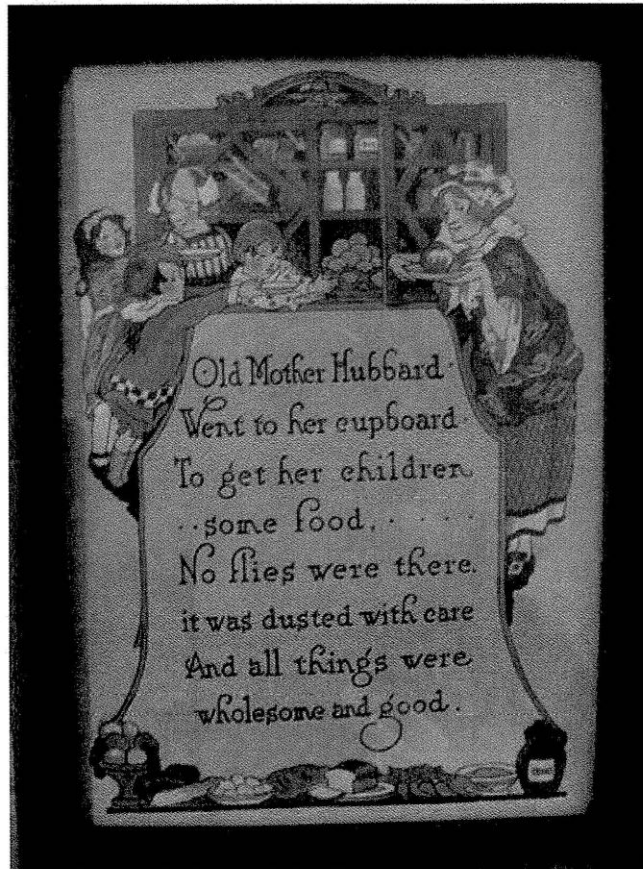


# Mother Hubbard What's in Your Cupboard?



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](http://www.CatherinePond.com) [She also writes a domestic-related blog at [www.InthePantry.blogspot.com](http://www.InthePantry.blogspot.com)]

## **Cornell Cooperative Extension Fulton and Montgomery Counties**

50 East Main Street  
Canajoharie, NY 13317  
Phone (518) 673-5525 Fax (518) 673-5594  
[www.ccefm.com](http://www.ccefm.com)

Created by Family & Consumer Sciences Program  
Cornell Cooperative Extension in Schoharie County, Cobleskill, New York 12043

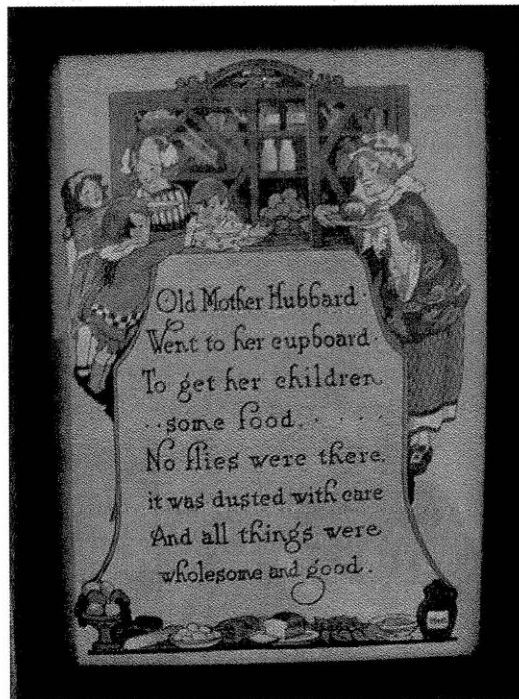
# *Table of Contents*

<i>Section Names</i>	<i>Page Numbers</i>
<b>Introduction</b>	
<b>Checklist for Food</b>	
<b>Storage Charts</b>	
<b>Master Mix</b>	
Master Mix	1
<b>Soups</b>	
Cream of Carrot Soup	2
Potato and Corn Chowder	3
Hamburger Soup	4
<b>Sides</b>	
Baked Beans	5
Banana Muffins	6
Biscuits	7
Carrot Bake	8
Cornmeal Rolls	9
English Muffins	10
Pancakes	11
Peach Cranberry Salad	12
Pineapple Baked Apples	13
Potato Salad with Boiled Dressing	14
Scalloped Tomatoes	15
Waldorf Salad	16
<b>Main Dish</b>	
Chicken Patties	17
Garbanzo Bean Burgers	18
Impossible Vegetable Pie	19
Sheppard's Pie	20
Split Pea and Rice Supper	21
Tuna and Peas on Toast	22
<b>Desserts</b>	
Apple Cobbler	23
Carrot Squares	24
Low Sugar Fruited Jell-o	25
Rice Pudding	26

## 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.



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](http://www.CatherinePond.com) [She also writes a domestic-related blog at [www.InthePantry.blogspot.com](http://www.InthePantry.blogspot.com)]

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*  *only needed if making pancakes	<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



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.

<b>Shelf-Stable Foods/Bakery items</b>			
<b>Shelf-Stable Foods</b>	<b>Unopened in Pantry</b>	<b>Refrigerator After Opening</b>	<b>In Pantry After Opening</b>
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
<b>Bakery Items</b>	<b>Shelf</b>	<b>Refrigerator</b>	<b>Freezer</b>
Bread, commercial*	2-4 days	7-14 days	3 months
Dry milk	6 months	After mixing with water 1 week	3-5 days
<b>Shelf-Stable Foods</b>	<b>Unopened in Pantry</b>	<b>Refrigerator After Opening</b>	<b>In Pantry After Opening</b>
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

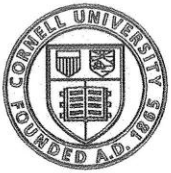
Meat		
Ground meat	1-2 days	3-4 months
Product	Refrigerated	Frozen
Beverages, fruit		
Juice in cartons, fruit drinks, punch	3 weeks, unopened 7-10 days open	8-12 months
Frozen concentrate	7-10 days, reconstituted	Best if used by date
Dairy Products		
Butter	1-3 months	6-9 months
Cheese, hard (such as 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	
<b>Calories</b> 220	<b>Calories from Fat</b> 90
% Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein</b> 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

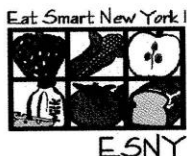
Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

41% calories from fat

(Exempt from recipe policy/ingredient)

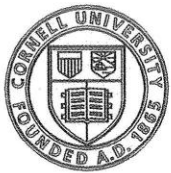
Source: Cornell Cooperative Extension of Schoharie County.

April 2010



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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

Eat Smart New York!

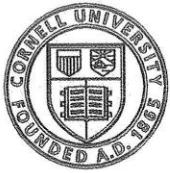


ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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





## 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

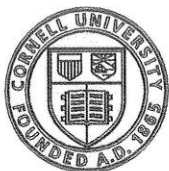
Eat Smart New York!



ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



## Hamburger Soup

### Ingredients

1 pound lean ground beef  
1 cup diced onion  
2 cups cubed, raw potatoes  
2 cups diced carrots  
½ cup diced celery  
1 (28-ounce) can diced tomatoes  
½ cup uncooked white rice  
6 cups water  
½ teaspoon thyme  
¼ teaspoon basil  
½ teaspoon salt  
1/8 teaspoon pepper

Makes 6 Servings

### Instructions

1. Cook hamburger and onion in a large pot, browning slightly.
2. Add potatoes, carrots, celery and tomatoes. Bring to a boil.
3. Sprinkle rice into mixture. Add remaining ingredients.
4. Cover and simmer one hour.

### Notes:

- 1 quart tomato juice and 2 cups water may be used instead of canned tomatoes and water.
- Use brown rice in place of white rice, if desired.

### Nutrition Facts

Serving Size 1 1/2 cup  
Servings Per Container 6

Amount Per Serving

**Calories 270**      **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**      **12%**

Saturated Fat 3g      **15%**

Trans Fat 0g

**Cholesterol 50mg**      **17%**

**Sodium 570mg**      **24%**

**Total Carbohydrate 31g**      **10%**

Dietary Fiber 3g      **12%**

Sugars 7g

**Protein 19g**

Vitamin A 90%      • Vitamin C 60%

Calcium 6%      • 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

27% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

June 2010

Eat Smart New York!



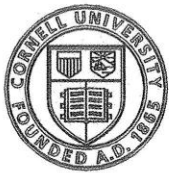
ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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







## Banana Muffins

### Ingredients

3 cups Master Mix  
2 Tablespoons sugar  
1 egg, beaten  
 $\frac{3}{4}$  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  $\frac{2}{3}$  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  $\frac{2}{3}$  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:

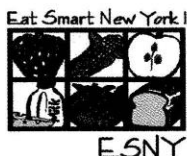
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

34% calories from fat

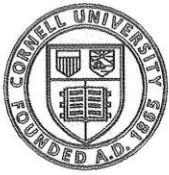
Source: Cornell Cooperative Extension of Schoharie County.

June 2010



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



## Biscuits

### Ingredients

2 cups flour  
(1 $\frac{2}{3}$  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%

\*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

33% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

June 2010

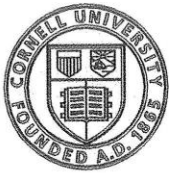
Eat Smart New York!



ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



## 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

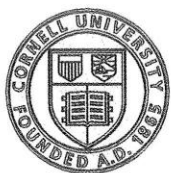
Eat Smart New York!



ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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	
<b>Calories</b> 110	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein</b> 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.

March 2010

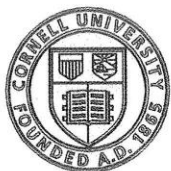
Eat Smart New York!



ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



## 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.

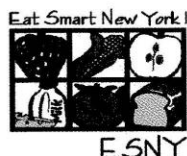
### Nutrition Facts

Serving Size 1 muffin	
Servings Per Container 18	
Amount Per Serving	
<b>Calories 180</b>	Calories from Fat 20
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein 5g</b>	
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.

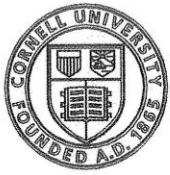
June 2010



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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





## 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	
<b>Calories</b> 250	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 610mg	<b>25%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
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

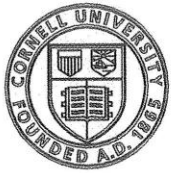
Eat Smart New York!



ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



## 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

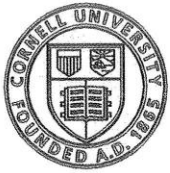
Eat Smart New York!



ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



## 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

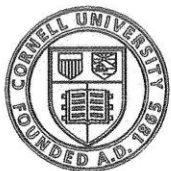
Eat Smart New York!



ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



## 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%

\*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 Office of Schoharie County.

June 2010

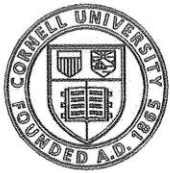
Eat Smart New York!



ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.



## 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

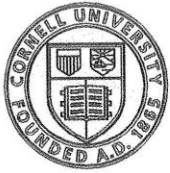
Eat Smart New York!



ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.



## 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

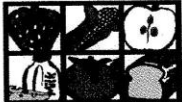
Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 85mg	4%
<b>Total Carbohydrate</b> 29g	10%
Dietary Fiber 4g	16%
Sugars 23g	
<b>Protein</b> 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

Eat Smart New York!

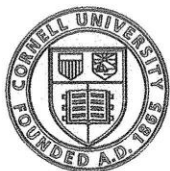


ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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





## 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

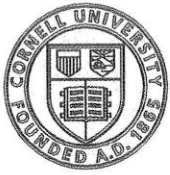
Eat Smart New York!



E.S.N.Y.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



### 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

#### 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	
<b>Calories</b> 150	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 290mg	12%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 5g	20%
Sugars 1g	
<b>Protein</b> 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

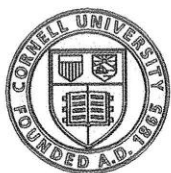
Source: Cornell Cooperative Extension of Schoharie County.

June 2010



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



## 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*
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 1g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 580mg	<b>24%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 9g	
<b>Protein</b> 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

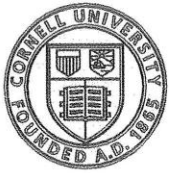
Eat Smart New York!



E.S.N.Y

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



## 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

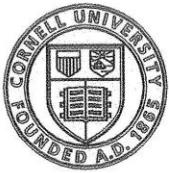
Eat Smart New York!



E.S.N.Y.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



## 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

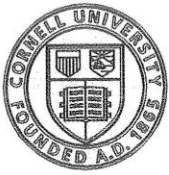
Eat Smart New York!



ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



## 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

Eat Smart New York!

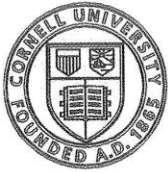


ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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





## 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**

% Daily Value\*

**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%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

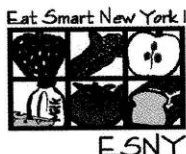
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

13% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

November 2010



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



## 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.

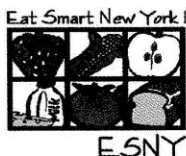
### Nutrition Facts

Serving Size 1 piece	
Servings Per Container 30	
<b>Amount Per Serving</b>	
<b>Calories 70</b>	Calories from Fat 20
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 115mg</b>	<b>5%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 4g	
<b>Protein 1g</b>	
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

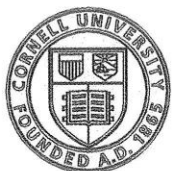
Source: Cornell Cooperative Extension of Schoharie County.

January 2010



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



## 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	
<b>Calories</b> 70	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
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

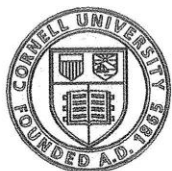
Eat Smart New York!



E.S.NY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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



## 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

Eat Smart New York!



ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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

## NOTES