

Mother Hubbard, What's in Your Cupboard?

A collection of recipes utilizing everyday pantry items.



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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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, will not be “snacked” away, and will help to meet the guidelines recommended by ChooseMyPlate.gov.
- You don't have to shop for these foods all at once. Using the food list in the recipe collection, check off those items you already have on hand, then decide which foods you will buy the next time you are shopping for groceries. It's okay if it takes more than one trip to stock your pantry, cupboard, refrigerator, and freezer.
- If your family doesn't care for some of the foods listed, make changes. For example, use canned chicken to replace canned tuna, it can become a totally new dish.
- Having a recipe-ready pantry can be invaluable resource on an everyday basis, but even more so if an emergency arises.



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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* *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 for *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	1 month opened		3-4 months
Shredded cheddar	1 month		3-4 months
Eggs in shell	3-5 weeks		Do not freeze
Raw whites, yolks*	2-4 days		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*



Potato and Corn Chowder

Ingredients

4 cups raw, peeled, and diced potatoes

¼ cup finely chopped onion

1½ cups water

1½ cups evaporated skim milk

1 (16-ounce) can corn, drained

2 Tablespoons butter

½ teaspoon salt

dash of pepper

Makes 6 servings

Instructions

1. Prepare vegetables as directed in recipe.
2. In a covered saucepan cook potatoes and onion in water over medium heat until tender (about 15 minutes), stirring occasionally.
3. Remove pan from stovetop. Do not drain, mash potatoes in cooking liquid.
4. Slowly add milk to mashed potatoes stirring until smooth.
5. Then add corn, butter, salt and pepper, stir to combine, return pan to low heat, cook uncovered.
6. Simmer for 15 minutes to blend flavors.

Note:

- Leftover chowder reheat well, but a small amount of liquid may be added to thin if chowder is thicker than desired.
- Fresh corn, cooked and cut from the cob can be substituted for canned corn.

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 Schoharie and Otsego Counties.

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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 into 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 over low heat for one hour.
 3. Chop onion and mix with the sugar. 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%

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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

14% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

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Banana Muffins

Ingredients

3 cups Master Mix
2 Tablespoons sugar
1 egg, beaten
¾ cup water
2 medium bananas,
mashed
vegetable oil spray

Makes 12 muffins

Instructions

1. Mash bananas, reserve. Measure Master Mix and sugar into a medium bowl; stir well.
2. Mix the egg and water in another small bowl; add the bananas, mix again.
3. Add the egg/banana 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, spraying only the bottoms of cups. Fill cups 2/3 full with batter. Bake at 400°F for 18- 20 minutes.
5. Remove muffins from pan, cool on a wire rack.

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.
- Bisquick or Jiffy Mix can be substituted for Master Mix.

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 Schoharie and Otsego Counties.

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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. Prepare rice according to package instructions or use leftover rice.
2. In a large bowl, combine first five ingredients; stir in minced onion, salt and pepper.
3. Pour mixture into a 1½ quart casserole dish that has been prepared with vegetable oil spray.
4. Sprinkle parmesan cheese on top of casserole.
5. 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.

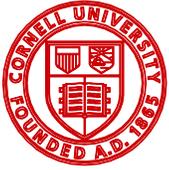
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Cornmeal Rolls

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. Remove wax paper.
7. Bake at 375° F about 15 minutes until lightly browned.

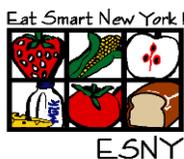
Nutrition Facts

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%
<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>	
	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

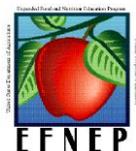
Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

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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 warm 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 muffins 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 Schoharie and Otsego Counties.

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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 a heated skillet or griddle 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 Schoharie and Otsego Counties.

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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%

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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

0% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

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Pineapple Baked Apples

Ingredients

4 medium apples

½ cup crushed canned
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, cover dish 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 and 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 Schoharie and Otsego Counties.

June 2010



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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. Prepare potatoes ahead.
2. In a small saucepan on low heat, combine the first 3 ingredients, add the egg and mix well.
3. Gradually stir in milk and continue cooking on low heat for 8 minutes *or* until thickened, stirring constantly.
4. Remove from heat and stir in the vinegar and melted butter. Cool, cover and chill. Thin if necessary with 1% milk.
5. 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 in place of mayonnaise.

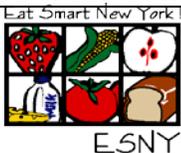
Nutrition Facts

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 Schoharie and Otsego Counties.

June 2010



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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, chopped
- 1 stalk celery, chopped
- 1/2 cup low-fat plain yogurt
- 3 Tablespoons light mayonnaise
- 3 Tablespoons cider vinegar

Makes 6 servings

Instructions

1. Chop apples and celery.
2. In a large bowl combine raisins, 1 Tablespoon sugar, apples and celery. Mix well, set bowl aside.
3. In a medium bowl combine yogurt, mayonnaise, vinegar, and remaining 1 Tablespoon sugar. Mix well, add to apple mixture and stirring gently.
4. 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 Schoharie and Otsego Counties.

January 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. Finely chop celery and carrot, set aside.
2. Drain and rinse beans, place in a large bowl and mash with potato masher.
3. Mix in reserved celery and carrots along with flour, salt, pepper, and oil, adding any optional ingredients at this time. Stir well to combine.
4. Form mixture into 6 burgers pressing firmly to compact mixture.
5. 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 Schoharie and Otsego Counties.

June 2010



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Sheppard's Pie

Ingredients

1-pound lean ground beef
1 medium onion chopped
1 Tablespoons butter melted
1 (14½ -ounce) can creamed corn
1 (14 ½ -ounce) can whole kernel corn
1½ cup mashed potatoes, prepared
salt & pepper to taste
vegetable oil spray
Makes 8 servings

Notes:

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

Instructions

1. In a medium skillet, brown meat with onion. Drain meat mixture, set aside.
2. Melt butter, set aside.
3. Prepare 2-quart casserole dish with vegetable oil spray. Spread meat mixture evenly in bottom of casserole dish, cover with creamed corn. Then add corn and any optional vegetables. Spread mashed potatoes on top of corn, being careful not to mix potatoes with corn.
4. Drizzle butter over top of potatoes.
5. Bake in a 350°F oven for 25-30 minutes.
6. If desired place under broiler until lightly browned. Then serve while hot.

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 Schoharie and Otsego Counties.

October 2018



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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, finely chopped

Makes 6 servings

Instructions

1. Peel and chop onion and carrot. Set aside.
2. Put dry peas, rice, water, and salt in a large pot. Cover and heat to a boiling: boil 4 minutes.
3. Add the chopped onion and carrots to the pea and rice mixture. Mix well and cover. Turn off heat and let the mixture sit until the water is soaked up- about ½ hour.
4. 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 Schoharie and Otsego Counties.

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. Set aside.
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 or canned chicken in place of tuna..

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 Schoharie and Otsego Counties.

August 2010



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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.
3. Peel apples and slice thinly placing in baking dish, sprinkle with reserved sugar and cinnamon mixture.
4. In a medium bowl combine Master Mix, egg and milk; mix well.
5. Spoon mixture over apples. Bake in 400° F oven for 20-25 minutes.

Notes:

- Substitute fresh or canned fruit of your choice in place of the apples.
- Bisquick or Jiffy Mix can be substituted 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 Schoharie and Otsego Counties.

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 13x9x2" pan (or 2 - 8x8x2" pans) with vegetable oil spray.
2. Peel and grate carrots, set aside.
3. Melt butter in medium saucepan, remove from heat. Add mayonnaise, brown sugar and vanilla, mix until well blended. Beat in egg, egg whites, and milk. Set aside.
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 Schoharie and Otsego Counties.

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.
- If desired can put in a fancy dish or individual dishes before chilling.

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 Schoharie and Otsego Counties.

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

Notes:

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

Instructions

1. Use leftover rice or cook 1 cup of dry rice ahead of time.
2. In a medium saucepan, combine cooked rice, milk, sugar, salt, and raisins; bring to a light boil, and then reduce heat, cooking over medium low heat until thick and creamy, about 20-25 minutes, stirring often.
3. In a small dish beat egg thoroughly then add to saucepan mixture while stirring and cook for 5 more minutes stirring occasionally. Do not boil, but mixture must reach 160° F degrees.
4. Remove saucepan from heat, stir in butter and vanilla.
5. Pour into a serving dish or individual dishes. Serve warm or refrigerate and serve cold.

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 Schoharie and Otsego Counties.

June 2010



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