut into ½-inch cubes
- ¼ c. butter or margarine, melted
- ½ c. sugar
- 1½ tsp. cinnamon
- ½ tsp. nutmeg
- ½ c. cranberry or apple juice
- ⅓ c. pecan halves

Directions

1. Preheat oven to 350 F.
2. Combine sweet potatoes, cranberries, raisins and apple in a large bowl.
3. Combine butter, sugar and spices in separate bowl. Add to sweet potato mixture and toss to coat.
4. Place in shallow 2-quart casserole dish and pour juice over the mixture.
5. Cover and bake 20 minutes or until heated through, stirring occasionally.
6. Stir in pecans and bake uncovered five minutes.
7. Let casserole stand 10 minutes.

Makes eight servings

Per serving: 187 calories,

33g carbohydrate,

6g fat, 3g fiber and

58mg sodium



After opening a can of fruit juice, store it in a plastic or glass container.

After the can is opened, the acid in the juice combined with oxygen in the air can dissolve the tin in the can, ruining the flavor of the juice.

Sweet Potatoes in Applesauce

Ingredients

- 1 (15.5-oz.) can sweet potatoes, drained
- ¼ tsp. salt
- 1 c. applesauce
- ¼ c. brown sugar, packed
- 1 Tbsp. butter or margarine
- ¼ tsp. nutmeg

Directions

1. Preheat oven to 375 F.
2. Place sweet potatoes in a 1-quart casserole dish.
3. Sprinkle with salt. Spoon applesauce over potatoes. Sprinkle with sugar and nutmeg. Dot with butter.
4. Bake for 30 to 35 minutes.

Makes four servings

Per serving: 160 calories, 36g carbohydrate, 2g fat, 3g fiber and 144mg sodium



Store canned foods and other shelf-stable products in a cool, dry place. Never put them above the stove, under the sink, in a damp garage or basement, or any place exposed to high or low temperatures.

Crockpot Cowboy Beans

Ingredients

- ½ lb. bacon, browned and drained
- 1 lb. ground beef, browned and drained
- ¾ c. brown sugar
- 1 c. ketchup
- ¼ c. vinegar
- ¼ c. mustard
- 1 (15-oz.) can kidney beans
- 1 (15-oz.) can butter beans
- 1 (15-oz.) can lima beans
- 1 (28-oz.) can baked beans
- 1 medium onion, chopped

Directions

Mix all ingredients together; cook in a Crockpot or other electric slow cooker on high for three hours or low for eight hours. If a Crockpot or other electric slow cooker is not available, bring ingredients to a boil in a large pot and simmer on low for two hours. Stir occasionally.

Makes 12 servings

Per serving: 200 calories, 26g carbohydrate, 6g fat, 4g fiber and 614mg sodium

Avoid canned products with sharp dents, rust or bulging ends.



Oven Fries

Ingredients

4 medium potatoes
1 Tbsp. vegetable oil
Paprika (optional)
Grated Parmesan cheese (optional)

Directions

1. Wash potatoes, but don't peel; slice into ½-inch thick strips.
2. Blot dry with paper towels; toss potatoes with oil in a bowl until coated. Sprinkle with paprika if desired.
3. Spread on baking sheet and bake at 450 F for 20 to 25 minutes.
4. Toss with Parmesan cheese (optional).

Makes eight servings

Per serving: 195 calories, 36g carbohydrate, 3.5g fat, 3.5g fiber and 110mg sodium

Carbohydrates from bread, pasta, potatoes, fruits and vegetables provide energy for physical activity. Aim for at least 30 minutes of physical activity every day.



Italian Vegetable Salad

Ingredients

- 1 c. celery
- 1 c. carrots
- 1 c. broccoli
- 1 c. cauliflower
- ¼ c. black olives (optional)
- 1 (8-oz.) bottle of low-fat or fat-free Italian dressing

Directions

1. Wash vegetables thoroughly.
2. Slice carrots and cut remaining vegetables in bite-sized pieces.
Place in a serving bowl.
3. Add sliced black olives if desired.
4. Pour dressing over vegetables and mix.
5. Allow to marinate in refrigerator for a few hours.

Makes six servings

Per serving: 51 calories, 8g carbohydrate, 1.5g fat, 2.5g fiber and 751mg sodium



Eat more fruits and vegetables!
Fruits and vegetables provide a wide range of vitamins, minerals, fiber and phytochemicals (natural “plant chemicals” that are good for our health).

Tuna Pasta Salad

Ingredients

2 c. macaroni, uncooked
2 (6.5-oz.) cans tuna, water-packed
½ c. celery, chopped
1 c. raw carrots, sliced
½ c. green pepper
½ c. light salad dressing, mayonnaise type
1 Tbsp. brown sugar
2 Tbsp. vinegar or lemon juice
2 to 4 Tbsp. milk (more or less for desired consistency)
Salt and pepper to taste

Directions

1. Cook macaroni according to package directions; drain and cool.
2. Drain tuna.
3. Wash vegetables. Chop celery, carrots and green pepper.
4. Mix macaroni, tuna and vegetables together in mixing bowl.
Mix remaining ingredients and stir into macaroni mixture.
5. Chill until ready to serve.

Makes 10 servings

*Per serving: 140 calories, 12g carbohydrate,
5g fat, 1g fiber and 232mg sodium*

Check your refrigerator!
Is the temperature 40 F or lower?



Cinnamon Fruit Salad

Ingredients

2 cans (15.5-oz.) grapefruit sections, drained

2 cans (15.5-oz.) pineapple chunks, drained

1 can mandarin oranges, drained

Cinnamon to taste

Directions

1. Toss fruit in large bowl and sprinkle with cinnamon to taste.
2. Refrigerate for at least one hour before serving.

Makes eight servings

Per serving: 110 calories, 29g carbohydrate, less than 1g fat, 2g fiber and 4mg sodium



Aim for more fruits and vegetables each day.
To get more fiber, eat whole fruits and vegetables with the peels.

Fruit Salad

Ingredients

- 1 pkg. instant vanilla pudding
- 1 c. buttermilk
- 1 (16-oz.) container light whipped topping
- 2 (7-oz.) cans mandarin oranges, drained
- 1 (15-oz.) can pineapple, drained
- 1 (15-oz.) can fruit cocktail, drained

Directions

1. Mix pudding and buttermilk until well-combined. Mix in whipped topping.
2. Toss in well-drained fruit and chill.

Makes 12 servings

Per serving: 163 calories, 27g carbohydrate, 4g fat, 1g fiber and 34mg sodium

Check out www.fruitsandveggiesmorematters.org
for tips about fruits and vegetables.



Pineapple Walnut Salad

Ingredients

- 1 (20-oz.) can pineapple chunks, drained
- 1 c. celery, sliced
- ½ c. walnuts, chopped
- 2 Tbsp. light mayonnaise (enough to moisten)
- 1 Tbsp. lemon juice
- Salt to taste
- Lettuce leaves (optional)

Directions

1. Mix pineapple, celery and walnuts. Chill.
2. Mix mayonnaise, lemon juice and salt; add to pineapple mixture.
3. Gently stir to blend; serve on lettuce leaves if desired.

Makes six servings

Per serving: 141 calories, 17g carbohydrate, 8g fat, 2g fiber and 59mg sodium

Children love to help out
in the kitchen.
Teach them about food
safety, such as proper
hand washing.



Jungle Fruit Crumble

Ingredients

- 1 can (15.25-oz.) sliced peaches or fruit of choice, drained
- 1 can (15.25-oz.) apricot halves or fruit of choice, drained
- 1 can (15.5-oz.) pineapple chunks or fruit of choice, drained
- 1 can (8-oz.) tropical fruit cocktail or fruit of choice, drained
- ½ c. all-purpose flour
- ¼ c. sugar
- ¼ c. packed brown sugar
- 4 Tbsp. cold butter or margarine, cut up
- ¼ c. shredded coconut
- ¼ c. chopped walnuts

Directions

1. Preheat oven to 375 F.
2. Place the well-drained fruit in a 9-inch square baking dish. Mix gently with a rubber spatula.
3. Combine the flour and sugar in a separate bowl, crumbling any lumps with your fingers.
4. Cut in the butter, using your fingers or a fork, until the mixture forms finer crumbs.
5. Stir in the coconut and walnuts. Sprinkle over fruit.
6. Bake until golden brown, about 45 to 50 minutes.
7. Cool on a wire rack. Serve warm or at room temperature with whipped topping.

Makes 12 servings
Per serving: 340 calories,
58g carbohydrate,
13g fat, 4g fiber and
77mg sodium

Slow down!

Your brain takes about 20 minutes to register that you're full. If you eat too quickly, you'll eat more than you need before your brain tells you to stop.

DESSERTS

Glorified Rice

Ingredients

3 c. cooked rice

2 c. crushed pineapple, drain and save juice

Marshmallows or bananas (optional)

1½ c. whipped topping

Whipped topping

½ c. very cold water or pineapple juice

1 Tbsp. lemon juice

½ c. dry milk powder

5 Tbsp. sugar

½ tsp. vanilla

Directions

1. Cook rice (refer to “How to Cook Rice”) and mix with pineapple and marshmallows. Cool rice before adding whipped topping.
2. Whip water/pineapple juice, lemon juice and dry milk powder with beater until stiff. Add sugar and vanilla; continue whipping.
3. Add whipped topping to rice and fruit, mix gently and refrigerate. Serve chilled.

Makes 10 servings

Per serving: 112 calories, 25g carbohydrate, <1g fat, <1g fiber and 20mg sodium

Improperly handled cooked rice can cause foodborne illness.

Be sure to refrigerate within two hours of serving.



Applesauce Bars

Ingredients

1½ c. all-purpose flour
½ tsp. salt
1 tsp. soda
½ tsp. cinnamon
½ tsp. nutmeg
½ c. shortening
1 c. sugar
1 egg
1 c. applesauce
½ c. raisins

Substituting
applesauce for part
of the fat in baked
products helps
reduce the amount
of calories and fat.

Directions

1. Preheat oven to 350 F.
2. Sift flour, salt, soda, cinnamon and nutmeg into a bowl; set aside.
3. Cream shortening, gradually adding sugar. Beat until light.
4. Add egg. Beat until light and fluffy.
5. Add shortening mixture to flour mixture alternately with the applesauce. Add raisins; mix well.
6. Spread mixture into a well-greased 13-by-9-by-1½-inch baking pan.
7. Bake 25 to 30 minutes or until done. Cut while warm. Sprinkle with powdered sugar.

Makes 12 servings

Per serving: 215 calories, 33g carbohydrate, 9g fat, 1g fiber and 210mg sodium

Applesauce Betty

Ingredients

- 2 c. applesauce
- ½ c. chopped dates
- ½ c. chopped walnuts
- 1 ¼ c. sugar
- ½ tsp. cinnamon
- ⅓ c. melted butter
- 2 c. graham cracker crumbs
- ¼ c. water

Directions

1. Mix applesauce, dates, walnuts, sugar and cinnamon.
2. Stir melted butter into crumbs, mixing well.
3. Grease or coat an 8-inch square pan with nonstick cooking spray. Sprinkle some crumbs mix on bottom of pan, then layer applesauce mixture and crumbs until all are used.
4. Pour water over top and bake at 375 F for 45 minutes.
5. Serve hot or cold with whipped cream.

Makes nine servings

Per serving: 180 calories, 30g carbohydrate, 7g fat, 1g fiber and 90mg sodium

Don't buy food if the package is soiled or if it looks like it has been repackaged, relabeled or tampered with in any way.



Applesauce Bran Muffins

Ingredients

- 1½ c. 100% bran cereal
- 1 c. milk
- 1 egg, slightly beaten
- ½ c. applesauce
- 2½ Tbsp. melted butter
- 1 c. all-purpose flour
- 2½ tsp. baking powder
- ¼ c. brown sugar
- ½ c. raisins or dried cranberries

Eat breakfast every day! It can improve your performance at school or work.

Directions

1. Preheat oven to 400 F.
2. In large bowl, combine cereal and milk.
3. In another bowl, combine egg, applesauce and melted butter. Stir into cereal mixture.
4. Add dry ingredients, stirring just until blended. Add raisins.
5. Spray nonstick coating in muffin pans or use baking cups.
6. Fill muffin pans or baking cups two-thirds full.
7. Bake for 15 minutes.

Makes 12 servings

*Per serving: 150 calories,
30g carbohydrate, 3g fat,
4g fiber and 195mg sodium*



Chocolate Chip Applesauce Brownies

Ingredients

- 1½ c. sugar
- ½ c. shortening, margarine or butter
- ½ tsp. cinnamon
- 2 Tbsp. cocoa
- 2 c. applesauce
- 2 eggs
- 2 c. flour
- 1½ tsp. soda
- ½ tsp. salt
- ½ c. nuts, chopped
- ½ c. chocolate chips



Directions

1. Preheat oven to 350 F.
2. Beat the sugar and fat together.
3. Add the eggs and then applesauce. Add the dry ingredients and beat.
4. Grease or coat a 10-by-16-inch jelly roll pan with nonstick cooking spray. Pour batter into pan.
5. Sprinkle over the top: 1 tablespoon sugar, ½ c. nuts and chocolate chips.
6. Bake 25 to 30 minutes.

Makes 24 servings

Per serving: 124 calories, 21g carbohydrate, 4g fat, <1g fiber and 160mg sodium

Avoid eating foods containing raw eggs.
Use only properly refrigerated, clean, sound
shelled, fresh, grade AA or A eggs.

Bread Pudding

Ingredients

- 8 slices day-old bread, cut in 1-inch cubes
- 2 eggs, slightly beaten
- 2¼ c. skim or reconstituted nonfat dry milk
- ⅓ c. brown sugar
- 2 tsp. cinnamon
- 1 tsp. vanilla
- 2 c. raisins

Directions

1. Preheat oven to 350 F.
2. Cut bread into 1-inch cubes or tear in pieces.
3. Combine eggs and milk in the mixing bowl. Add cubes and mix.
4. Stir in remaining ingredients. Grease or coat an 8-by-8-inch baking dish with nonstick cooking spray. Pour mixture into baking dish.
5. Bake for one hour. It is done when a knife inserted in the pudding comes out clean.

Serving suggestion:

Top with sliced bananas and reduced-fat whipped topping right before serving.

Makes six servings

Per serving: 230 calories, 42g carbohydrate, 3g fat, 2g fiber and 250mg sodium



Be careful at holiday parties. Perishable foods such as meat should not sit at room temperature for more than two hours.

Busy Day Oatmeal Cake

Ingredients

1 c. oatmeal, quick (uncooked)

1 ¼ c. boiling water

Pour water over oats and let stand while mixing the following:

- | | | |
|-------------------|-------------------|-------------------|
| • 1 c. sugar | • 1½ c. flour | • 1 tsp. nutmeg |
| • ½ c. shortening | • 1 tsp. vanilla | • 1 tsp. allspice |
| • 2 eggs | • 1 tsp. cinnamon | • 1 tsp. soda |

Directions

1. Preheat oven to 350 F.
2. Cream sugar and shortening. Add eggs; beat.
3. Add flour, oatmeal, vanilla and spices.
4. Pour into floured 9-by-13-inch pan.
5. Bake for 30 to 35 minutes or until done.
6. Cool cake before icing. For a lower calorie, lower fat version, omit icing and dust with powdered sugar.

Icing for Oatmeal Cake (optional)

Ingredients:

1 c. brown sugar

½ stick butter

4 to 5 Tbsp. evaporated milk

Directions

1. Boil one minute and add 1 c. coconut and ½ c. nuts (optional). Spread on top of cake.
2. Broil a few minutes until lightly browned.

Makes 12 servings

Per serving: 210 calories, 30g carbohydrates, 10g fat, 2g fiber and 120mg sodium

(With icing: 380 calories, 50g carbohydrates, 20g fat, 2g fiber and 170mg sodium)

Cranberry Granola Bars

Ingredients

- ½ c. honey
- 2 Tbsp. + 2 tsp. brown sugar
- 1 Tbsp. + 1 tsp. oil
- 1½ c. oatmeal (uncooked)
- 1¼ c. toasted rice cereal
- 1¼ c. dried cranberries

Directions

1. Combine honey, brown sugar and oil in a small saucepan. Heat over low heat until well mixed.
2. Mix oats, rice cereal and cranberries. Add honey mixture and stir until thoroughly combined.
3. Pat firmly into an 8-by-8-inch baking pan.
4. Bake in 350 F oven for 15 minutes; press mixture firmly into the bottom of the pan once more. Bake five more minutes.
5. Cool completely. Refrigerate at least one hour for easier cutting.

Makes 16 servings

Per serving: 128 calories, 27g carbohydrate, 1g fat, 2g fiber and 20mg sodium

Cut the costs of snacks and lunches away from home. Bringing your snack or lunch to work may save you \$800 to \$1,100 each year!



DESSERTS

Oatmeal Cookies with Raisins or Dates

(Best if dough is chilled overnight and baked the next day)

Ingredients

- $\frac{3}{4}$ c. brown sugar
- 1 c. water
- 1 c. raisins or dates
- 1 c. butter
- $\frac{1}{2}$ tsp. nutmeg
- Dash of salt
- 1 tsp. baking soda
- 1 tsp. vanilla
- $2\frac{1}{4}$ c. flour
- 2 c. oatmeal (uncooked)
- 1 c. chopped nuts
- Optional: Add $\frac{1}{2}$ tsp. cinnamon and/or ginger.



Directions

1. Preheat oven to 375 F.
2. Boil 10 minutes: brown sugar, water, raisins or dates, butter, nutmeg and dash of salt. Remove from heat and add baking soda; cool.
3. Add vanilla, flour, oatmeal and chopped nuts.
4. Bake on greased cookie sheet 10 to 12 minutes.

Makes 36 servings

Per serving: 150 calories, 18g carbohydrate, 8g fat, 1.5g fiber and 80mg sodium

Baking muffins and cookies from scratch
may save you money.
It allows you to be creative.

Self-crust Pumpkin Pie

Ingredients

- 2 large eggs (or 3 medium)
- 1 (15-oz.) can pumpkin or 2 c. cooked pumpkin
- 1 c. nonfat dry milk powder
- $\frac{2}{3}$ c. brown or white sugar
- $\frac{1}{4}$ tsp. salt
- 1 tsp. cinnamon
- 2 tsp. ginger
- $\frac{1}{4}$ tsp. nutmeg
- $\frac{1}{4}$ c. all purpose flour
- 1 c. water



Directions

1. Mix all ingredients together, except water, in a large bowl.
2. Gradually stir in water until well mixed.
3. Pour into a greased 9-inch pie plate or an 8-by-8-inch square pan.
4. Bake at 350 degrees for 45 to 55 minutes or until a knife inserted 1 inch from the center comes out clean. Refrigerate leftovers.

Makes eight servings

Per serving: 140 calories, 30g carbohydrate, 2g fat, 2g fiber and 140mg sodium

SERVING SUGGESTION

Top with whipped cream

Home-canned foods should not be served to the public,
such as at fairs or community gatherings.

Commercially-canned food has been tested for safety
but home-canned food has not.

PBJ Waffle Sandwiches

Ingredients

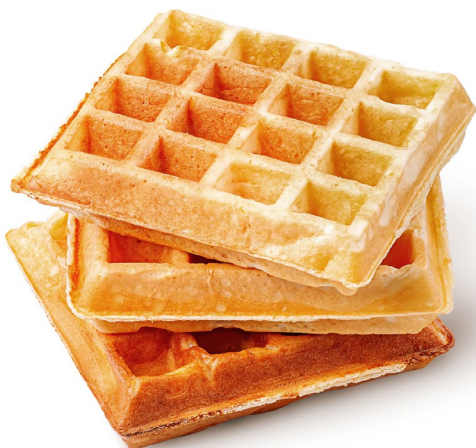
- 8 frozen waffles
- 4 Tbsp. peanut butter
- 4 Tbsp. jam or jelly
- 1 banana, sliced

Directions

1. Heat waffles as directed on package or substitute homemade waffles.
2. Spread 1 tablespoon of peanut butter on four waffles and 1 tablespoon of jelly on remaining four waffles.
3. Top each peanut butter waffle with banana slices. Cover with jelly waffles; press lightly.

Makes four servings

Per serving: 390 calories, 60g carbohydrate, 15g fat, 5g fiber and 514mg sodium



Don't skip breakfast!
Eating breakfast helps
you stay alert and you're
less likely to overeat at
lunch. Grab a piece of
fruit or toast on the go.

Peanut Butter Yogurt Sandwiches

Ingredients

- 4 tsp. peanut butter
- 2 Tbsp. low-fat vanilla yogurt
- 8 graham cracker squares (may substitute cinnamon graham crackers)
- Cinnamon (optional)
- Nutmeg (optional)

Directions

1. Mix peanut butter and yogurt in a small bowl.
2. Spread the mixture on each graham cracker square.
3. Sprinkle with nutmeg and cinnamon.
4. Top with another graham cracker.
5. Serve immediately.

Note: These may become mushy if not served promptly.

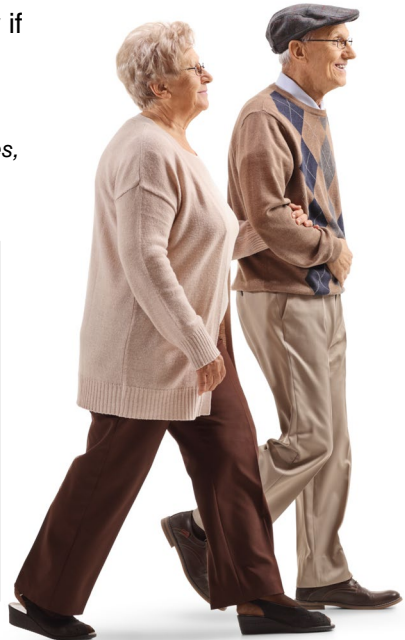
Makes four servings

Per serving: 70 calories, 8g carbohydrates, 3.5g fat, <1g fiber and 85mg sodium

Exercise and eat your way to strong bones.

Weight-bearing exercises such as walking can strengthen bones.

Refuel your bones with good sources of calcium: milk, yogurt, cheese, green leafy vegetables, fortified orange juice or fortified cereal.



Sugar and Spice Snack Mix

Ingredients

- 3 c. toasted oat squares cereal
- 3 c. pretzels
- 2 Tbsp. margarine, melted
- 1 Tbsp. firmly packed brown sugar
- ½ tsp. ground cinnamon
- 1 c. raisins or dried fruit of choice



Directions

1. Preheat oven to 325 F.
2. In a large plastic bag with a tight seal, combine oat squares and pretzels.
3. In a small bowl, stir together melted margarine, brown sugar and cinnamon. Pour over cereal mixture. Seal bag and gently shake mixture until well coated.
4. Transfer to a baking sheet. Bake, uncovered, for 25 minutes, stirring once or twice.
5. Spread mixture onto paper towels to cool.
6. Add dried fruit and stir to mix.
7. Store at room temperature in an airtight container for up to two weeks.

Makes 14 servings

Per serving: 130 calories, 25g carbohydrate, 3g fat, 1g fiber and 40mg sodium

Getting enough folic acid can help reduce the risk of birth defects, heart disease and cancer. Good sources of folic acid (or folate) include green leafy vegetables, legumes (dried peas and beans), fortified breads and cereals, orange juice, nuts and seeds.

Super Cereal Mix (Instant Oatmeal Mix)

Ingredients

- 5 c. quick-cooking oatmeal
- 4 Tbsp. brown sugar
- 1 c. raisins, cranberries or your favorite dried fruit
- 2 c. nonfat dry milk powder
- 1 tsp. cinnamon

Directions

1. In a large bowl, combine oatmeal, brown sugar, dried fruit, cinnamon and dry milk.
2. Transfer ingredients to an airtight container or jar to store until ready to use. Label jar with name of contents and date.
3. To serve: Place 2 c. of mixture and up to 2 c. boiling water (depending on how thick you like your oatmeal) into a cereal bowl. Stir and let stand until thickened.
4. If desired, top with skim milk, additional brown sugar, fruit or chopped nuts.

Makes 13 servings

Per serving: 175 calories, 36g carbohydrate, 2g fat, 4g fiber and 18mg sodium



Store unopened packages of dried cranberries in a cool, dry place off the floor not exceeding 65 F. For longer storage, store in the refrigerator.

Applesauce and Cheese Biscuits

Ingredients

- 2 c. flour
- ¼ tsp. baking soda
- 4 Tbsp. shortening
- ¾ c. cheddar cheese (grated)
- 2 tsp. baking powder
- 1 tsp. salt
- ¾ c. applesauce
- 2 Tbsp. butter
- ⅛ tsp. garlic powder

Directions

1. Mix dry ingredients and cut in shortening. Add applesauce and cheese.
2. Roll dough to ½-inch thickness and cut with a biscuit cutter or use the rim of a glass.
3. Bake eight or 10 minutes in a preheated 400-degree oven.
4. While baking, melt butter and mix in garlic powder. Drizzle over baked biscuits.



Makes eight servings

Per serving: 175 calories, 23g carbohydrate, 8g fat, 1g fiber and 425mg sodium

Proper hand washing can prevent sickness. Use warm water and soap, and scrub for at least 20 seconds!

Cheesy Barbeque Bean Dip

Ingredients

- ½ c. vegetarian baked beans
- 3 Tbsp. shredded cheddar cheese
- 2 Tbsp. regular or hickory-smoked barbeque sauce
- 2 large carrots cut into diagonal slices
- 1 medium red or green pepper, cut into chunks

Directions

1. Place beans in small microwaveable bowl; mash slightly with fork.
2. Stir in cheese and barbecue sauce. Cover with vented plastic wrap.
3. Microwave on high for one minute; stir.
4. Microwave for another 30 seconds or until hot.
5. Serve with corn chips, crackers, bell pepper chunks or carrot slices.

Makes four servings

Per serving: 80 calories, 13g carbohydrate, 2g fat, 3g fiber and 280mg sodium

Beans are a budget-friendly source of protein, fiber and folate (a B vitamin).

Enjoy 1½ cups of cooked dry edible beans and peas per week.



Morning Shake

Ingredients

- 1 c. fat-free milk
(may substitute 1 c. reconstituted nonfat dry milk)
- 1 banana, frozen or fresh
- 3 Tbsp. frozen orange juice concentrate

Directions

1. Blend all ingredients in blender or with hand mixer until smooth.
2. Pour into glasses.

Makes two servings

Per serving: 150 calories, 32g carbohydrate, <1g fat, 2g fiber and 70mg sodium

Don't have time for breakfast?
Whip up a quick smoothie to
drink on your way to work,
school, etc.





This project was made possible in part with funding from
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For more information, contact your local office of NDSU Extension
or visit our Nutrition, Food Safety and Health website:

www.ag.ndsu.edu/food

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