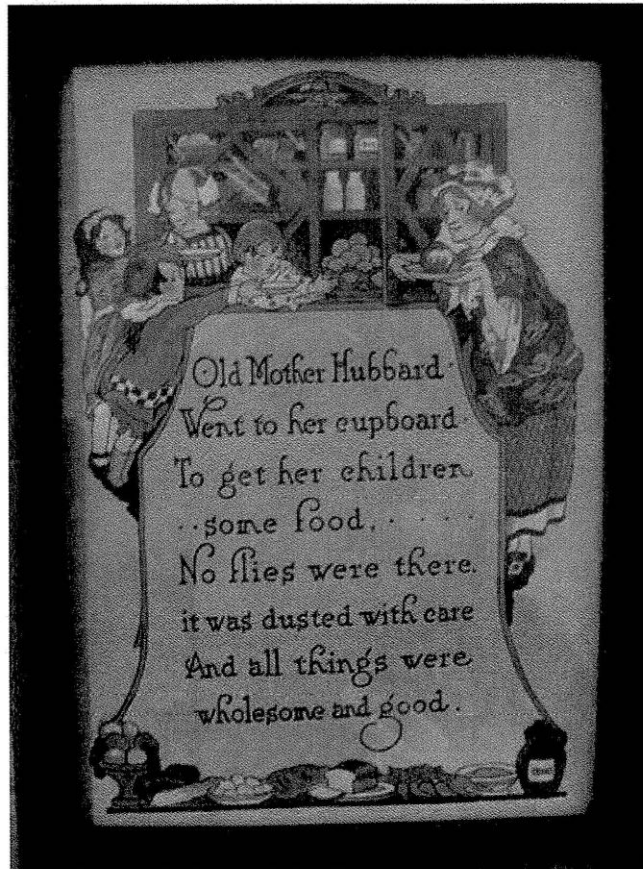


Mother Hubbard What's in Your Cupboard?



Cover image from the collection of pantry-related ephemera and implements of Catherine Seiberling Pond, author of the *Pantry-Its History and Modern Uses* [Gibbs Smith: 2007] and available at www.CatherinePond.com [She also writes a domestic-related blog at www.InthePantry.blogspot.com]

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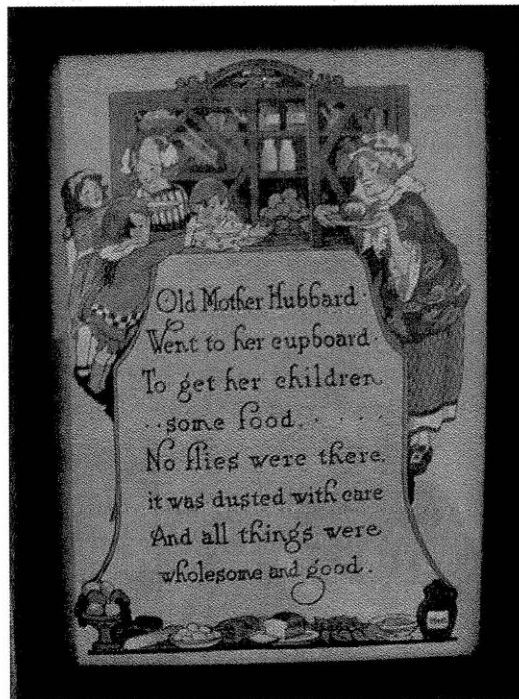
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Mother Hubbard What's in Your Cupboard?

Are there times when your cupboard is bare? This collection of recipes, and the following tips, will help keep it full.

- Have food on hand that will combine into several dishes.
- Have food on hand that will not be “snacked” away.
- Have food on hand that includes all the food groups represented by the recommendations in *mypyramid.gov*.
- When you shop for these foods over time, check off those items you have on hand right now. Then decide which foods you will buy the next time you are shopping for groceries.
- If your family doesn't care for some of the foods listed, make changes. For example, replace canned tuna with canned chicken.



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With the following foods, you can make all of the recipes in this collection. If you plan on only using some of the recipes in the collection, check off the foods you will need to keep on hand.

| In Your Pantry | In Your Cupboard | In Your Refrigerator | In Your Freezer |
|--|--|--|---|
| <input type="checkbox"/> white rice <input type="checkbox"/> cornmeal <input type="checkbox"/> white flour <input type="checkbox"/> whole wheat flour <input type="checkbox"/> bread crumbs, seasoned <input type="checkbox"/> onions <input type="checkbox"/> potatoes <input type="checkbox"/> tomatoes (canned, diced) <input type="checkbox"/> peas (canned) <input type="checkbox"/> corn (canned) <input type="checkbox"/> creamed corn (canned) <input type="checkbox"/> apples <input type="checkbox"/> peach halves (canned) <input type="checkbox"/> cranberry sauce (whole) <input type="checkbox"/> pineapple (crushed) <input type="checkbox"/> fruit cocktail (in juice) <input type="checkbox"/> raisins <input type="checkbox"/> evaporated skim milk <input type="checkbox"/> dry milk <input type="checkbox"/> cream of mushroom soup <input type="checkbox"/> split peas (dry) <input type="checkbox"/> navy beans (dry) <input type="checkbox"/> garbanzo beans (canned) <input type="checkbox"/> tuna (canned) <input type="checkbox"/> chicken (canned) <input type="checkbox"/> water <input type="checkbox"/> sugar free Jell-O mix <input type="checkbox"/> pancake syrup* | <input type="checkbox"/> salt <input type="checkbox"/> pepper <input type="checkbox"/> thyme <input type="checkbox"/> cinnamon <input type="checkbox"/> baking powder <input type="checkbox"/> baking soda <input type="checkbox"/> bread (whole grain) <input type="checkbox"/> vegetable oil <input type="checkbox"/> vegetable oil spray <input type="checkbox"/> shortening <input type="checkbox"/> vinegar (cider) <input type="checkbox"/> sugar <input type="checkbox"/> brown sugar <input type="checkbox"/> vanilla extract | <input type="checkbox"/> milk <input type="checkbox"/> parmesan cheese <input type="checkbox"/> cheese (lowfat, shredded) <input type="checkbox"/> yogurt (plain) <input type="checkbox"/> eggs <input type="checkbox"/> carrots <input type="checkbox"/> celery <input type="checkbox"/> yeast <input type="checkbox"/> butter <input type="checkbox"/> mayonnaise (light) | <input type="checkbox"/> orange juice <input type="checkbox"/> bananas (mashed) <input type="checkbox"/> ground beef <input type="checkbox"/> mixed vegetables |
| <p>*only needed if making pancakes</p> | | | |

As you plan to purchase the foods in *Mother Hubbard What's in Your Cupboard?* be sure to consider how you will store each food and for how long. Use the following charts as a guide.

| Shelf-Stable Foods/Bakery items | | | |
|---|---------------------------|-----------------------------------|----------------------------------|
| Shelf-Stable Foods | Unopened in Pantry | Refrigerator After Opening | In Pantry After Opening |
| Spices, whole or ground | 2-3 years total | | Included in total |
| Sugar, brown granulated | 4 months 2 years | | Sugar never spoils |
| Syrup, pancake genuine or real maple | 12 months 12 months | 12 months | 12 months |
| Vinegar | 2 years | | 12 months |
| Yeast dry, packets & jars | Use by date | Refrigerate open jars | |
| Water, bottled | 1-2 years | | 3 months |
| Bakery Items | Shelf | Refrigerator | Freezer |
| Bread, commercial* | 2-4 days | 7-14 days | 3 months |
| Dry milk | 6 months | After mixing with water 1 week | 3-5 days |
| Shelf-Stable Foods | Unopened in Pantry | Refrigerator After Opening | In Pantry After Opening |
| Extracts, vanilla, lemon, etc. | 3 years | | 1 year |
| Fruits, dried | 6 months | 6 months | 1 month |
| Gelatin, flavored | 18 months | | Use all or reseal for 3-4 months |
| Herbs, dried (spices) | 1-2 years | | Cool, dark place 1 year |
| Milk, canned evaporated | 12 months | 4-5 days | |
| Oils, olive or vegetables Vegetable oil sprays | 6 months 2 years | 4 months | 1-3 months 1 year |
| Peas, dried split | 12 months | | 12 months |
| Rice, white | 2 years | 6 months | 1 year |
| Shortening, solid | 8 months | | 3 months |
| Bread crumbs | Best if used by date | 1 week | |
| Beans, dried | 12 months | | 12 months |
| Canned goods, low in acid (such as meat, poultry, fish, gravy, stew, soups, beans, carrots, corn, pasta, peas, potatoes, spinach) | 2-5 years | 3-4 days | |
| Canned goods, high in acid (such as juices, fruit, pickles, sauerkraut, tomato soup, and foods in vinegar-based sauce) | 12-18 months | 5-7 days | |

| Baking Ingredients | Unopened in Pantry | Refrigerator After Opening | In Pantry After Opening |
|--|------------------------|----------------------------|-------------------------|
| Baking powder | 6 months | | 3 months |
| Baking soda | 18 months | | 6 months |
| Cornmeal, regular, determinated stone ground or blue | 6-12 months 1 month | 12 months 2-3 months | |
| Flour, white Flour, whole wheat | 6-12 months 1 month | 6-8 months | 6-8 months |
| Condiments | Unopened in Pantry | Refrigerator After Opening | In Pantry After Opening |
| Mayonnaise, commercial | 2-3 months | 2 months | |

Foods Purchased Frozen

| Frozen items | | |
|--------------------|-------------|-----------|
| Juice concentrates | 6-12 months | 7-10 days |
| Vegetables | 8 months | 3-4 days |

Foods Purchased Refrigerated

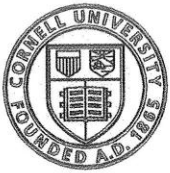
| Meat | | |
|--|--|----------------------------|
| Ground meat | 1-2 days | 3-4 months |
| Product | Refrigerated | Frozen |
| Beverages, fruit | | |
| Juice in cartons, fruit drinks, punch | 3 weeks, unopened 7-10 days open | 8-12 months |
| Frozen concentrate | 7-10 days, reconstituted | Best if used by date |
| Dairy Products | | |
| Butter | 1-3 months | 6-9 months |
| Cheese, hard (such as cheddar) | 6 months, unopened 3-4 weeks opened | 6 months |
| Parmesan, shredded Shredded cheddar | 1 month opened 1 month | 3-4 months 3-4 months |
| Eggs in shell Raw whites, yolks* | 3-5 weeks 2-4 days | Do not freeze 12 months |
| Milk, plain or flavored | 1 week | 3 months |
| yogurt | 7-14 days | 1-2 months |

*when freezing egg yolks, beat in either 1/8 teaspoon salt or 1 1/2 teaspoons sugar or corn syrup per 1/4 cup egg yolks(4 yolks).

Fresh Fruits and Vegetables

| Fruits | Shelf | Refrigerator | Freezer |
|--------------|------------|---------------------------|------------------------------------|
| Apples* | 1-2 days | 3 weeks | Cooked, 8 months |
| Bananas | Until ripe | 2 days, skin will blacken | Whole peeled, 1 month |
| Vegetables | Shelf | Raw, refrigerator | Frozen |
| Carrots* | | 3 weeks | 10-12 months |
| Celery | | 1-2 weeks | 10-12 months |
| Onions, dry* | 2-3 weeks | 2 months | 10-12 months |
| Potatoes* | 1-2 months | 1-2 weeks | Cooked and mashed, 10-12 months |

*Appropriate cold storage can extend the storage times of these items



Master Mix

Ingredients

- 9 cups flour
- 2 2/3 cup powdered dry milk
- 1/3 cup baking powder
- 1/4 cup sugar
- 1 Tablespoon salt
- 1 2/3 cups shortening

Makes 36 serving

Instructions

1. In a large bowl, combine the flour, dry milk, baking powder, sugar and salt; mix thoroughly.
2. Using a pastry blender or two knives, cut the shortening into the dry ingredients until the MIX is the consistency of corn meal.
3. Place the MIX in a covered air tight container and keep in a cool place.
4. To measure, lightly scoop the MIX into a cup and level off.

Notes:

- Master Mix is a baking mix that is quick and easy to make, and a time saver when used in cooking or baking.
- In warm weather the MIX should be refrigerated. Use within a month.
- Master Mix can be used as a substitute for Bisquick or Jiffy Mix in recipes.

Nutrition Facts

Serving Size 1/3 cup
Servings Per Container about 36

| Amount Per Serving | |
|-------------------------------|-----------------------------|
| Calories 220 | Calories from Fat 90 |
| % Daily Value* | |
| Total Fat 10g | 15% |
| Saturated Fat 2.5g | 13% |
| Trans Fat 1g | |
| Cholesterol 0mg | 0% |
| Sodium 470mg | 20% |
| Total Carbohydrate 29g | 10% |
| Dietary Fiber 1g | 4% |
| Sugars 4g | |
| Protein 5g | |
| Vitamin A 2% | • Vitamin C 0% |
| Calcium 10% | • Iron 8% |

*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 |

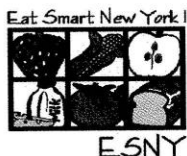
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

41% calories from fat

(Exempt from recipe policy/ingredient)

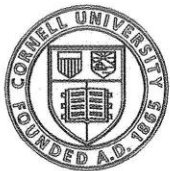
Source: Cornell Cooperative Extension of Schoharie County.

April 2010



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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.



Cream of Carrot Soup

Ingredients

- 1 cup diced carrots
- ½ cup boiling water
- 2 Tablespoons onions, minced
- 3 Tablespoons melted butter
- 3 Tablespoons flour
- 2½ cups evaporated skim milk

Makes 5 servings

Instructions

1. In a small sauce pan combine carrots and water, cover. Simmer until carrots are tender. Set aside.
2. In a medium sauce pan cook onions in butter until tender. Add flour, mixing until smooth. Then add milk slowly, stirring constantly. Continue stirring while cooking on low heat until thickened.
3. Add carrots and the water from small sauce pan. Heat thoroughly.

Note:

- Season with salt and pepper if desired.

Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 5

Amount Per Serving

Calories 170 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 200mg **8%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **4%**

Sugars 16g

Protein 10g

Vitamin A 100% • Vitamin C 6%

Calcium 40% • Iron 4%

*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

27% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

March 2010

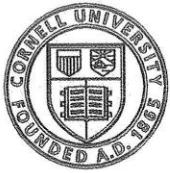
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Potato and Corn Chowder

Ingredients

4 cups raw diced potatoes
 ¼ cup finely chopped onion
 1½ cups water
 1½ cup evaporated skim milk
 1 (16-ounce) can corn, drained
 2 Tablespoons butter
 ½ teaspoon salt
 dash of pepper

Makes 6 servings

Instructions

1. Cook potatoes and onion in water in covered saucepan until tender (about 15 minutes).
2. Mash potatoes in cooking liquid. Do not drain.
3. Slowly add milk to mashed potatoes stirring until smooth.
4. Then add corn, butter, salt and pepper, stir to combine.
5. Simmer for 15 minutes to blend flavors.

Note:

- Leftover chowder reheats well, but a small amount of liquid may be added to thin if chowder is thicker than desired.

Nutrition Facts

Serving Size 1 1/2 cup
Servings Per Container 6

Amount Per Serving

Calories 340 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 530mg 22%

Total Carbohydrate 64g 21%

Dietary Fiber 4g 16%

Sugars 14g

Protein 10g

Vitamin A 8% • Vitamin C 30%

Calcium 20% • Iron 4%

*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

12% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

June 2010

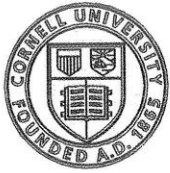
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Baked Beans

Ingredients

- 2 cups dry navy, (pea) beans, rinsed
- 7 cups hot water (soak)
- 6 cups hot water
- 1 teaspoon salt
- 2 Tablespoons butter
- 1 small onion
- 1/3 cup brown sugar
- 2 cups hot water (approximately)
- Makes 8 servings

Instructions

To prepare beans for Quick Cook method using first 2 ingredients:

1. Rinse and sort beans in a large pot. Add 7 cups hot water to 2 cups of beans. Bring to a rapid boil; boil for 2 minutes. Remove from heat. Cover and let stand for 1 hour. Drain soak water and rinse beans.
2. In the same pot with drained and rinsed beans, add additional 6 cups water; salt, and butter. Cook slowly for one hour.
3. Chop onion and mix with the sugars. Stir into beans.
4. Put beans in baking dish adding enough hot water to cover beans. Cover dish and bake at 350° F for 1½ to 2 hours.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 8

Amount Per Serving

Calories 230 Calories from Fat 35

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 320mg **13%**

Total Carbohydrate 40g **13%**

Dietary Fiber 13g **52%**

Sugars 6g

Protein 12g

Vitamin A 2% • Vitamin C 2%

Calcium 10% • Iron 20%

*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

14% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

March 2010

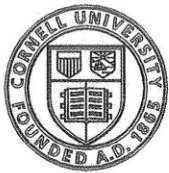
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Banana Muffins

Ingredients

3 cups Master Mix
2 Tablespoons sugar
1 egg, beaten
3/4 cup water
2 medium bananas,
mashed
vegetable oil spray

Makes 12 muffins

Instructions

1. Measure Master Mix and sugar into a bowl; stir well.
2. Mix the egg and water in another small bowl; add the bananas, mix again.
3. Add the egg mixture to the flour mixture all at once. Stir slightly to moisten, about 25 strokes. Mixture will be lumpy.
4. Prepare muffin pan with vegetable oil spray. Fill cups 2/3 full with batter. Bake at 400°F for about 20 minutes.

Notes:

- Over stirring muffin batter may result in tough / rubbery muffins. **DO NOT OVER MIX.**
- For cheddar cheese muffins add 2/3 cup grated cheddar cheese, omitting the banana.
- For blueberry muffins add 1 cup drained blueberries and omit banana.

Nutrition Facts

Serving Size 1 muffin
Servings Per Container 12

Amount Per Serving

Calories 210 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2g **10%**

Trans Fat 1g

Cholesterol 20mg **7%**

Sodium 390mg **16%**

Total Carbohydrate 29g **10%**

Dietary Fiber 1g **4%**

Sugars 7g

Protein 5g

Vitamin A 2% • Vitamin C 4%

Calcium 10% • Iron 8%

*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

34% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

June 2010

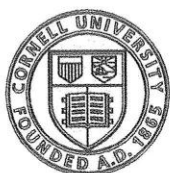
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Biscuits

Ingredients

2 cups flour
($\frac{1}{3}$ cups white flour + $\frac{1}{3}$
cup whole wheat)

2 teaspoon baking
powder

1 teaspoon baking soda

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ cup butter

$\frac{3}{4}$ cup cold 1% milk

Makes 4 servings

Instructions

1. In a medium bowl, add flour, baking powder, baking soda, and salt. Mix well.
2. Add butter, cutting in with a pastry blender. Add milk all at once and stir quickly with a fork.
3. Turn out on a floured surface and knead dough 6 times. Roll or pat to $\frac{1}{2}$ to $\frac{3}{4}$ inch thick and cut with biscuit cutter and place on baking sheet.
4. Bake at 475° F for 5 minutes. Turn off heat and leave in oven for 15-20 minutes or until brown.

Note:

- These biscuits make a wonderful shortcake for fresh strawberries as is, *or* you can add two teaspoons of sugar to the batter and press flat in an 8-inch round cake pan for a sweeter short cake.

Nutrition Facts

Serving Size 2 biscuits
Servings Per Container 4

Amount Per Serving

Calories 350 Calories from Fat 110

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 990mg **41%**

Total Carbohydrate 51g **17%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 9g

Vitamin A 8% • Vitamin C 0%

Calcium 10% • Iron 15%

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| | 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

33% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

June 2010

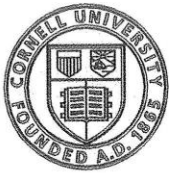
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Carrot Bake

Ingredients

3 cups grated carrots

2 cups cooked rice
(white, brown or wild)

1 cup low fat cheddar
cheese, shredded

½ cup 1% milk

2 eggs, beaten

2 Tablespoons onion,
minced

½ teaspoon salt

¼ teaspoon pepper

vegetable oil spray

2 Tablespoons parmesan
cheese

Makes 6 servings

Instructions

1. In a large bowl, combine first five ingredients; stir in onion, salt and pepper.
2. Pour mixture into a 1½ quart casserole dish that has been prepared with vegetable oil spray.
3. Sprinkle parmesan cheese on top of casserole.
4. Bake in moderate oven 350° F for 50-60 minutes.

Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 6

Amount Per Serving

Calories 160 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 380mg **16%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **12%**

Sugars 4g

Protein 9g

Vitamin A 190% • Vitamin C 6%

Calcium 15% • Iron 6%

*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

23% calories from fat

Source: The New Mother Hubbard's Cupboard Cookbook.

March 2010

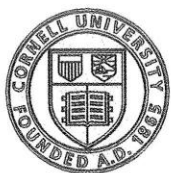
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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.



Cornmeal Rolls

Ingredients

3½ cups flour
¼ cup sugar
1½ teaspoons salt
1 package active dry yeast
1 cup 1% milk
¼ cup shortening
1 egg
¾ cup cornmeal
vegetable oil spray

Makes 24 servings

Instructions

1. In a medium bowl mix half the flour with the sugar, salt, and yeast. Set aside.
2. Heat milk and shortening in a pan until just warm. Add milk mixture to flour mixture. Mix until smooth.
3. Add egg. Beat well. Mix in the rest of flour and cornmeal. Knead dough about 300 times *or* about 10 minutes.
4. Put dough in a bowl prepared with vegetable oil spray. Cover, and let rise in a warm place about 1½ hours, until doubled in size.
5. Punch dough down in bowl to remove air bubbles. Divide dough in half and cut each half into 12 pieces. Roll pieces into balls. Place 1 inch apart on a baking sheet prepared with vegetable oil spray.
6. Cover loosely with wax paper that has been sprayed with vegetable oil spray. Let rise 1 hour.
7. Bake at 375° F about 15 minutes until lightly browned.

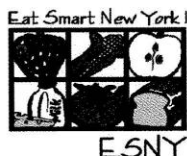
Nutrition Facts

| | |
|--|------------------------------|
| Serving Size 1 roll | |
| Servings Per Container 24 | |
| Amount Per Serving | |
| Calories 110 | Calories from Fat 25 |
| % Daily Value* | |
| Total Fat 2.5g | 4% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 10mg | 3% |
| Sodium 160mg | 7% |
| Total Carbohydrate 19g | 6% |
| Dietary Fiber 1g | 4% |
| Sugars 2g | |
| Protein 3g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 2% | Iron 6% |
| *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 | |

20% calories from fat

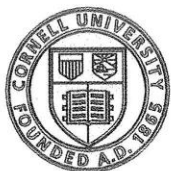
Source: Cornell Cooperative Extension of Schoharie County.

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English Muffins

Ingredients

- 1 cup warm 1% milk,
(105°-115° F)
- 2 Tablespoons sugar
- 1 teaspoon salt
- 3 Tablespoons butter
- 1 cup warm water
(105°-115° F)
- 1 package active dry
yeast
- 5-6 cups flour
- cornmeal
- vegetable oil spray

Makes 18 muffins

Notes:

- Add ½ cup cranberries with the warm milk.
- Substitute 1½ cups whole wheat flour for 1½ cups white flour.

Instructions

1. In a small bowl combine milk, sugar, salt and butter. Set aside. Measure warm water into a large warm bowl. Sprinkle in yeast and stir until yeast is dissolved. Add milk mixture and 3 cups flour; stir until smooth. Add enough additional flour to make a stiff dough. Turn out onto floured board; knead about 2 minutes, *or* until dough is manageable and can be formed into a ball. (Dough may be slightly sticky.) Prepare a large bowl with vegetable oil spray, add dough, turning upside down to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.
2. Punch dough down, divide in half. On a board heavily sprinkled with cornmeal, pat each half of dough into a ½ inch thickness. Cut with a floured 3 inch round cutter. Place on ungreased baking sheet about 2 inches apart. Cover; let rise in a warm place, free from draft, until double in bulk, about ½ hour.
3. Spray a medium-hot griddle *or* skillet with vegetable oil spray, place muffin cornmeal side down. Bake until well browned, about 10 minutes turn and cook other side. Cool on wire racks. To serve split muffins in half and toast.

Nutrition Facts

| | |
|--|---------------------------|
| Serving Size 1 muffin | |
| Servings Per Container 18 | |
| Amount Per Serving | |
| Calories 180 | Calories from Fat 20 |
| % Daily Value* | |
| Total Fat 2.5g | 4% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 150mg | 6% |
| Total Carbohydrate 34g | 11% |
| Dietary Fiber 1g | 4% |
| Sugars 2g | |
| Protein 5g | |
| Vitamin A 2% | • Vitamin C 0% |
| Calcium 2% | • Iron 10% |
| *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 | |

13% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

June 2010

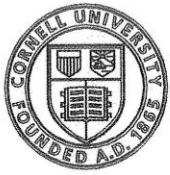
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Pancakes

Ingredients

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
1 Tablespoons sugar
2 Tablespoons vegetable oil
1 egg
1½ cups 1% milk
vegetable oil spray

Makes 6 servings

Instructions

1. In a medium bowl, combine the flour, baking powder, salt and sugar.
2. Add oil, egg and milk to flour mixture and stir until mixed.
3. Pour about a 1/3 cup of batter (per pancake) onto heated skillet that has been prepared with vegetable oil spray.
4. Cook pancakes, without turning, until top is covered with bubbles.
5. Turn pancakes and brown the other side. Serve hot.

Nutrition Facts

Serving Size 2 Pancakes
Servings Per Container 6

Amount Per Serving

Calories 250 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 610mg **25%**

Total Carbohydrate 39g **13%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 8g

Vitamin A 4% • Vitamin C 0%

Calcium 15% • Iron 10%

*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

25% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

June 2010

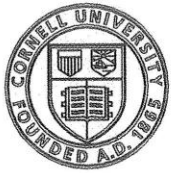
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Peach Cranberry Salad

Ingredients

4 canned peach halves

½ cup canned cranberry
sauce

Makes 4 servings

Instructions

1. Place a peach half on each salad plate.
2. Spoon 2 Tablespoons cranberry sauce into the center of each peach.

Notes:

- Use peaches canned in light syrup *or* fruit juices.
- If using peaches canned in heavy syrup, rinse and drain before doing step 2.
- Serve fruit on a bed of lettuce *or* a lettuce leaf.

Nutrition Facts

Serving Size 1/2 peach
Servings Per Container 4

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **8%**

Sugars 15g

Protein 1g

Vitamin A 40% • Vitamin C 15%

Calcium 2% • Iron 2%

*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

0% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

March 2010

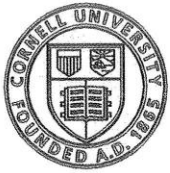
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Pineapple Baked Apples

Ingredients

4 medium apples

½ cup crushed pineapple,
in juice

Makes 4 servings

Instructions

1. Drain pineapple, set juice aside.
2. Wash apples, core without cutting through to bottom. Place apples in microwave safe dish.
3. Stuff each apple with 2 Tablespoons of pineapple. Add 1 Tablespoon of reserved juice to each apple, cover with plastic wrap and vent (fold back one corner ½ inch).
4. Microwave 4 -12 minutes, or 1-3 minutes per apple.

Notes:

- Add raisins: sprinkle with sugar cinnamon.
- Drizzle with maple syrup *or* honey (do not serve honey to children under 1 year of age).
- Use apples suitable for baking and your choice of fruit for stuffing.
- Adjust cooking time suitable for microwave power.
- Cook in regular oven 375° F for 1 hour.

Nutrition Facts

Serving Size 1 each
Servings Per Container 4

Amount Per Serving

Calories 130 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 34g **11%**

Dietary Fiber 5g **20%**

Sugars 26g

Protein 1g

Vitamin A 2% • Vitamin C 20%

Calcium 2% • Iron 2%

*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 | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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

0% calorie from fat

Source: Cornell Cooperative Extension of Schoharie County.

June 2010

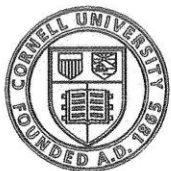
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Potato Salad with Boiled Dressing

Ingredients

- 2 Tablespoons flour
- 1 Tablespoon sugar
- 1 teaspoon salt
- 1 egg
- 1 cup 1% milk
- 2 Tablespoons vinegar
- 2 Tablespoons melted butter
- 4 cups cooked potatoes, cooled & diced
- 2 Tablespoons onion, chopped

Makes 6 servings

Instructions

1. In a small saucepan on low heat, combine the first 3 ingredients, add the egg and mix well.
2. Gradually stir in milk and continue cooking on low heat for 8 minutes *or* until thickened, stirring constantly.
3. Remove from heat and stir in the vinegar and melted butter. Cool, cover and chill. Thin if necessary with 1% milk.
4. Add potatoes and onions. Chill for several hours before serving.

Notes:

- Add shredded raw carrots, chopped celery *or* chopped hard-cooked eggs, to give this basic salad recipe added flavors.
- Use the boiled dressing in tuna salad, and in coleslaw.

Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 6

Amount Per Serving

Calories 170 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 450mg 19%

Total Carbohydrate 28g 9%

Dietary Fiber 2g 8%

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 25%

Calcium 6% • Iron 4%

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| | 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

26% calories from fat

Source: Cornell Cooperative Extension Office of Schoharie County.

June 2010

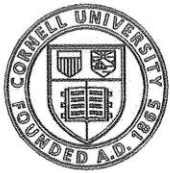
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Scalloped Tomatoes

Ingredients

1 (28-ounce) can diced tomatoes

¼ cup onion, minced

½ teaspoon salt

dash of pepper

4 slices whole wheat bread, cubed

2 Tablespoons butter, melted

2 Tablespoon parmesan cheese

vegetable oil spray

Makes 6 servings

Instructions

1. In a medium bowl, combine tomatoes, onion, salt, and pepper.
2. Prepare 1½ quart casserole dish with vegetable oil spray.
3. Melt the butter, set aside.
4. Alternate layers of tomato mixture and bread cubes into dish. Drizzle butter over top layer.
5. Bake in 375° F oven, 20 to 25 minutes.
6. Sprinkle parmesan cheese over top of tomatoes for the last 10 to 15 minutes of baking.

Notes:

- For added flavor add 2 Tablespoons minced green pepper.

Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 6

Amount Per Serving

Calories 100 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 600mg **25%**

Total Carbohydrate 14g **5%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 4g

Vitamin A 15% • Vitamin C 35%

Calcium 6% • Iron 6%

*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

27% calories from fat

Source: Cornell Cooperative Extension Office of Schoharie County.

March 2010

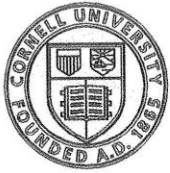
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Waldorf Salad

Ingredients

- 1/3 cup raisins
- 2 Tablespoons sugar, divided
- 4 medium apples, cubed
- 1 stalk celery, chopped
- 1/2 cup low-fat plain yogurt
- 3 Tablespoons light mayonnaise
- 3 Tablespoons cider vinegar

Makes 6 servings

Instructions

1. In a large bowl combine raisins, 1 Tablespoon sugar, apples and celery. Mix well, set bowl aside.
2. In a medium bowl combine yogurt, mayonnaise, vinegar and remaining 1 Tablespoon sugar. Mix well, add to apple mixture and stir gently.
3. Serve immediately or cover and refrigerate until serving time.

Notes:

- Season with a dash of pepper if desired.
- Add 1/4 cup chopped walnuts if desired.

Nutrition Facts

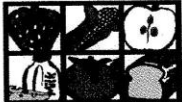
| | |
|--|------------------------------|
| Serving Size 1 cup | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 140 | Calories from Fat 25 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 85mg | 4% |
| Total Carbohydrate 29g | 10% |
| Dietary Fiber 4g | 16% |
| Sugars 23g | |
| Protein 1g | |
| Vitamin A 2% | Vitamin C 10% |
| Calcium 4% | Iron 2% |
| *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 | |

19% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

January 2010

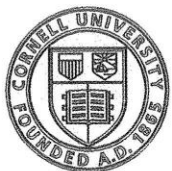
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Chicken Patties

Ingredients

1 (12-ounce) can chicken
drained and flaked

1½ cups seasoned bread
crumbs; divided

1 egg, lightly beaten

¼ cup light mayonnaise

¼ cup chopped onion
(optional)

vegetable oil spray

Makes 6 servings

Instructions

1. In a medium bowl,
combine drained chicken,
¾ cup breadcrumbs, egg,
mayonnaise, and onion.
Mix ingredients together
and make six patties.
2. Place remaining ¾ cup
breadcrumbs in a shallow
dish and coat both sides
of patties.
3. Cook patties in a skillet
sprayed with vegetable oil
spray, on medium heat.
Before turning patties over
spray tops with vegetable
oil spray. Cook 3-5
minutes on each side until
golden brown.

Nutrition Facts

Serving Size 1 Pattie
Servings Per Container 6

Amount Per Serving

Calories 260 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 370mg **15%**

Total Carbohydrate 21g **7%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 19g

Vitamin A 4% • Vitamin C 0%

Calcium 6% • Iron 10%

*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:

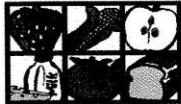
Fat 9 • Carbohydrate 4 • Protein 4

35% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

March 2010

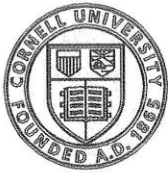
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Garbanzo Bean Burgers

Ingredients

1 (19-ounce) can garbanzo* beans

1 stalk celery, finely chopped

1 carrot, finely chopped

¼ cup whole wheat flour

salt and pepper to taste

2 teaspoons vegetable oil

vegetable oil spray

Makes 6 servings

*Also known as chickpeas

Instructions

1. Drain and rinse beans, place in a large bowl and mash with potato masher.
2. Mix in next 3 ingredients along with salt, pepper, and oil, adding any optional ingredients at this time.
3. Form 6 burgers pressing firmly to compact mixture.
4. Cook burgers in a skillet sprayed with vegetable oil spray, on medium low heat. Cook 3-5 minutes on each side until golden brown.

Notes:

- Serve burgers alone, or on a bun. Freezes well after cooking.
- Add optional ingredients: ¼ cup sunflower seeds, chopped walnuts, diced onion, chopped mushrooms, minced broccoli or bell pepper, if desired.
- May substitute white flour for whole wheat flour.

Nutrition Facts

Serving Size 1 burger
Servings Per Container 6

Amount Per Serving

Calories 150 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 26g **9%**

Dietary Fiber 5g **20%**

Sugars 1g

Protein 5g

Vitamin A 40% • Vitamin C 8%

Calcium 4% • Iron 8%

*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

15% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

June 2010

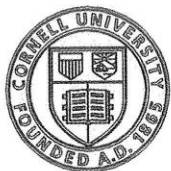
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Impossible Vegetable Pie

Ingredients

- 1 cup water
 - 1 (16-ounce) bag frozen mixed vegetables
 - ½ cup onion, chopped
 - ½ cup low fat shredded cheddar cheese
 - 1½ cup 1% milk
 - ¾ cup Master Mix
 - 3 eggs
 - ¼ teaspoon salt
 - ¼ teaspoon pepper
 - vegetable oil spray
- Makes 6 servings

Instructions

1. Prepare a 10 inch pie pan with vegetable oil spray, set aside.
2. In a medium sauce pan add 1 cup water, bring to boil. Add frozen vegetables and cook until almost tender, (about 5 minutes), drain well.
3. Mix vegetables, onion, and cheese in a prepared pie pan.
4. In a blender *or* separate bowl, beat next 5 ingredients until smooth, (15 seconds in blender on high speed *or* 1 minute with hand beater.) Pour over vegetable mixture in pie pan. Do not stir.
5. Bake in 400° F oven, about 35-40 minutes *or* until golden brown and knife inserted in the center comes out clean. Let stand 5 minutes before serving. Refrigerate any leftover pie.

Note:

- For Impossible Meat Pie use 1 cup vegetables and 1 cup any leftover cooked meat cut into bite size pieces.

Nutrition Facts

Serving Size 1 piece
Servings Per Container 6

Amount Per Serving

Calories 290 Calories from Fat 100

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 11g | 17% |
| Saturated Fat 3.5g | 18% |
| Trans Fat 1g | |
| Cholesterol 110mg | 37% |
| Sodium 580mg | 24% |
| Total Carbohydrate 35g | 12% |
| Dietary Fiber 3g | 12% |
| Sugars 9g | |
| Protein 13g | |

Vitamin A 20% • Vitamin C 8%
Calcium 25% • 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

34% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

June 2010

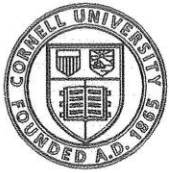
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Sheppard's Pie

Ingredients

1 pound lean ground beef

1 medium onion, chopped

1 Tablespoons butter,
melted

2 (14½ -ounce) cans
creamed corn

1½ cup mashed potatoes,
prepared

salt & pepper to taste

Makes 8 servings

Instructions

1. In a medium skillet, brown meat with onion. Drain meat mixture.
2. Melt butter, set aside.
3. Spread meat mixture evenly in bottom of casserole dish, cover with creamed corn. Spread mashed potatoes on top of corn, being careful not to mix potatoes with corn. Drizzle butter over top of potatoes. Cover with lid or foil.
4. Bake in a 350°F oven for 25-30 minutes.
5. Remove cover and place under broiler until lightly browned.

Notes:

- Use fresh mashed potatoes or leftovers.
- May add other leftover vegetables.
- Serve with dinner rolls and tossed salad if desired.

Nutrition Facts

Serving Size 1/8 of casserole
Servings Per Container 8

Amount Per Serving

Calories 210 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 380mg **16%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 13g

Vitamin A 2% • Vitamin C 8%

Calcium 2% • Iron 8%

*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

39% calories from fat

Source: Cornell Cooperative Extension Of Schoharie County.

June 2010

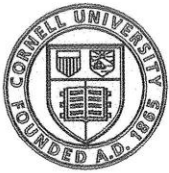
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Split Pea and Rice Supper

Ingredients

1 cup dry split peas

½ cup uncooked white rice

2½ cups cold water

1 teaspoon salt

½ onion, chopped

1 small carrot, chopped fine

Makes 6 servings

Instructions

1. Put peas, rice, water, and salt in a large pot. Cover and heat to a boiling: boil 4 minutes.
2. Add the chopped onion and carrots to the pea and rice mixture. Mix well and cover. Turn off heat and let the mixture soak until the water is taken up- about ½ hour.
3. Reheat mixture until hot, stirring occasionally.

Notes:

- Add additional salt and pepper to taste if needed.
- If peas have been stored too long they will not re-hydrate properly and they may not soften.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 6

Amount Per Serving

Calories 170 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 400mg **17%**

Total Carbohydrate 33g **11%**

Dietary Fiber 9g **36%**

Sugars 3g

Protein 9g

Vitamin A 25% • Vitamin C 2%

Calcium 2% • Iron 10%

*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

0% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

June 2010

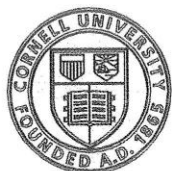
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Tuna and Peas on Toast

Ingredients

- 6 slices whole grain bread, toasted
- 2 (6½-ounce) cans tuna packed in water
- 1 (15-ounce) can peas, drained
- ¼ cup 1% milk
- 1 (10½-ounce) can condensed cream of mushroom soup
- ¼ cup grated parmesan cheese

Makes 6 servings

Instructions

1. Toast bread; arrange slices in a 13x9x2 baking pan. Set pan aside.
2. Drain tuna, put in a medium mixing bowl, break into large pieces. Add peas and toss to combine.
3. Put soup in a medium saucepan on low heat, add milk, and stir gently to combine. Then add tuna and peas, stir and heat thoroughly.
4. Pour mixture over toast. Sprinkle each slice with parmesan cheese.
5. Place pan on top shelf in oven; broil 3 to 5 minutes until hot.

Note:

- May substitute mixed vegetables in place of the sweet peas.

Nutrition Facts

Serving Size 1 slice
Servings Per Container 6

Amount Per Serving

Calories 240 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 900mg **38%**

Total Carbohydrate 22g **7%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 22g

Vitamin A 6% • Vitamin C 8%

Calcium 10% • 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

26% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

August 2010

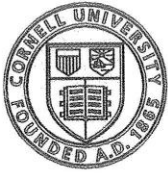
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Apple Cobbler

Ingredients

- ½ cup sugar
- 1 teaspoon cinnamon
- vegetable oil spray
- 4 cups apples, thinly sliced
- 2 cups Master Mix, reduced fat
- 1 egg, beaten
- ¾ cup 1% milk
- Makes 12 servings

Instructions

1. In a small bowl combine sugar and cinnamon, set aside.
2. Prepare a 13x9x2 inch baking dish with vegetable oil spray. Place apples in dish, sprinkle with sugar and cinnamon.
3. In a medium bowl combine Master Mix, egg and milk in a bowl; mix well.
4. Spoon mixture over fruit. Bake in 400° F oven for 20-25 minutes.

Notes:

- Substitute fresh or canned fruit of your choice in place of the apples.
- Substitute Reduced Fat Bisquick or Jiffy Mix for Master Mix.

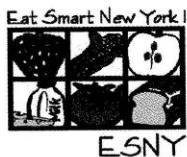
Nutrition Facts

| | | | |
|---|-----------------------------|-------------------------------|--------------------------|
| Serving Size 1 piece | | Servings Per Container 12 | |
| Amount Per Serving | | | |
| Calories 140 | Calories from Fat 15 | | |
| <small>% Daily Value*</small> | | | |
| Total Fat 2g | | | 3% |
| Saturated Fat 0g | | | 0% |
| Trans Fat 0g | | | |
| Cholesterol 20mg | | | 7% |
| Sodium 250mg | | | 10% |
| Total Carbohydrate 28g | | | 9% |
| Dietary Fiber 1g | | | 4% |
| Sugars 14g | | | |
| Protein 3g | | | |
| Vitamin A 2% | | Vitamin C 2% | |
| Calcium 4% | | Iron 4% | |
| <small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small> | | | |
| | <small>Calories:</small> | <small>2,000</small> | <small>2,500</small> |
| Total Fat | <small>Less than</small> | <small>65g</small> | <small>80g</small> |
| Saturated Fat | <small>Less than</small> | <small>20g</small> | <small>25g</small> |
| Cholesterol | <small>Less than</small> | <small>300mg</small> | <small>300mg</small> |
| Sodium | <small>Less than</small> | <small>2,400mg</small> | <small>2,400mg</small> |
| Total Carbohydrate | | <small>300g</small> | <small>375g</small> |
| Dietary Fiber | | <small>25g</small> | <small>30g</small> |
| <small>Calories per gram:</small> | | | |
| | <small>Fat 9</small> | <small>Carbohydrate 4</small> | <small>Protein 4</small> |

13% calories from fat

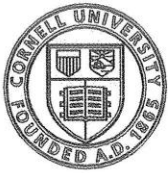
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November 2010



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Carrot Squares

Ingredients

vegetable oil spray
 ¼ cup butter
 ¼ cup light mayonnaise
 2/3 cup brown sugar, unpacked
 1 teaspoon vanilla
 1 egg
 2 egg whites
 ¼ cup 1% milk
 2 cups flour
 2 teaspoons baking powder
 ½ teaspoon salt
 2 cups finely grated carrots, (2-3 carrots)
 Makes 30 servings

Instructions

1. Prepare a 12x9x2" pan (or 2 - 8x8x2" pans) with vegetable oil spray.
2. Melt butter in medium saucepan, remove from heat.
3. Add mayonnaise, brown sugar and vanilla, mix until well blended. Beat in eggs and milk.
4. In a separate bowl sift together the flour, baking powder and salt; add the flour mixture and carrots to sauce pan. Stir until blended.
5. Pour batter in pan(s) and bake in 350° F oven for 30 minutes. Cut squares while slightly warm.

Notes:

- Sprinkle batter with 2 Tablespoons chopped walnuts before baking.
- Combine ¼ cup confectionary sugar with 2 Tablespoons of milk. Drizzle over top of warm squares before cutting.
- Use mashed carrots in place of grated carrots.

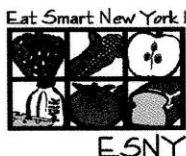
Nutrition Facts

| | |
|--|------------------------------|
| Serving Size 1 piece | |
| Servings Per Container 30 | |
| Amount Per Serving | |
| Calories 70 | Calories from Fat 20 |
| % Daily Value* | |
| Total Fat 2.5g | 4% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 10mg | 3% |
| Sodium 115mg | 5% |
| Total Carbohydrate 11g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 4g | |
| Protein 1g | |
| Vitamin A 25% | • Vitamin C 0% |
| Calcium 2% | • Iron 2% |
| *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 | |

32% calories from fat

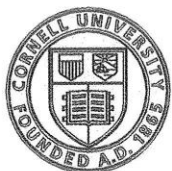
Source: Cornell Cooperative Extension of Schoharie County.

January 2010



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Low Sugar Fruited Jell-O

Ingredients

1 cup boiling water

1 (3-ounce) package sugar-free Jell-O, any flavor

1 cup orange juice

1 cup light fruit cocktail, drained

Makes 4 servings

Instructions

1. Put dry gelatin in a medium bowl, then add boiling water. Stir until dissolved.
2. Add orange juice and drained fruit, stir.
3. Chill in refrigerator 3-4 hours until set.

Note:

- For diabetic exchange: 1 serving equals 1 fruit exchange.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 4

| Amount Per Serving | |
|-------------------------------|---------------------|
| Calories 70 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 60mg | 3% |
| Total Carbohydrate 15g | 5% |
| Dietary Fiber 1g | 4% |
| Sugars 8g | |

Protein 2g

Vitamin A 4% • Vitamin C 45%
Calcium 2% • Iron 2%

*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

0% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

June 2010

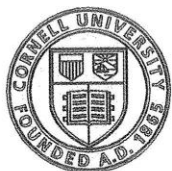
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Rice Pudding

Ingredients

2 cups cooked, white rice

3 cups 1% milk

¼ cup sugar

¼ teaspoon salt

1/3 cup raisins

1 egg, slightly beaten

1 Tablespoon butter

1 teaspoon vanilla extract

Makes 6 servings

Instructions

1. In a medium saucepan, combine rice, milk, sugar, salt and raisins, bring to a light boil, and then cook over medium low heat until thick and creamy, about 20-25 minutes, stirring often.
2. Add egg, stir and cook for 5 more minutes. Do not boil, but mixture must reach 160° F degrees.
3. Remove from heat, stir in butter and vanilla.
4. Pour into serving dish. Serve warm or cold.

Notes:

- Substitute 1 cup instant nonfat dry milk powder and 3 cups of water in place of low fat milk.
- For added nutrition substitute brown rice for white rice.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 6

Amount Per Serving

Calories 200 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 190mg 8%

Total Carbohydrate 34g 11%

Dietary Fiber 1g 4%

Sugars 19g

Protein 7g

Vitamin A 6% • Vitamin C 2%

Calcium 15% • Iron 6%

*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

18% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

June 2010

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