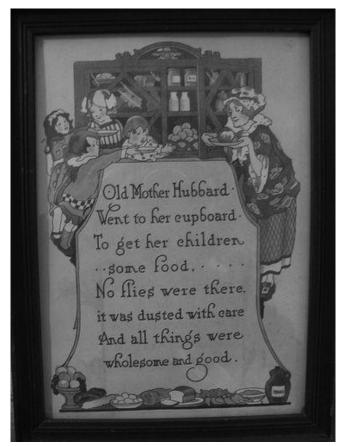
Mother Hubbard, What's in Your Cupboard?

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 <u>www.CatherinePond.com</u> [She also writes a domestic-related blog at www.InthePantry.blogspot.com]

Family & Consumer Sciences Program

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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.

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	4 months		Sugar never spoils
granulated	2 years		
Syrup, pancake	12 months		12 months
genuine or real maple	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	12 months	4-5 days	
evaporated			
Oils, olive or vegetables	6 months	4 months	1-3 months
Vegetable oil sprays	2 years		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	Unop	ened in Pantry	Refrigerator After Opening		In Pantry After Opening	
Baking powder 6 mont		าร			3 months	
Baking soda	18 mon	ths			6 months	
Cornmeal, regular,	6-12 mo	onths	12 months			
determinated						
stone ground or blue	1 montl	า	2-3 months			
Flour, white	6-12 mo	onths			6-8 months	
Flour, whole wheat	1 montl	า	6-8 months			
Condiments	Unop	ened in Pantry	Refrigerator A Opening		In Pantry After Opening	
Mayonnaise, commercial	2	-3 months	2 months	5		
Foods Purchased Frozen						
Frozen items						
Juice concentrates		6-12 months		7-10 days		
Vegetables		8 months 3-4 day		S		
		Foods Purchase	ed Refrigerated			
Meat						
Ground meat		1-2 days		3-4 moi	onths	
Product		Refrig	erated		Frozen	
Beverages, fruit						
Juice in cartons, fruit drinks,		3 weeks, unoper	ned	8-12 m	2 months	
punch		7-10 days open				
Frozen concentrate		7-10 days, recon	stituted	Best if u	Best if used by date	
Dairy Products						
Butter		1-3 months		6-9 moi	nths	
Cheese, hard (such as cheddar)		6 months, unope	ened 6 months		hs	
		3-4 weeks opene	ed			
Parmesan, shredded		1 month opened		3-4 moi		
Shredded cheddar		1 month		3-4 moi		
Eggs in shell		3-5 weeks		Do not		
Raw whites, yolks*		2-4 days		12 mon		
Milk, plain or flavored		1 week		3 mont		
yogurt		7-14 days		1-2 moi		

*when freezing egg yolks, beat in either ½ teaspoon salt or 1½ teaspoons sugar or corn syrup per ¼ 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



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Master Mix

Ingredients	Instructions	Nutrition Facts
9 cups flour	1. In a large bowl, combine	Serving Size 1/3 cup Servings Per Container about 36
2 2/3 cups powdered dry milk 1/3 cup baking powder ¼ cup sugar 1 Tablespoon salt 1 2/3 cups shortening	 the flour, dry milk, baking powder, sugar and salt; mix thoroughly. 2. Using a pastry blender <i>or</i> 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 	Amount Per Serving Calories 220 Calories from Fat 90 % Daily Value Total Fat 10g 15% Saturated Fat 2.5g 13% Trans Fat 1g Cholesterol 0mg 0% Sodium 470mg 20% Total Carbohydrate 29g 10% Dietary Fiber 1g 4% Sugars 4g Protein 5g
Makes 36 serving	and keep in a cool place. 4. To measure, lightly scoop the MIX into a cup and level off.	Vitamin A 2% Vitamin C 0% Calcium 10% Iron 8% *Percent Daily Values are based on a 2,000 calorid 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
	 <u>Notes:</u> 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. 	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
	substitute for Bisquick or	(Exempt from recipe polic
Irce: Cornell Coopera	tive Extension Schoharie and Otsego	Counties April



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Cream of Carrot Soup

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Ingredients	Instructions	Nutrition Facts
1 cup diced carrots	1. In a small sauce pan combine carrots and	Serving Size 3/4 cup Servings Per Container 5
¹ ∕₂ cup boiling water	water, cover. Simmer until	Amount Per Serving
1 5	carrots are tender. Set	Calories 170 Calories from Fat 4
2 Tablespoons onions,	aside.	% Daily Value
minced		Total Fat 5g 89
IIIIICEU	2 In a madium aquaa nan	Saturated Fat 3g 159
o - 11	2. In a medium sauce pan	Trans Fat 0g
3 Tablespoons melted	melt butter, then add	Cholesterol 15mg 59
butter	minced onions and cook	Sodium 200mg 89
	onions in butter until	Total Carbohydrate 21g79
3 Tablespoons flour	tender. Add flour, mixing	Dietary Fiber 1g 49
	until smooth. Then add	Sugars 16g
2 ¹ / ₂ cups evaporated skim	milk slowly, stirring	Protein 10g
• •		Vitamin A 100% • Vitamin C 6%
milk	constantly. Continue	Calcium 40% • Iron 4%
	stirring while cooking on	*Percent Daily Values are based on a 2,000 calori
	low heat until thickened.	diet. Your daily values may be higher or lower depending on your calorie needs:
		Calories: 2,000 2,500
Makes 5 servings	3. Add carrots and the water	Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g
	from small sauce pan	Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400m
	•	Total Carbohydrate 300g 375g
	stirring to combine. Heat	
	thoroughly, and serve.	Fat 9 • Carbohydrate 4 • Protein 4
		27% calories from fat
	Note:	
	Season with salt and pepper if	
	desired.	
• • • • •	ive Extension Schoharie and Otsego	Counties. March



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Potato and Corn Chowder

Ingredients

onion

milk

drained

diced potatoes

1¹/₂ cups water

4 cups raw, peeled, and

¹/₄ cup finely chopped

 $1\frac{1}{2}$ cups evaporated skim

1 (16-ounce) can corn,

2 Tablespoons butter

1/2 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.
- 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% 22% Sodium 530mg Total Carbohydrate 64g 21% Dietary Fiber 4g 16% Sugars 14g

Protein 10g			
Vitamin A 8%	6 · `	Vitamin (30%
Calcium 20%	6 •	lron 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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gran Fat 9 • 0	n: Carbohydrate	e4 • Prote	ein 4

12% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.





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Hamburger Soup

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IngredientsInstructions1 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 tomatoes1. Prepare vegetables as directed in recipe. Reserve.2. Cups diced carrots ½ cup uncooked white rice2. Cook hamburger and diced onion in a large pot, browning slightly.3. Add reserved potatoes, carrots, celery and canned tomatoes. Bring to a boil.½ teaspoon thyme ½ teaspoon basil ½ teaspoon salt 1/8 teaspoon pepper1. Prepare vegetables as directed in recipe. Reserve.3. Add reserved potatoes, carrots, celery and canned tomatoes. Bring to a boil.4. Sprinkle rice into the soup mixture. Then add remaining ingredients.5. Cover and simmer one hour.Makes 6 Servings	Nutrition Facts Serving Size 1 1/2 cup Servings Per Container 6 Amount Per Serving
 1 cup diced onion 2 cups cubed, raw potatoes 2 cups diced carrots 1 (28-ounce) can diced tomatoes 1/2 cup uncooked white rice 6 cups water 1/2 teaspoon thyme 1/4 teaspoon basil 1/8 teaspoon pepper 2. Cook hamburger and diced onion in a large pot, browning slightly. 3. Add reserved potatoes, carrots, celery and canned tomatoes. Bring to a boil. 4. Sprinkle rice into the soup mixture. Then add remaining ingredients. 5. Cover and simmer one hour. 	
 1 cup diced onion 2 cups cubed, raw potatoes 2 cups diced carrots 1/2 cup diced celery 1 (28-ounce) can diced tomatoes 1/2 cup uncooked white rice 6 cups water 1/4 teaspoon basil 1/2 teaspoon salt 1/8 teaspoon pepper 2. Cook hamburger and diced onion in a large pot, browning slightly. 3. Add reserved potatoes, carrots, celery and canned tomatoes. Bring to a boil. 4. Sprinkle rice into the soup mixture. Then add remaining ingredients. 5. Cover and simmer one hour. 	Amount Per Serving
 2 cups cubed, raw potatoes 2 cups diced carrots 2 cup diced celery 1 (28-ounce) can diced tomatoes 1/2 cup uncooked white rice 6 cups water 1/2 teaspoon thyme 1/4 teaspoon basil 1/8 teaspoon pepper 2. Cook hamburger and diced onion in a large pot, browning slightly. 3. Add reserved potatoes, carrots, celery and canned tomatoes. Bring to a boil. 4. Sprinkle rice into the soup mixture. Then add remaining ingredients. 5. Cover and simmer one hour. 	
 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 ½ teaspoon basil ½ teaspoon salt 1/8 teaspoon pepper 2. Cook hamburger and diced onion in a large pot, browning slightly. 3. Add reserved potatoes, carrots, celery and canned tomatoes. Bring to a boil. 4. Sprinkle rice into the soup mixture. Then add remaining ingredients. 5. Cover and simmer one hour. 	Calories 270 Calories from Fat 70
 2 cups diced carrots 2 cup diced celery 1 (28-ounce) can diced tomatoes 2 cup uncooked white rice 3 Add reserved potatoes, carrots, celery and canned tomatoes. Bring to a boil. 4 teaspoon basil 1/8 teaspoon pepper 4. Sprinkle rice into the soup mixture. Then add remaining ingredients. 5. Cover and simmer one hour. 	% Daily Value*
 ¹/₂ cup diced celery 1 (28-ounce) can diced tomatoes ¹/₂ cup uncooked white rice 6 cups water ¹/₂ teaspoon thyme ¹/₄ teaspoon basil ¹/₂ teaspoon salt ¹/₈ teaspoon pepper ¹/₉ teaspoon pepper ¹/₁ teaspoon peppe	Total Fat 8g12%
1 (28-ounce) can diced tomatoes browning slightly. 1/2 cup uncooked white rice 3. Add reserved potatoes, carrots, celery and canned tomatoes. Bring to a boil. 1/2 teaspoon thyme 4. Sprinkle rice into the soup mixture. Then add remaining ingredients. 1/2 teaspoon pepper 5. Cover and simmer one hour.	Saturated Fat 3g 15%
tomatoes½ cup uncooked white rice3. Add reserved potatoes, carrots, celery and canned tomatoes. Bring to a boil.6 cups water ½ teaspoon thyme4. Sprinkle rice into the soup mixture. Then add remaining ingredients.½ teaspoon pepper5. Cover and simmer one hour.	Trans Fat 0g
tomatoes½ cup uncooked white rice3. Add reserved potatoes, carrots, celery and canned tomatoes. Bring to a boil.6 cups water ½ teaspoon thyme4. Sprinkle rice into the soup mixture. Then add remaining ingredients.½ teaspoon pepper5. Cover and simmer one hour.	Cholesterol 50mg 17%
 3. Add reserved potatoes, carrots, celery and canned tomatoes. Bring to a boil. 4. Sprinkle rice into the soup mixture. Then add remaining ingredients. 5. Cover and simmer one hour. 	Sodium 570mg 24 %
rice carrots, celery and canned tomatoes. Bring to a boil. 1/2 teaspoon thyme 1/4 teaspoon basil 1/2 teaspoon salt 1/8 teaspoon pepper 5. Cover and simmer one hour.	Total Carbohydrate 31g10%
6 cups watertomatoes. Bring to a boil.1/2 teaspoon thyme4. Sprinkle rice into the soup mixture. Then add remaining ingredients.1/8 teaspoon pepper5. Cover and simmer one hour.	Dietary Fiber 3g 12%
1/2 teaspoon thyme1/2 teaspoon basil1/2 teaspoon salt1/2 teaspoon salt1/8 teaspoon pepper5. Cover and simmer one hour.	Sugars 7g
 ¹/₄ teaspoon basil ¹/₄ teaspoon salt ¹/₂ teaspoon salt ¹/₈ teaspoon pepper ¹/₈ teaspoon pepper	Protein 19g
½ teaspoon saltmixture. Then add remaining ingredients.1/8 teaspoon pepper5. Cover and simmer one hour.	Vitamin A 90% • Vitamin C 60%
1/8 teaspoon pepperremaining ingredients.5. Cover and simmer one hour.	Calcium 6% • Iron 20%
5. Cover and simmer one hour.	*Percent Daily Values are based on a 2,000 calorie
hour.	diet. Your daily values may be higher or lower depending on your calorie needs:
hour.	Calories: 2,000 2,500
hour.	Total FatLess than65g80gSaturated FatLess than20g25g
	Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg
viakes o oei vings	Total Carbohydrate 300g 375g Dietary Fiber 25g 30g
	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
 <u>Notes:</u> 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. 	27% calories from fat
Source: Cornell Cooperative Extension Schoharie and Otsego	Counties. June 2



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Instructions

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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

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 $1\frac{1}{2}$ to 2 hours.

Nutriti	or	۱F	a	cts
Serving Size 1/2 Servings Per Co		er 8		
Amount Per Serving				
Calories 230	Cal	ories f	rom	Fat 35
		c.	% Dai	ily Value*
Total Fat 3.5g				5 %
Saturated Fat	2g			10%
Trans Fat 0g				
Cholesterol 10n	ng			3%
Sodium 320mg				13%
Total Carbohyd	rate	40g		13%
Dietary Fiber ?	13g			52%
Sugars 6g				
Protein 12g				
Vitamin A 2%	•	Vitam	in C	2%
Calcium 10%	•	Iron 2	0%	
*Percent Daily Values diet. Your daily values depending on your cal	may b orie ne	e highe eds:	r or lo	ower
Calo Total Fat Less	ories: s than	2,000 65g		2,500 80g
Saturated Fat Less Cholesterol Less	than than than than	20g 300m 2,400 300g 25g		25g 300mg 2,400mg 375g 30g
Calories per gram: Fat 9 • Carbol	hydrat	e4 •	Prote	in 4

14% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.





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Banana Muffins

Ingredients	Instructions	Nutrition Facts
3 cups Master Mix	 Mash bananas, reserve. Measure Master Mix and 	Serving Size 1 muffin Servings Per Container 12
2 Tablespoons sugar	sugar into a medium bowl;	Amount Per Serving
z Tablespoolis sugai	stir well.	Calories 210 Calories from Fat 70
1 agg baatan	Sui weii.	% Daily Value
1 egg, beaten	O Minthe and and materia	Total Fat 8g 12%
2/ 1	2. Mix the egg and water in	Saturated Fat 2g 10%
¾ cup water	another small bowl; add	Trans Fat 1g
	the bananas, mix again.	Cholesterol 20mg 7%
2 medium bananas,		Sodium 390mg 16 %
mashed	3. Add the egg/banana	Total Carbohydrate 29g10%
	mixture to the flour mixture	Dietary Fiber 1g 4%
vegetable oil spray	all at once. Stir slightly to	Sugars 7g
vogotable on opray	moisten, about 25 strokes.	Protein 5g
		Vitamin A 2% • Vitamin C 4%
	Mixture will be lumpy.	Calcium 10% • Iron 8%
Makes 12 muffins	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	*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:
	for 18- 20 minutes.	Fat 9 • Carbohydrate 4 • Protein 4
	5. Remove muffins from pan, cool on a wire rack.	
	Notes:	34% calories from fat
	 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.	
Coursel Cornell Coope	rative Extension Schoharie and Otsego	Counties. June



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Biscuits

Ingredients	Instructions	Nutrition Facts
2 cups flour (1⅔ cups white flour + ⅓ cup whole wheat flour) 2 teaspoon baking	 In a medium bowl, add flours, baking powder, baking soda, and salt. Mix well. 	Serving Size 2 biscuits Servings Per Container 4 Amount Per Serving Calories 350 Calories from Fat 110 % Daily Value* Total Fat 13g 20%
powder	2. Add butter, cutting in with a pastry blender or two	Saturated Fat 8g 40% Trans Fat 0g
1 teaspoon baking soda	knives. Add milk all at once and stir quickly with	Cholesterol 35mg 12% Sodium 990mg 41%
½ teaspoon salt	a fork.	Total Carbohydrate 51g 17% Dietary Fiber 3g 12% Sugars 2g
¼ cup butter	3. Turn dough out on a floured surface and knead	Protein 9g
¾ cup cold 1% milk Makes 4 servings	 6 times. Roll out dough or pat to ½ to ¾ inch thick and cut with biscuit cutter and place biscuits on an ungreased baking sheet. 4. Bake at 475° F for 5 	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 Calories: 2,000 Total Fat Less than Saturated Fat Less than Sodium Less than Sodium Less than Zalories: 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g
	minutes. Turn off heat and leave in oven for 15-20 minutes or until brown.	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
	Note:	33% calories from fat
	 These biscuits make a wonderful shortcake for fresh strawberries as is, <i>or</i> 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. 	



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Carrot Bake

Ingredients	Instructions	Nutrition Facts
3 cups grated carrots	 Prepare rice according to package instructions or 	
2 cups cooked rice (white, brown <i>or</i> wild)	use leftover rice.	Amount Per Serving Calories 160 Calories from Fat 35
	2. In a large bowl, combine	% Daily Value*
1 cup low fat cheddar cheese, shredded	first five ingredients; stir minced onion, salt and	
	pepper.	Cholesterol 75mg 25%
½ cup 1% milk		Sodium 380mg 16%
2 eggs, beaten	 Pour mixture into a 1½ quart casserole dish that 	Total Carbohydrate 22g 7% Dietary Fiber 3g 12%
z egys, beaten	•	Sugars 4g
2 Tablespoons onion, minced	has been prepared with vegetable oil spray.	Protein 9g Vitamin A 190% • Vitamin C 6%
½ teaspoon salt	 Sprinkle parmesan chee on top of casserole. 	Se 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
¼ teaspoon pepper	5. Bake in moderate oven 350° F for 50-60 minutes	Total Fat Less than 65g 80g Saturated Fat Less than 20g 25g Cholosteral Less than 20g 25g
vegetable oil spray		Total Carbohydrate300g375gDietary Fiber25g30gCalories per gram:
2 Tablespoons parmesan cheese		Fat 9 • Carbohydrate 4 • Protein 4
		23% calories from fat
Makes 6 servings		
Ū		
Source: The New Mother	Hubbard's Cupboard Cookbook.	March



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Cornmeal Rolls

173 South Grand Street Cobleskill, New York 12043 t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

 Heat milk and shortening in a pan until just warm. Add milk mixture to flour mixture. Mix until smooth. Add egg. Beat well. Mix in the rest of flour and cornmeal. Knead dough about 300 times or about 10 minutes. 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. Punch dough down in bowl to remove air bubbles. Divide dough in half and cut each half into12 pieces. Roll pieces into balls. Place 1 inch apart on a baking sheet Heat milk and shortening in a pan until just warm. Add milk mixture to flour mixture. Mix until smooth. Add egg. Beat well. Mix in the rest of flour and cornmeal. Knead dough about 300 times or about 10 minutes. 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. Punch dough down in bowl to remove air bubbles. Divide dough in half and cut each half into12 pieces. Roll pieces into balls. Place 1 inch apart on a baking sheet 	Ingredients	Instructions	Nutrition Facts
¼ cup sugar and yeast. Set aside. ½ cup sugar Heat milk and shortening in a pan until just warm. Add milk mixture to flour mixture. Mix until smooth. 1 package active dry yeast Add egg. Beat well. Mix in the rest of flour and cornmeal. Knead dough about 300 times or about 10 minutes. 1 cup 1% milk about 300 times or about 10 minutes. 14 cup shortening 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. 94 cup cornmeal Punch dough down in bowl to remove air bubbles. Divide dough in half and cut each half into12 pieces. Roll pieces into balls. Place 1 inch apart on a baking sheet prepared with vegetable oil spray. Makes 24 servings Cover loosely with wax paper that has been sprayed with vegetable oil spray. 6. Cover loosely with wax paper. 259 209 7. Bake at 375° F about 15 20% calories from fat	3½ cups flour		
1½ teaspoons salt a part and part of a p	¼ cup sugar	and yeast. Set aside.	
1 package active dry yeast 3. Add egg. Beat well. Mix in the rest of flour and cornmeal. Knead dough about 300 times or about 10 minutes. Trans Fat 0g 1 cup 1% milk about 300 times or about 10 minutes. Total Carbohydrate 19g 69 1/4 cup shortening 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. Total Carbohydrate 19g 69 3/4 cup cornmeal 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. Vitamin A 0% Vitamin C 0% Makes 24 servings Cover loosely with wax paper. 2.600 2.600 Makes 24 servings Cover loosely with wax paper. 300g 3750 gog 7. Bake at 375° F about 15 20% calories from fat	1½ teaspoons salt	milk mixture to flour mixture.	Total Fat 2.5g 49
1 cup 1% milk cornmeal. Knead dough about 300 times or about 10 minutes. 79 1'4 cup shortening 4. Put dough in a bowl prepared with vegetable oil spray. Cover, and let rise in a warm place about 1½ Dietary Fiber 1g 49 3'4 cup cornmeal 5. Punch dough down in bowl to remove air bubbles. Vitamin A 0% Vitamin C 0% Vegetable oil spray Divide dough in half and cut each half into12 pieces. Roll pieces into balls. Place 1 inch apart on a baking sheet prepared with vegetable oil spray. 79 6. Cover loosely with wax paper that has been sprayed with vegetable oil spray. 6. Cover loosely with wax paper. 20% calories from fat 20% calories from fat		3. Add egg. Beat well. Mix in	Trans Fat 0g
 ¹/₄ cup shortening ¹/₄ cup shortening ¹/₄ cup shortening ¹/₄ cup shortening ¹/₄ erg ¹/₄ erg ¹/₄ cup cornmeal ¹/₄ cup cornmeal ¹/₄ cup cornmeal ¹/₅ Punch dough down in bowl to remove air bubbles. Divide dough in half and cut each half into12 pieces. Roll pieces into balls. Place 1 inch apart on a baking sheet prepared with vegetable oil spray. ¹/₆ Cover loosely with wax paper that has been sprayed with vegetable oil spray. ¹/₆ Cover loosely with wax paper. ¹/₇ Bake at 375° F about 15 		cornmeal. Knead dough	Total Carbohydrate 19g 6 ⁶
1 eggspray. Cover, and let rise in a warm place about 1½ hours, until doubled in size.¾ cup cornmeal5. Punch dough down in bowl to remove air bubbles. Divide dough in half and cut each half into12 pieces. Roll pieces into balls. Place 1 inch apart on a baking sheet prepared with vegetable oil spray.Vitamin A 0%Vitamin C 0% Calcium 2%Makes 24 servings5. Cover loosely with wax paper that has been sprayed with vegetable oil spray.Vitamin A 0%Vitamin C 0% Calcium 2%Makes 24 servings6. 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 15Vitamin C 0% Calcium 2%Vitamin C 0% Calcium 2%20% calories from fat		minutes. 4. Put dough in a bowl	Sugars 2g
 ³/₄ cup cornmeal ³/₄ cup cornmeal ⁴/₄ cup cornmeal ⁵/₄ Punch dough down in bowl to remove air bubbles. Divide dough in half and cut each half into12 pieces. Roll pieces into balls. Place 1 inch apart on a baking sheet prepared with vegetable oil spray. ⁶/₄ Cover loosely with wax paper that has been sprayed with vegetable oil spray. ⁶/₄ Cover loosely with wax paper. ⁷/₄ Bake at 375° F about 15 ¹/₄ Precent Daily Values are based on a 2,000 caloridet. Your daily values may be higher or lower defending on your calorie meeds: Calories: 2,000 2,500 ¹/₄ Calories: 2,000 2,000 	1 egg	spray. Cover, and let rise in	Vitamin A 0% • Vitamin C 0%
 vegetable oil spray to remove air bubbles. Divide dough in half and cut each half into12 pieces. Roll pieces into balls. Place 1 inch apart on a baking sheet prepared with vegetable oil spray. Cover loosely with wax paper that has been sprayed with vegetable oil spray. Let rise 1 hour. Remove wax paper. Bake at 375° F about 15 	¾ cup cornmeal	hours, until doubled in size. 5. Punch dough down in bowl	*Percent Daily Values are based on a 2,000 calor diet. Your daily values may be higher or lower depending on your calorie needs:
 Makes 24 servings 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 	vegetable oil spray	Divide dough in half and cut each half into12 pieces. Roll pieces into balls. Place 1	Total Fat Saturated Fat CholesterolLess than Less than65g 20g 20g80g 25g 300mg 2,400mgSodium Total CarbohydrateLess than 300g 300g300g 375g 30gDietary Fiber25g 30gCalories per gram:
 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 	Makes 24 servings	prepared with vegetable oil	
		 Cover loosely with wax paper that has been sprayed with vegetable oil spray. Let rise 1 hour. Remove wax 	20% calories from fat



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Instructions

English Muffins

173 South Grand Street Cobleskill, New York 12043 t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

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.

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.

 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.

 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 Ser	ving		
Calories 180) Cal	ories fron	n Fat 20
		% Da	ily Value*
Total Fat 2.5	ōg		4%
Saturated	Fat 1.5g		8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium 150	mg		6%
Total Carbo	hydrate	34g	11%
Dietary Fil	per 1a		4%
Sugars 2g	•		
Protein 5g			
r rotein og			
Vitamin A 2%	· •	Vitamin (0%
Calcium 2%	•	Iron 10%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
	arbohydrat	e4 • Prote	ein 4

13% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

June 2010



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Pancakes

Ingredients	Instructions Nutrition F	acts
2 cups flour	1. In a medium bowl, combine the flour, baking	
4 teaspoons baking	powder, salt, and sugar.	
powder	Calories 250 Calories	from Fat 60
powder		% Daily Value*
47.1	2. Add oil, egg, and milk to Total Fat 7g	11%
½ teaspoon salt	flour mixture and stir until Saturated Fat 1g	5%
	mixed. Trans Fat 0g	
1 Tablespoons sugar	Cholesterol 40mg	13%
	3. Pour about a 1/3 cup of Sodium 610mg	25%
2 Tablespoons vegetable	batter (per pancake) onto	13%
oil	a heated skillet or griddle	4%
OII	Sugare 5g	
4	Inal has been prepared	
1 egg	with vegetable oil spray.	
		nin C 0%
1½ cups 1% milk	4. Cook pancakes, without	
vegetable oil spray	*Percent Daily Values are based on diet. Your daily values may be higher diet. Your daily values may be higher depending on your calorie needs: covered with bubbles.	er or lower 0 2,500
0 1 2	5. Turn pancakes and brown 5. Turn pancakes and brown	0mg 2,400mg
Makes 6 servings	the other side. Serve hot. Calories per gram: Fat 9 • Carbohydrate 300g Dietary Fiber 25g Calories per gram: Fat 9 • Carbohydrate 4 •	30g
	25% calories from fa	at
Source: Cornell Cooperat	ive Extension Schoharie and Otsego Counties.	June 20



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Peach Cranberry Salad

Ingredients	Instructions	Nutrition Facts
4 canned peach halves	 Place a peach half on each salad plate. 	Serving Size 1/2 peach Servings Per Container 4
¹ / ₂ cup canned cranberry sauce	2. Spoon 2 Tablespoons cranberry sauce into the center of each peach.	Calories 80 Calories from Fat 0 % Daily Value* Total Fat 0g 0% Saturated Fat 0g 0% Trans Fat 0g 0%
Makes 4 servings	 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. 	Cholesterol 0mg 0% Sodium 15mg 1% Total Carbohydrate 21g 7% Dietary Fiber 2g 8% Sugars 15g 9 Protein 1g 100 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 200mg 300mg Sodium Less than 2,400mg 2,400mg Total Fat Less than 2,400mg 30g Sodium Less than 2,400mg 30g Sodium Less than 2,400mg 30g Dietary Fiber 25g 30g 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 9 Calories from fat 0% Calories from fat
Source: Cornell Coopera	tive Extension Schoharie and Otsego	Counties. March 2010



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Pineapple Baked Apples

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Ingredients	Instructions	Nutrition Fact
4 medium apples	1. Drain pineapple, set juice	Serving Size 1 each Servings Per Container 4
	aside.	Amount Per Serving
1/2 cup crushed canned		Calories 130 Calories from Fa
pineapple, in juice	2. Wash apples, core without	% Daily Val
	cutting through to bottom.	Total Fat 0g
	Place apples in microwave	Saturated Fat 0g
	safe dish.	Trans Fat 0g
Makes 4 servings		Cholesterol 0mg
Marco + Ser Vingo	3. Stuff each apple with 2	Sodium 0mg
		Total Carbohydrate 34g 17
	Tablespoons of pineapple.	Dietary Fiber 5g 20
	Add 1 Tablespoon of	Sugars 26g
	reserved juice, cover dish	Protein 1g
	with plastic wrap and vent	Vitamin A 2% • Vitamin C 20%
	(fold back one corner ½	Vitamin A 2% • Vitamin C 20% Calcium 2% • Iron 2%
	inch).	*Percent Daily Values are based on a 2,000 cal
		diet. Your daily values may be higher or lower depending on your calorie needs:
	4. Microwave 4 -12 minutes.	Calories 2,000 2,500
	or 1-3 minutes per apple.	Total Fat Less Than 65g 80g Saturated Fat Less Than 20g 25g Cholesterol Less Than 300mg 300 m Sodium Less Than 2,400mg 2,400 Total Carbohydrate 300g 375g
		Dietary Fiber 25g 30g
	Notes:	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
	 Add raisins: sprinkle with sugar 	
	and cinnamon.	
	• Drizzle with maple syrup <i>or</i>	0% calorie from fat
	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.	



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Potato Salad with Boiled Dressing

Ingredients

2 Tablespoons flour

1 Tablespoon sugar

2 Tablespoons vinegar

2 Tablespoons melted

4 cups cooked potatoes,

2 Tablespoons onion,

Makes 6 servings

1 teaspoon salt

1 cup1% milk

cooled & diced

1 egg

butter

chopped

- Instructions
 - 1. Prepare potatoes ahead.
 - 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 Ser	ving		
Calories 170) Ca	lories from	n Fat 45
		% Da	ily Value*
Total Fat 5g			8%
Saturated	Fat 3g		15%
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium 450	mg		19%
Total Carbo	hydrate	28g	9%
Dietary Fil	ber 2g		8 %
Sugars 5g			
Protein 5g			
	,		0.50/
Vitamin A 4%	• •	Vitamin C	; 25%
Calcium 6%	•	Iron 4%	
*Percent Daily Va diet. Your daily va depending on you	alues may l	be higher or le	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g te 4 • Prote	80g 25g 300mg 2,400mg 375g 30g

26% calories from fat

Source: Cornell Cooperative Extension Office Schoharie and Otsego Counties.



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June 2010

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Scalloped Tomatoes

Ingredients	Instructions	Nutrition Facts
1 (28-ounce) can diced tomatoes	 In a medium bowl, combine tomatoes, onion, salt, and pepper. Set 	Serving Size 3/4 cup Servings Per Container 6 Amount Per Serving
¼ cup onion, minced	aside.	Calories 100 Calories from Fat 25
,	2. Cut bread into bitesize	% Daily Value
½ teaspoon salt	cubes, set aside.	Total Fat 3g5%Saturated Fat 1.5g8%Trans Fat 0g
dash of pepper	 Prepare 1½ quart casserole dish with 	Cholesterol 5mg2%Sodium 600mg25%
4 slices whole wheat	vegetable oil spray.	Total Carbohydrate 14g 5% Dietary Fiber 2g 8%
bread, cubed	4. Melt the butter, set aside.	Sugars 5g Protein 4g
2 Tablespoons butter, melted 2 Tablespoon parmesan cheese vegetable oil spray Makes 6 servings	 5. Alternate layers of tomato mixture and bread cubes into casserole dish. Drizzle melted butter over top layer. 6. Bake in 375° F oven for 10 minutes. 7. Then sprinkle parmesan cheese over top of tomatoes and continue baking another 10 to 15 minutes. 	Vitamin A 15% • Vitamin C 35% Calcium 6% • Iron 6% "Percent Daily Values are based on a 2,000 calorie 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 20g 375g Dietary Fiber 25g 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 27% calories from fat
	<u>Notes:</u> • For added flavor add 2 - 4 Tablespoons minced or chopped green pepper in step 1.	

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

Education Program.

March 2010



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Waldorf Salad

Ingredients	Instructions	Nutrition Fact
1/3 cup raisins	1. Chop apples and celery.	Serving Size 1 cup Servings Per Container 6
2 Tablespoons sugar, divided	2. In a large bowl combine raisins, 1 Tablespoon	Amount Per Serving Calories 140 Calories from Fat % Daily Va
l medium apples, chopped	sugar, apples and celery. Mix well, set bowl aside.	Total Fat 3g Saturated Fat 0.5g Trans Fat 0g
1 stalk celery, chopped	3. In a medium bowl combine yogurt, mayonpaise, vinegar, and	Cholesterol 5mgSodium 85mgTotal Carbohydrate 29g
½ cup low-fat plain yogurt	mayonnaise, vinegar, and remaining 1 Tablespoon sugar. Mix well, add to	Dietary Fiber 4g 10 Sugars 23g Protein 1g
3 Tablespoons light mayonnaise	apple mixture and stirring gently.	Vitamin A 2% • Vitamin C 10% Calcium 4% • Iron 2%
3 Tablespoons cider vinegar	 Serve immediately or cover and refrigerate until serving time. 	*Percent Daily Values are based on a 2,000 cal 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 300m Sodium Less than 2,400mg 2,400 Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram:
Makes 6 servings	 <u>Notes:</u> Season with a dash of pepper if desired. Add ¼ cup chopped walnuts if desired. 	Fat 9 · Carbohydrate 4 · Protein 4



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Nutrition Facts

Calories from Fat 90

Vitamin C 0%

• Iron 10%

2,000

65a

20g

300mg

300g

25g

2,400mg

*Percent Daily Values are based on a 2,000 calorie

diet. Your daily values may be higher or low depending on your calorie needs

Calories:

Less than

Less than

Less than

Less than

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

35% calories from fat

% Daily Value*

15%

13%

22%

15%

7%

4%

2,500

80g

25g

375g

30g

300mg 2,400mg

Serving Size 1 Pattie

Amount Per Serving

Calories 260

Total Fat 10g

Trans Fat 0g

Cholesterol 65mg

Sodium 370mg

Sugars 2g

Protein 19g

Vitamin A 4%

Calcium 6%

Saturated Fat

Total Carbohydrate

Dietary Fiber

Total Fat

Cholesterol

Sodium

Servings Per Container 6

Saturated Fat 2.5g

Total Carbohydrate 21g

Dietary Fiber 1g

Chicken Patties

Ingredients

1 (12-ounce) can chicken drained and flaked

1¹/₂ cups seasoned bread crumbs; divided

1 egg, lightly beaten

¹/₄ cup light mayonnaise

1/4 cup chopped onion (optional)

vegetable oil spray

Makes 6 servings

Instructions 1. In a medium bowl. combine drained, flaked chicken, 3/4 cup breadcrumbs, egg, mayonnaise, and onion. Mix ingredients together and form mixture into six patties.

> 2. Place remaining ³/₄ cup breadcrumbs in a shallow dish, dipping patties to coat both sides.

3. Then 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.

Note: Canned tuna can be substituted in place of canned chicken to make tuna patties.

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

March 2010



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Garbanzo Bean Burgers

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Ingredients	Instructions	Nutrition Facts
1 (19-ounce) can	1. Finely chop celery and	Serving Size 1 burger Servings Per Container 6
garbanzo* beans	carrot, set aside.	
		Amount Per Serving Calories 150 Calories from Fat 25
1 stalk celery, finely	2. Drain and rinse beans,	% Daily Value
chopped	place in a large bowl and	Total Fat 2.5g 4%
	mash with potato masher.	Saturated Fat 0g 0%
1 carrot, finely chopped		Trans Fat 0g
	3. Mix in reserved celery and	Cholesterol 0mg 0%
1/4 cup whole wheat flour	carrots along with flour,	Sodium 290mg 12 %
	salt, pepper, and oil,	Total Carbohydrate 26g 9%
salt and pepper to taste	adding any optional	Dietary Fiber 5g 20%
	ingredients at this time.	Sugars 1g
2 teaspoons vegetable oil	Stir well to combine.	Protein 5g
		Vitamin A 40% • Vitamin C 8%
vegetable oil spray	4. Form mixture into 6	Calcium 4% • Iron 8%
5 1 5	burgers pressing firmly to compact mixture.	*Percent Daily Values are based on a 2,000 caloriu 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
Makes 6 servings	 Cook burgers in a skillet sprayed with vegetable oil spray, on medium low heat. Cook 3-5 minutes on 	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
	each side until golden	
*Also known as	brown.	150/ colorise from fet
chickpeas	Notes:	15% calories from fat
	 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 <i>or</i> bell pepper, if desired. May substitute white flour for whole wheat flour. 	

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

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173 South Grand Street Cobleskill, New York 12043 t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

Impossible Vegetable Pie

Ingredients

Instructions

- 1 cup water
- 1 (16-ounce) bag frozen mixed vegetables

 $\frac{1}{2}$ cup onion, chopped

¹/₂ cup low fat shredded cheddar cheese

1¹/₂ cups 1% milk

3/4 cup Master Mix

3 eggs

1/4 teaspoon salt

1/4 teaspoon pepper

vegetable oil spray

Makes 6 servings

- 1. Prepare a 10 inch pie pan with vegetable oil spray, set aside.
- 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.
- Combine vegetables, onion, and cheese in a prepared pie pan.
- 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.
- 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 Ser	rving		
Calories 290) Calor	ies from	Fat 100
		% Da	aily Value*
Total Fat 11	g		17%
Saturated	Fat 3.5g		18%
Trans Fat	1g		
Cholesterol	110mg		37%
Sodium 580	mg		24%
Total Carbo	hydrate	35g	12%
Dietary Fil	ber 3g		12%
Sugars 9g	I		
Protein 13g			
Vitamin A 20	• •	Vitamin (2.8%
Calcium 25%		ron 15%	
*Percent Daily Va diet. Your daily v depending on yo	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g 24 • Prote	80g 25g 300mg 2,400mg 375g 30g ein 4

34% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.





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Sheppard's Pie

173 South Grand Street Cobleskill, New York 12043 t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

Ingredients

Instructions

- 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.

- 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.
- If desired place under broiler until lightly browned. Then serve while hot.

Nutrition Facts

Serving Size 1/8 of casserole Servings Per Container 8

Servings Per Co	ontain		_
Amount Per Serving	g		
Calories 210	Cal	ories fron	n Fat 80
		% Da	ily Value*
Total Fat 9g			14%
Saturated Fa	t 4g		20%
Trans Fat 0g			
Cholesterol 45	mg		15%
Sodium 380mg			16%
Total Carbohy	drate	18g	6 %
Dietary Fiber	2g		8%
Sugars 4g			
Protein 13g			
Vitamin A 2%	•	Vitamin (28%
Calcium 2%	•	Iron 8%	
*Percent Daily Value diet. Your daily value depending on your ca Ca	s may b	be higher or l	
Saturated Fat Lee Cholesterol Lee Sodium Lee Total Carbohydrate Dietary Fiber Calories per gram:	ss than ss than ss than ss than ohydrat	65g 20g 300mg 2,400mg 300g 25g e 4 • Prote	80g 25g 300mg 2,400mg 375g 30g

39% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.



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173 South Grand Street Cobleskill, New York 12043 t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

Split Pea and Rice Supper

1 cup dry split peas 1. Peel and chop onion and carrot. Set aside. 1/2 cup uncooked white rice 2. Put dry peas, rice, water, and salt in a large pot. Cover and heat to a boiling: boil 4 minutes. 21/2 cups cold water Cover and heat to a boiling: boil 4 minutes. 1 teaspoon salt 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 1/2 hour. Makes 6 servings 4. Reheat mixture until hot, stirring occasionally.	Ingredients	Instructions	Nutrition Facts
¹ / ₂ cup uncooked white 2. Put dry peas, rice, water, and salt in a large pot. Cover and heat to a boiling: boil 4 minutes. Calories from Fat 5 2½ cups cold water 2. Put dry peas, rice, water, and salt in a large pot. Cover and heat to a boiling: boil 4 minutes. Saturated Fat 0g 0% 1 teaspoon salt 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. Dietary Fiber 9g 36% Yamin A 25% Vitamin C 2% Calories from fat Dietary Fiber 9g 36% Sugars 3g 10% Saturated Fat Less than 200 colorid to fat the mixture sit until the water is soaked up- about ½ hour. Vitamin A 25% Vitamin C 2% Vitamin A 25% Vitamin C 2% Calories are to fat en orivee depending on colorid to a stirring occasionally. Wakes 6 servings 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 0% calories from fat	1 cup dry split peas		Serving Size 1 cup Servings Per Container 6
rice 2. Put dry peas, rice, water, and salt in a large pot. 2½ cups cold water Cover and heat to a boiling: boil 4 minutes. 1 teaspoon salt 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. 1 small carrot, finely chopped Over and heat mixture until hot, stirring occasionally. Makes 6 servings 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 0% calories from fat	$\frac{1}{2}$ cup uncooked white		Amount Per Serving
and salt in a large pot. Total Fat 0g % baily Value 2½ cups cold water Cover and heat to a boiling: boil 4 minutes. Total Fat 0g 0% 1 teaspoon salt 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. Total Carbohydrate 33g 11% 1 small carrot, finely chopped et the mixture sit until the water is soaked up- about ½ hour. Vitamin A 25% Vitamin C 2% Calcium 2% Cover and heat to a boiling: boil 4 minutes. Vitamin A 25% Vitamin C 2% Makes 6 servings 4. Reheat mixture until hot, stirring occasionally. Vitamin 20% 25% 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 0% calories from fat	•	2 Put dry peas rice water	Calories 170 Calories from Fat 5
2½ cups cold water Cover and heat to a boiling: boil 4 minutes. 1 teaspoon salt 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. Cholesterol 0mg 0% 1 small carrot, finely chopped 0. 1 teaspoon salt 0. 1 small carrot, finely chopped 0. 0. 0. 1 small carrot, finely chopped 0. 0. 0. 1 teaspoon salt 0. 0. 0. 0. 1 small carrot, finely chopped 0. 0. 0. 0. 0. 1 teaspoon salt 0. 0. 0. 0. 0. 0. 0. 1 small carrot, finely chopped 0.			% Daily Value*
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4. Reheat mixture until hot, stirring occasionally. Makes 6 servings 4. Reheat mixture until hot, stirring occasionally. Saturated Fat Less than 25g 25g 300g 375g Deteror Less than 200g 375g Deteror Less than 25g 30g 375g Deteror Less than 200g 375g Deteror Less than 200g 375g Deteror Less than 200g 25g 30g Cholesterol Less than 200g 375g Deteror Less than 200g 25g and 200g Solium Less than 2,400mg 2,400mg Calories From 5at 100 (Solium Less than 2,400mg 2,400mg 2,400mg Calories from 5at 100 (Solium Less than 2,400mg 2,400mg 2,400mg 2,400mg 2,400mg Calories from 5at 100 (Solium Less than 2,400mg 2,400mg 2,400mg 2,400mg Calories from 5at 100 (Solium Less than 2,400mg 2,400mg 2,400mg 2,400mg Calories from 5at 100 (Solium Less than 2,400mg 2,4		•	
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Makes 6 servings stirring occasionally. Saturated Fat Less than 20g 25g 20mg 300mg 200mg			
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 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 			Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
to taste if needed. • If peas have been stored too long they will not re-hydrate properly and they may not			
long they will not re-hydrate properly and they may not			0% calories from fat
properly and they may not		•	
		properly and they may not	



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Tuna and Peas on Toast

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Ingredients	Instructions	Nutrition Facts
6 slices whole grain	1. Toast bread; arrange	Serving Size 1 slice
bread, toasted	slices in a 13x9x2 baking	Servings Per Container 6
,	pan. Set pan aside.	Amount Per Serving
2 (6½-ounce) cans tuna		Calories 240 Calories from Fat 60
packed in water	2. Drain tuna, put in a	% Daily Value*
packed III water	•	Total Fat 7g 11%
	medium mixing bowl,	Saturated Fat 2g 10%
1 (15-ounce) can peas,	break into large pieces.	Trans Fat 0g
drained	Add peas and toss to	Cholesterol 25mg 8%
	combine. Set aside.	Sodium 900mg 38 %
¼ cup 1% milk		Total Carbohydrate 22g7%
·	3. Put soup in a medium	Dietary Fiber 4g 16%
1 (10½-ounce) can	saucepan on low heat,	Sugars 5g
condensed cream of	add milk, and stir gently to	Protein 22g
	combine. Then add tuna	Vitamin A 6% • Vitamin C 8%
mushroom soup		Calcium 10% • Iron 15%
¼ cup grated parmesan cheese	and peas, stir and heat thoroughly.	*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
Makes 6 servings	 Pour mixture over toast. Sprinkle each slice with parmesan cheese. 	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
Makee e col vinge	5. Place pan on top shelf in oven; broil 3 to 5 minutes until hot.	26% calories from fat
	Note: • May substitute mixed vegetables in place of the sweet peas or canned chicken in place of tuna	
Source: Cornell Cooperat	ive Extension Schoharie and Otsego	Counties. August 2010



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Apple Cobbler

Ingredients	Instructions	Nutrition Facts
½ cup sugar	1. In a small bowl combine sugar and cinnamon, set	Serving Size 1 piece Servings Per Container 12
1 teaspoon cinnamon	aside.	Amount Per Serving
T teaspoon cinitation		Calories 140 Calories from Fat 1
vogotoblo oil oprov	2 Droporo o $12y0y2$ inch	% Daily Value
vegetable oil spray	2. Prepare a 13x9x2 inch	Total Fat 2g 3%
	baking dish with vegetable	Saturated Fat 0g 0%
4 cups apples, thinly	oil spray.	Trans Fat 0g
sliced		Cholesterol 20mg 7%
	Peel apples and slice	Sodium 250mg 10 %
2 cups Master Mix,	thinly placing in baking	Total Carbohydrate 28g9%
reduced fat	dish, sprinkle with	Dietary Fiber 1g 4%
	reserved sugar and	Sugars 14g
1 egg, beaten	cinnamon mixture.	Protein 3g
1 099, 2001011		Vitamin A 2% • Vitamin C 2%
¾ cup 1% milk	4. In a medium bowl	Calcium 4% • Iron 4%
,4 oup 1 /0 mint	combine Master Mix, egg and milk; mix well.	*Percent Daily Values are based on a 2,000 calori 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
Makes 12 servings	5. Spoon mixture over apples. Bake in 400° F	Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g Dietary Fiber 25g 30g
	oven for 20-25 minutes.	Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
		13% calories from fat
	Notes:	
	 Substitute fresh or canned fruit of your choice in place of the apples. 	
	 Bisquick or Jiffy Mix can be substituted for Master Mix. 	



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Instructions

Carrot Squares

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Ingredients vegetable oil spray ¹/₄ cup butter ¹/₄ cup light mayonnaise 2/3 cup brown sugar, unpacked

- 1 teaspoon vanilla
- 1 egg
- 2 egg whites
- 1/4 cup 1% milk
- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt

2 cups finely grated carrots, (2-3 carrots)

Makes 30 servings

- Prepare a 13x9x2" pan (or 2 - 8x8x2" pans) with vegetable oil spray.
- 2. Peel and grate carrots, set aside.
- 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.
- <u>Notes:</u> • 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 Ser	rving		
Calories 70	Cal	ories fron	n Fat 20
		% Da	ily Value*
Total Fat 2.8	ōg		4%
Saturated	Fat 1g		5 %
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium 115	img		5%
Total Carbo	hydrate	11g	4%
Dietary Fi	ber 0g		0%
Sugars 4g]		
Protein 1g	-		
_			
Vitamin A 25	5% •	Vitamin C	0%
Calcium 2%	•	Iron 2%	
*Percent Daily V diet. Your daily v depending on yo	alues may l	be higher or l	
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 Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gran Fat 9 • 0	n: Carbohydrat	e 4 • Prote	ein 4

32% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

January 2010



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Low Sugar Fruited Jell-O

Instructions	Nutrition Facts
1. Put dry gelatin in a medium bowl, then add	Serving Size 1 cup Servings Per Container 4
	Amount Per Serving
•	Calories 70 Calories from Fat 0
dissolved.	% Daily Value*
	Total Fat 0g 0%
	Saturated Fat 0g 0%
drained fruit, stir.	Trans Fat 0g
	Cholesterol 0mg 0%
3. Chill in refrigerator 3-4	Sodium 60mg 3%
	Total Carbohydrate 15g5%
	Dietary Fiber 1g 4%
	Sugars 8g
	Protein 2g
	Vitamin A 4% • Vitamin C 45%
Note	Calcium 2% • Iron 2%
 For diabetic exchange: 1 serving equals1 fruit exchange. If desired can put in a fancy dish or individual dishes before chilling. 	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
	 Put dry gelatin in a medium bowl, then add boiling water. Stir until dissolved. Add orange juice and drained fruit, stir. Chill in refrigerator 3-4 hours until set. Chill in refrigerator 3-4 hours until set. Note: For diabetic exchange: 1 serving equals1 fruit exchange. If desired can put in a fancy dish or individual dishes before



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Rice Pudding

173 South Grand Street Cobleskill, New York 12043 t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

Ingredients

Instructions

- 2 cups cooked, white rice
- 3 cups 1% milk
- 1/4 cup sugar
- 1/4 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.

- 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.

 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 low depending on your calorie needs Calories: 2,000 2,500 Total Fat 80g Less than 65a 25g 300mg Saturated Fat Less than 20g Cholesterol Less than 300ma 2,400mg 2,400mg Sodium Less than 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.





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<u>NOTES</u>

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