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

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.

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

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	In Pantry After Opening	
	,	Opening		
Spices, whole or ground	2-3 years total	, ç	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 &	Use by date	Refrigerate open jars		
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 A			In Pantry After Opening	
Baking powder	6 mont	hs	Орення		3 months	
Baking soda	18 mon				6 months	
Cornmeal, regular,	6-12 mg		12 months			
determinated						
stone ground or blue	1 mont	h	2-3 months			
Flour, white	6-12 m	onths			6-8 months	
Flour, whole wheat	1 mont	h	6-8 months			
Condiments	Unop	ened in Pantry	Refrigerator A		In Pantry After Opening	
Mayonnaise,	2	-3 months	2 months	5		
commercial						
		Foods Purch	ased Frozen			
Frozen items						
Juice concentrates 6		6-12 months	7-10 da			
Vegetables	8 months			3-4 days		
		Foods Purchase	ed Refrigerated			
Meat						
Ground meat		1-2 days	3-4 mon		nths	
Product		Refrig	erated		Frozen	
Beverages, fruit						
Juice in cartons, fruit drin	ks,	3 weeks, unoper	ned	8-12 months		
punch		7-10 days open	· ·			
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 montl	hs	
		•	3-4 weeks opened			
Parmesan, shredded		1 month opened			3-4 months	
Shredded cheddar		1 month		3-4 moi		
Eggs in shell		3-5 weeks		Do not		
Raw whites, yolks*		2-4 days			12 months	
Milk, plain or flavored		1 week	3 months 1-2 months			
yogurt		7-14 days		T-7 moi	ntns	

^{*}when freezing egg yolks, beat in either $\frac{1}{2}$ teaspoon salt or $\frac{1}{2}$ teaspoons sugar or corn syrup per $\frac{1}{2}$ 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

9 cups flour

2 2/3 cups powdered dry milk

1/3 cup baking powder

1/4 cup sugar

1 Tablespoon salt

1 2/3 cups shortening

Makes 36 serving

Instructions

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

Notes:

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

Nutrition Facts

Serving Size 1/3 cup Servings Per Container about 36

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

diet. Your daily values may be higher or low depending on your calorie needs: Calories: Total Fat 80g 65g Less than 25g 300mg Saturated Fat Less than Cholesterol 300mg Less than 2,400mg 2,400mg Sodium Less than Total Carbohydrate 300g 375g Dietary Fiber

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

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

41% calories from fat

(Exempt from recipe policy/ingredient)

Source: Cornell Cooperative Extension Schoharie and Otsego Counties

April 2010







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Cream of Carrot Soup

Ingredients

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

Makes 5 servings

Instructions

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

Note:

 Season with salt and pepper if desired.

Nutrition Facts

Serving Size 3/4 cup Servings Per Container 5

Amount Per Servin	9
Calories 170	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fa	t 3g 15 %
Trans Fat 0g	
Cholesterol 15	mg 5 %
Sodium 200mg	8%
Total Carbohy	drate 21g 7%
Dietary Fiber	1g 4 %
Sugars 16g	
Protein 10g	
Vitamin A 100%	• Vitamin C 6%
Calcium 40%	• Iron 4%
*Percent Daily Value	s are based on a 2,000 calorie

 depending on your calorie needs:

 Calories:
 2,000
 2,500

 Total Fat Saturated Fat Cholesterol
 Less than Less than Less than Less than Sodium
 20g
 25g

 Cholesterol Codium
 Less than Less than Less than Less than Sodium
 2,400mg
 2,400mg

diet. Your daily values may be higher or lower

27% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

March 2010







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Potato and Corn Chowder

Ingredients

4 cups raw, peeled, and diced potatoes

1/4 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.
- 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.
- 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

Calories 340	Calories fro	m Fat 40
	% [Daily Value
Total Fat 4.5g		7%
Saturated Fat	t 2.5g	13%
Trans Fat 0g		
Cholesterol 15r	mg	5%
Sodium 530mg		22%
Total Carbohyo	drate 64g	21%
Dietary Fiber	4g	16%
Sugars 14g		
Protein 10g		
Vitamin A 8%	 Vitamin 	C 30%
Calcium 20%	• Iron 4%	

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

Ingredients

- 1 pound lean ground beef 1 cup diced onion
- 2 cups cubed, raw potatoes
- 2 cups diced carrots
- ½ cup diced celery
- 1 (28-ounce) can diced tomatoes
- ½ cup uncooked white rice
- 6 cups water
- ½ teaspoon thyme
- 1/4 teaspoon basil
- ½ teaspoon salt
- 1/8 teaspoon pepper

Makes 6 Servings

Instructions

- 1. Prepare vegetables as directed in recipe. Reserve.
- 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.

Notes:

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

Nutrition Facts

Serving Size 1 1/2 cup Servings Per Container 6

Oct villigs i ci			
Amount Per Ser	ving		
Calories 270) Cal	ories fror	n Fat 70
		% D	aily Value*
Total Fat 8g			12%
Saturated	Fat 3g		15%
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium 570	mg		24%
Total Carbol	hydrate	31g	10%
Dietary Fib	er 3g		12%
Sugars 7g			
Protein 19g			
Vitamin A 90	% •	Vitamin (C 60%
Calcium 6%	•	Iron 20%	·)
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol	Less than Less than Less than	65g 20g 300mg	80g 25g 300mg

27% calories from fat

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

300mg 2,400mg

300g

2,400mg

375g

Dietary Fiber

Sodium Total Carbohydrate

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 <u>Quick</u> <u>Cook</u> 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.
- 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.
- 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

Cal	ories	from	Fat 35
		% Dail	y Value*
			5%
2g			10%
ng			3%
			13%
rate	40g		13%
13g			52%
•	Vitan	nin C	2%
	2g ng rate	2g ng rate 40g	2g ng rate 40g

*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	Less than Less than	65g 20g	80g 25g	
Cholesterol	Less than	300mg	300mg	
Sodium Total Carbohydr	Less than	2,400mg 300g	2,400mg 375g	
Dietary Fiber	25g	373g 30g		

• Iron 20%

Calcium 10%

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

14% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

March 2010







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Banana Muffins

Ingredients

3 cups Master Mix

2 Tablespoons sugar

1 egg, beaten

3/4 cup water

2 medium bananas, mashed

vegetable oil spray

Makes 12 muffins

Instructions

- 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.
- 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

Calories 210	Calories fro	m Fat 70
	% I	Daily Value
Total Fat 8g		12%
Saturated Fa	it 2g	10%
Trans Fat 1g		
Cholesterol 20)mg	7%
Sodium 390mg	3	16%
Total Carbohy	drate 29g	10%
Dietary Fiber	· 1g	4%
Sugars 7g		
Protein 5g		
Vitamin A 2%	 Vitamin 	C 4%
Calcium 10%	• Iron 8%)

diet. Your 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 Eat Less than 550 800

	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.

June 2010







t. 518.296.8310 f. 518.234.4305

Biscuits

Ingredients

2 cups flour (1²/₃ cups white flour + 1/₃ cup whole wheat flour)

2 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

1/4 cup butter

34 cup cold 1% milk

Makes 4 servings

Instructions

- In a medium bowl, add flours, baking powder, baking soda, and salt. Mix well.
- Add butter, cutting in with a pastry blender or two knives. Add milk all at once and stir quickly with a fork.
- Turn dough out on a floured surface and knead 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 minutes. Turn off heat and leave in oven for 15-20 minutes or until brown.

Note:

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

Nutrition Facts

Serving Size 2 biscuits Servings Per Container 4

Amount Per Servin	g	
Calories 350	Calories	from Fat 110
		% Daily Value*
Total Fat 13g		20%
Saturated Fa	at 8g	40%
Trans Fat 0g	l	
Cholesterol 35	īmg	12%
Sodium 990mg	3	41%
Total Carbohy	drate 51g	17%
Dietary Fiber	r 3g	12%
Sugars 2g		
Protein 9g		

Vitamin A 8% • Vitamin C 0%

Calcium 10% • Iron 15%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	300g	375g	
Dietary Fiber		25g	30g
Calorios por gra	m·		

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

33% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

June 2010







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Carrot Bake

Ingredients

3 cups grated carrots

2 cups cooked rice (white, brown *or* wild)

1 cup low fat cheddar cheese, shredded

½ cup 1% milk

2 eggs, beaten

2 Tablespoons onion, minced

½ teaspoon salt

1/4 teaspoon pepper

vegetable oil spray

2 Tablespoons parmesan cheese

Makes 6 servings

Instructions

- Prepare rice according to package instructions or use leftover rice.
- 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.

N	u'	tri	ti	0	n	Fa	cts

Serving Size 3/4 cup Servings Per Container 6

Amount Per Sei	rving			
Calories 16) Cal	ories fron	n Fat 35	
		% Da	aily Value	
Total Fat 4g			6%	
Saturated	Fat 1.5g		8%	
Trans Fat	0g			
Cholesterol	75mg		25%	
Sodium 380	mg		16%	
Total Carbo	hydrate :	22g	7%	
Dietary Fi	ber 3g		12%	
Sugars 4g	J			
Protein 9g				
Vitamin A 19	00% • '	Vitamin 0	C 6%	
Calcium 15%	′о •	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 Saturated Fat Cholesterol Sodium	Less than Less than Less than Less than	65g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg	

23% calories from fat

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

Total Carbohydrate

Dietary Fiber

Source: The New Mother Hubbard's Cupboard Cookbook.

March 2010

375g







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Cornmeal Rolls

Ingredients

31/2 cups flour

1/4 cup sugar

1½ teaspoons salt

1 package active dry yeast

1 cup 1% milk

1/4 cup shortening

1 egg

34 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.
- 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.
- 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.
- 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.

N	u	tr	į.	ti	0	n	F	a	C	ts

Serving Size 1 roll Servings Per Container 24

Calories 110	Calories fro	m Fat 25
	%	Daily Value*
Total Fat 2.5g		4%
Saturated Fa	nt 0.5g	3%
Trans Fat 0g		
Cholesterol 10)mg	3%
Sodium 160mg	3	7 %
Total Carbohy	drate 19g	6%
Dietary Fiber	⁻ 1g	4%
Sugars 2g		
Protein 3g		
Vitamin A 0%	 Vitamin 	C 0%
Calcium 2%	• Iron 6%	

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

20% calories from fat

Calories:

Less than

Less than

Less than

Less than

65a

300ma

300g

Total Fat

Sodium

Cholesterol

Saturated Fat

Total Carbohydrate Dietary Fiber

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

March 2010

2,500

25g 300mg 2,400mg

80g





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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 veast

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 1/2 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 Ser	ving				
Calories 180) Ca	ories fron	n Fat 20		
		% Da	ily Value*		
Total Fat 2.5	5g		4%		
Saturated	Fat 1.5g	l	8%		
Trans Fat	0g				
Cholesterol	5mg		2%		
Sodium 150	Sodium 150mg 6%				
Total Carbo	hydrate	34g	11%		
Dietary Fil	per 1g		4%		
Sugars 2g					
Protein 5g					
Vitamin A 2%	6 ·	Vitamin 0	0%		
Calcium 2%	•	Iron 10%			
*Percent Daily Va diet. Your daily v depending on yo	alues may l	oe higher or			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g		

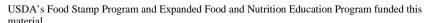
13% calories from fat

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

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

June 2010







t. 518.296.8310 f. 518.234.4305

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.

N	u	tr	itio	n	Fact	S
_						

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	t 1g	5%
Trans Fat 0g		
Cholesterol 40	mg	13%
Sodium 610mg		25%
Total Carbohyo	drate 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:

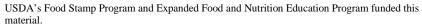
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
Calories per grai	m:		
Fat 9 • (Carbohydrate	4 • Prot	ein 4

25% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

June 2010







t. 518.296.8310 f. 518.234.4305

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 Se	rving		
Calories 80	C	alories fro	m Fat 0
		% Da	aily Value
Total Fat 0g			0%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 15n	ng		1%
Total Carbo	hydrate	21g	7%
Dietary Fi	ber 2g		8%
Sugars 15	5g		
Protein 1g			
Vitamin A 40)% •	Vitamin (C 15%
Calcium 2%	•	Iron 2%	
*Percent Daily V diet. Your daily v depending on yo	alues may l	e higher or	
Total Fat Saturated Fat Cholesterol Sodium	Less than Less than	65g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg

0% calories from fat

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

Total Carbohydrate Dietary Fiber

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

March 2010







t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

Pineapple Baked Apples

Ingredients

4 medium apples

½ cup crushed canned pineapple, in juice

Makes 4 servings

Instructions

- Drain pineapple, set juice aside.
- 2. Wash apples, core without cutting through to bottom. Place apples in microwave safe dish.
- 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	9 0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydra	te 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:

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 Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • (Carbohydrate	4 • Prote	ein 4

0% calorie from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

June 2010







t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

Potato Salad with Boiled Dressing

Ingredients

- 2 Tablespoons flour
- 1 Tablespoon sugar
- 1 teaspoon salt
- 1 egg
- 1 cup1% 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.
- In a small saucepan on low heat, combine the first 3 ingredients, add the egg and mix well.
- Gradually stir in milk and continue cooking on low heat for 8 minutes or until thickened, stirring constantly.
- Remove from heat and stir in the vinegar and melted butter. Cool, cover and chill. Thin if necessary with 1% milk.
- 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	Calc	ories from Fat 4	1 5
		% Daily Valu	e*
Total Fat 5g		8'	%
Saturated Fa	t 3g	15	%
Trans Fat 0g			
Cholesterol 50	mg	17	%
Sodium 450mg		19'	%
Total Carbohyo	drate 2	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 Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gram:			

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

26% calories from fat

Source: Cornell Cooperative Extension Office Schoharie and Otsego Counties.





t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

Scalloped Tomatoes

Ingredients

1 (28-ounce) can diced tomatoes

1/4 cup onion, minced

½ teaspoon salt

dash of pepper

4 slices whole wheat bread, cubed

2 Tablespoons butter, melted

2 Tablespoon parmesan cheese

vegetable oil spray

Makes 6 servings

Instructions

- In a medium bowl, combine tomatoes, onion, salt, and pepper. Set aside.
- 2. Cut bread into bitesize cubes, set aside.
- Prepare 1½ quart casserole dish with vegetable oil spray.
- 4. Melt the butter, set aside.
- 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.

Notes:

For added flavor add 2 - 4
 Tablespoons minced or
 chopped green pepper in step 1.

Nutrition Facts

Serving Size 3/4 cup Servings Per Container 6

Amount Per Sei	rving		
Calories 100) Ca	lories fron	n Fat 25
		% Da	aily Value*
Total Fat 3g			5%
Saturated	Fat 1.5g	J	8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium 600	mg		25%
Total Carbo	hydrate	14g	5%
Dietary Fil	oer 2g		8%
Sugars 5g	1		
Protein 4g			
Vitamin A 15	5% •	Vitamin (35%
Calcium 6%	•	Iron 6%	
*Percent Daily Vadiet. Your daily value depending on your daily value.	alues may l	be higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra	Less than Less than	65g 20g 300mg	80g 25g 300mg 2,400mg 375g

27% calories from fat

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

Dietary Fiber

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

March 2010





t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

Waldorf Salad

Ingredients

1/3 cup raisins

2 Tablespoons sugar, divided

4 medium apples, chopped

1 stalk celery, chopped

½ cup low-fat plain yogurt

3 Tablespoons light mayonnaise

3 Tablespoons cider vinegar

Makes 6 servings

Instructions

- 1. Chop apples and celery.
- In a large bowl combine raisins, 1 Tablespoon sugar, apples and celery. Mix well, set bowl aside.
- 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 ¼ cup chopped walnuts if desired.

Ν	u	tri	iti	on	Fa	ıcts
_		<u> </u>				

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	t 0.5g	3%
Trans Fat 0g		
Cholesterol 5m	ng	2%
Sodium 85mg		4%
Total Carbohyo	drate 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 Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
Calories per grai	m:		
	Carbohydrate	4 • Prot	ein 4

19% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

January 2010







t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

Chicken Patties

Ingredients

1 (12-ounce) can chicken drained and flaked

1½ 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

- In a medium bowl, combine drained, flaked chicken, ¾ cup breadcrumbs, egg, mayonnaise, and onion. Mix ingredients together and form mixture into six patties.
- 2. Place remaining ¾ cup breadcrumbs in a shallow dish, dipping patties to coat both sides.
- 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.

Nutrition Facts

Serving Size 1 Pattie Servings Per Container 6

Amount Per Serving	
Calories 260	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat	2.5g 13 %
Trans Fat 0g	
Cholesterol 65n	ng 22 %
Sodium 370mg	15%
Total Carbohyd	rate 21g 7%
Dietary Fiber	1g 4 %
Sugars 2g	
Protein 19g	
Vitamin A 4%	Vitamin C 0%
Calcium 6%	• Iron 10%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g
Calories per grai			
Fat 9 • (Carbohydrate	4 • Prot	ein 4

35% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

March 2010







t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

Garbanzo Bean Burgers

Ingredients

1 (19-ounce) can garbanzo* beans

1 stalk celery, finely chopped

1 carrot, finely chopped

1/4 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.
- Drain and rinse beans, place in a large bowl and mash with potato masher.
- 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.
- 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

Calories 150) Cal	ories fro	m Fat 25
		% I	Daily Value [*]
Total Fat 2.5	ōg		4%
Saturated	Fat 0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium 290	mg		12%
Total Carbo	hydrate :	26g	9%
Dietary Fil	per 5g		20%
Sugars 1g	l		
Protein 5g			
Vitamin A 40	ı% • '	Vitamin	C 8%
Calcium 4%	•	Iron 8%	1
*Percent Daily Vadiet. Your daily value on your daily value on your daily value.	alues may b	e higher o	
Total Fat Saturated Fat	Less than Less than	65g 20g	80g 25g

300mg

300g

300mg

375g

2,400mg

15% calories from fat

Less than

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

Cholesterol

Dietary Fiber

Sodium Lo Total Carbohydrate

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

June 2010





t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

Impossible Vegetable Pie

Ingredients

1 cup water

1 (16-ounce) bag frozen mixed vegetables

½ cup onion, chopped

½ cup low fat shredded cheddar cheese

1½ cups 1% milk

3/4 cup Master Mix

3 eggs

1/4 teaspoon salt

1/4 teaspoon pepper

vegetable oil spray

Makes 6 servings

Instructions

- 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.
- 4. In a blender or separate bowl, beat next 5 ingredients until smooth, (15 seconds in blender on high speed or 1 minute with hand beater.) Pour over vegetable mixture in pie pan. Do not stir.
- 5. Bake in 400° F oven, about 35-40 minutes *or* until golden brown and knife inserted in the center comes out clean. Let stand 5 minutes before serving. Refrigerate any leftover pie.

Note:

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

Nutrition Facts

Serving Size 1 piece Servings Per Container 6

Calories 290	Calories fro	m Fat 10
	%	Daily Value
Total Fat 11g		17 %
Saturated Fa	ıt 3.5g	18%
Trans Fat 1g		
Cholesterol 11	0mg	37%
Sodium 580mg	9	24%
Total Carbohy	drate 35g	12%
Dietary Fiber	· 3g	12%
Sugars 9g		
Protein 13g		
Vitamin A 20%	 Vitami 	n C 8%
Calcium 25%	• Iron 15	5%

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

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

34% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

June 2010







t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

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

- 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

Amount Per Ser	ving		
Calories 210) Cal	ories from	Fat 80
		% Da	ily Value'
Total Fat 9g			14%
Saturated	Fat 4g		20%
Trans Fat	0g		
Cholesterol	45mg		15%
Sodium 380	mg		16%
Total Carbo	hydrate	18g	6%
Dietary Fil	•		8%
Sugars 4g			
Protein 13g			
- Totom rog			
Vitamin A 2%	6 ·	Vitamin C	8%
Calcium 2%	•	Iron 8%	
*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	Less than Less than		80g 25g 300mg 2,400mg 375g 30g

39% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.







t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

Split Pea and Rice Supper

Ingredients

1 cup dry split peas

½ cup uncooked white rice

21/2 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.
- Put dry peas, rice, water, and salt in a large pot. Cover and heat to a boiling: boil 4 minutes.
- 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	9 0%
Sodium 400mg	17%
Total Carbohyd	rate 33g 11%
Dietary Fiber 9	9g 36 %
Sugars 3g	
Protein 9g	
Vitamin A 25%	Vitamin C 2%
O-1-i 20/	Inom 100/

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 85g Saturated Fat Less than 20g 25g Cholesterol Less than 300mg 300mg

0% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

June 2010







t. 518.234.4303 t. 518.296.8310 f. 518.234.4305

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

1/4 cup 1% milk

1 (10½-ounce) can condensed cream of mushroom soup

¼ cup grated parmesan cheese

Makes 6 servings

Instructions

- Toast bread; arrange slices in a 13x9x2 baking pan. Set pan aside.
- Drain tuna, put in a medium mixing bowl, break into large pieces. Add peas and toss to combine. Set aside.
- 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.
- 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 Ser	ving		
Calories 240) Cal	ories fro	m Fat 60
		% D	aily Value*
Total Fat 7g			11%
Saturated	Fat 2g		10%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium 900	mg		38%
Total Carbo	hydrate:	22g	7%
Dietary Fil	per 4g		16%
Sugars 5g	ı		
Protein 22g			
Vitamin A 6%	6 • '	Vitamin	C 8%
Calcium 10%	, ·	Iron 15%	ó
*Percent Daily Vadiet. Your daily value on your daily value on your daily value.	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol	Less than Less than Less than	65g 20g 300mg	80g 25g 300mg

300g

375g

26% calories from fat

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

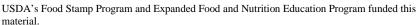
Sodium Le Total Carbohydrate

Dietary Fiber

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

August 2010







t. 518.296.8310 f. 518.234.4305

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

34 cup 1% milk

Makes 12 servings

Instructions

- In a small bowl combine sugar and cinnamon, set aside.
- 2. Prepare a 13x9x2 inch baking dish with vegetable oil spray.
- 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.
- 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	Ca	lories from	Fat 15
		% Dai	ly Value
Total Fat 2g			3%
Saturated Fat	0g		0%
Trans Fat 0g			
Cholesterol 20n	ng		7%
Sodium 250mg			10%
Total Carbohyd	rate	28g	9%
Dietary Fiber 1	1g		4%
Sugars 14g			
Protein 3g			
Vitamin A 2%	•	Vitamin C	2%
Calcium 4%	•	Iron 4%	
*Percent Daily Values diet. Your daily values depending on your cal Calo	may orie n	be higher or lo	
Saturated Fat Less	than than than	65g 20g 300mg	80g 25g 300mg

13% calories from fat

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

Total Carbohydrate

Dietary Fiber

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

November 2010

2,400mg

300g





t. 518.296.8310 f. 518.234.4305

Carrot Squares

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

½ teaspoon salt

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

Makes 30 servings

Instructions

- 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.
- In a separate bowl sift together the flour, baking powder, and salt; add the flour mixture and carrots to sauce pan. Stir until blended.
- 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 Sei	villg		
Calories 70	Cal	ories fron	n Fat 20
		% Da	aily Value
Total Fat 2.5	5g		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	1		
Protein 1g			
Vitamin A 25	i% •	Vitamin (00/
			J U /0
Calcium 2%	•	Iron 2%	
*Percent Daily Value of the Val	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than	65g	80g 25g 300mg 2,400mg 375g 30g

32% calories from fat

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

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

January 2010







t. 518.296.8310 f. 518.234.4305

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

- 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 equals1 fruit exchange.
- If desired can put in a fancy dish or individual dishes before chilling.

Nutrition Facts	S
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Serving Size 1 cup Servings Per Container 4

Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat	0g 0 %
Trans Fat 0g	
Cholesterol 0m	g 0 %
Sodium 60mg	3%
Total Carbohyd	rate 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 Carbohydr	ate	300g	375g
Dietary Fiber		25g	30g
Calories per gra	m:		

Fat 9 • Carbohydrate 4 • Protein 4

0% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

June 2010







t. 518.296.8310 f. 518.234.4305

Rice Pudding

Ingredients

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.

Instructions

- Use leftover rice or cook 1 cup of dry rice ahead of time.
- 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.
- 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 Ser	ving		
Calories 200) Cal	ories fron	n Fat 35
		% Da	ily Value*
Total Fat 4g			6%
Saturated	Fat 2.5g		13%
Trans Fat	0g		
Cholesterol	50mg		17%
Sodium 190	mg		8%
Total Carbo	hydrate	34g	11%
Dietary Fil	per 1g		4%
Sugars 19	g		
Protein 7g			
Vitamin A 6%	6 •	Vitamin (2%
Calcium 15%	, •	Iron 6%	
*Percent Daily Va diet. Your daily va depending on you	alues may b	e higher or	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

18% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

June 2010







<u>NOTES</u>

<u>NOTES</u>