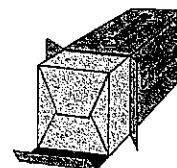


Cooking with Processed Cheese



Cheese is a source of protein, which helps our bodies grow and stay healthy. Another nutrient found in cheese is calcium, which helps keep our bones and teeth strong.

Uses

There are many ways to enjoy processed cheese. It can be sliced and placed on a cracker, on a hamburger or on bread to make a grilled cheese sandwich. You can also add shredded cheese to scrambled eggs and casseroles.

How to store it

For best taste, store processed American cheese in the refrigerator. Keep it in the package it comes in until you are ready to use it.

Once you have opened it, wrap the cheese in aluminum foil, plastic freezer paper or freezer bags. Use within 3 to 4 weeks.

The cheese can be stored in the freezer for up to 4 months.

Easy Macaroni and Cheese (makes 6 servings, about $\frac{3}{4}$ cup each)

What you need

- 1 tablespoon butter or margarine
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ teaspoon salt
- 2 cups milk
- $1\frac{1}{2}$ cups processed cheese, cut into 1-inch cubes
- $1\frac{1}{4}$ cups skim milk
- 3 cups cooked macaroni

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Melt the margarine or butter in a saucepan.
3. Mix in the flour and salt.
4. Add the milk slowly, stirring all the time, and cook it over a medium heat until the sauce starts to boil.
5. Lower the heat and cook until the sauce thickens, about 3 minutes.
6. Add the cheese and stir it until it is melted.
7. Mix in the cooked macaroni and stir it until the macaroni is heated.

Note: You can also add a 6-ounce can of tuna and 1 cup of frozen or drained canned peas for a quick and easy no-bake tuna casserole. Just use 2 cups of skim milk instead of $1\frac{1}{4}$ cups.

Prepared by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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Cooking with Macaroni



Macaroni is a type of pasta. It is low in fat but high in carbohydrate, a nutrient that our body needs for energy. Macaroni is also a source of many B vitamins.

A serving size is 1/2 cup.

Uses

Macaroni can be mixed with a tomato, meat or cheese sauce. You can also use it in soups, salads and casseroles.

How to prepare it

To cook macaroni, bring a large pot of water to a boil. Add the dry macaroni and stir it. Bring the water back to a boil and cook it for about 8 minutes or until the macaroni is tender but firm.

If the macaroni is to be used in a dish that needs further cooking, undercook the macaroni slightly.

How to store it

Store dry macaroni in a cool and dry place. For best quality, use it within 1 year.

Leftover cooked macaroni should be placed in a covered container and stored in the refrigerator. Use it within 3 days.

To keep macaroni from sticking when it is refrigerated, add a small amount of vegetable oil to the cooked macaroni.

Chili Macaroni (makes 4 servings, 1 1/2 cup each)

What you need

- 1/2 to 1 pound ground beef
- 1/4 cup chopped onion (if you like)
- 1/4 cup chopped celery (if you like)
- 15- or 16-ounce can diced tomatoes
- 15- or 16-ounce can pinto or red beans, drained
- 1 cup uncooked macaroni
- 1 1/2 cups water
- 2 to 3 teaspoons chili powder (if you like)
- 1/4 teaspoon garlic powder (if you like)
- 1 cup grated cheddar cheese (if you like)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a large skillet, cook the beef, onion and celery until the beef is well browned; drain the fat from it.
3. Add the remaining ingredients. Bring it to a boil, reduce the heat and let it simmer for about 20 minutes or until the mixture is thickened and the macaroni is tender.
4. Add the grated cheese. Stir it until the cheese is melted.

Tip: If you don't have chili powder or garlic powder, use 1/3 to 1/2 of a package of taco seasoning mix.

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Prepared by Jenna Anding, Assistant professor and Extension Nutrition Specialist, The Texas A&M University System.

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Cooking with White Rice (not instant)



Rice is a great-tasting grain food. Most of the rice today has added B vitamins to help our bodies stay healthy. Rice is also fat-free, cholesterol-free and sodium-free.

A serving size of cooked rice is $\frac{1}{2}$ cup. This is about enough to fill a cupcake wrapper.

Uses

You can use rice as a side dish or include it in casseroles, soups and salads. For pennies per serving, let red beans and rice be the main part of a meal.

How to store it

Store rice in an airtight container and keep it in a cool, dry place. This will help protect the rice from moisture and insects. Use within 2 years.

Once cooked, store in a covered container in the refrigerator and use within 1 week.

Cooked rice can also be frozen for later use. Store it in freezer containers and use within 6 to 8 months.

How to prepare it

Rice is often packaged in a 2-pound bag. One pound of rice is equal to about $2\frac{1}{3}$ cups of uncooked rice. One cup of uncooked rice makes about 3 cups of cooked rice (6 servings).

To make rice, mix the following ingredients in a medium saucepan:

- 1 cup uncooked rice
- 1 tablespoon margarine (if you like)
- 2 cups water
- $\frac{1}{2}$ teaspoon salt (if you like)

Bring the contents to a boil and stir once or twice. Reduce the heat, cover the saucepan and simmer for 15 minutes or until the rice is tender.

Note: Some people rinse or wash rice before cooking. Doing this removes many of the nutrients added to rice. Packaged rice is clean and does not have to be rinsed or washed before cooking.

Rice Salad (makes 6 servings)

What you need

- 3 cups cooked rice, cooled
- 2 hard-cooked eggs, chopped
- $\frac{1}{2}$ cup mayonnaise-type salad dressing
- $\frac{1}{2}$ cup finely chopped green onions
- $\frac{1}{2}$ cup chopped sweet pickles
- 1 teaspoon prepared mustard
- ground black pepper (as much as you like)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Combine the rice, eggs, mayonnaise, onions, pickles, mustard and pepper in a large bowl.
3. Toss the ingredients to mix them completely.
4. Chill the salad.

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Cooking with Ground Beef

Ground beef is 100 percent beef that is ground up and packaged. It is a great source of protein, vitamin B₁₂, iron and zinc.

A serving size is 3 ounces, which is about the size of a deck of playing cards.

Uses

You can add ground beef to many recipes, including spaghetti, tacos and meat loaf. Ground beef also makes tasty hamburgers.

A 1-pound package of ground beef will make four hamburger patties.

How to store it

Keep frozen ground beef in the freezer until you are ready to use it. For best taste, use it by the "best if used by" date on the package.

How to thaw it

Thaw ground beef by placing it on a plate on the lowest shelf in the refrigerator. The plate will catch any juices that might spill on other foods.

It takes about 24 hours for frozen ground beef to thaw in the refrigerator.

Once the ground beef is thawed, use it within one day.

Note: Never leave frozen ground beef out on the counter to thaw. Even when cooked, beef that has been thawed at room temperature can make you sick.

Cooking it safely

When cooking hamburgers, make sure the inside of the patty is cooked to 160 degrees F. Use a food thermometer to measure the temperature of the patty.

For dishes that contain ground beef, cook the beef before mixing with other ingredients.

How to store cooked ground beef

Leftover food made with ground beef should be placed in the refrigerator right away to prevent it from spoiling. Use it within 3 days.

Reheat foods with ground beef until they are steaming hot, or have an inside temperature of 165 degrees F.

Spanish Rice with Ground Beef (makes 5 servings, 1 cup each)

What you need

- 1 pound ground beef (thawed)
- 1 small onion, chopped
- 1 small bell pepper, chopped
- 2 stalks of celery, chopped (if you like)
- 15-ounce can tomato sauce
- ½ cup rice, uncooked (not instant)
- 1 cup water

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Brown the ground beef in a skillet; drain the excess grease.
3. Add the onion, bell pepper and celery and cook them for 5 minutes.
4. Add the tomato sauce, rice and water.
5. Reduce the heat.
6. Cover and simmer it for about 30 minutes.

Adapted from *Commodity Fact Sheet for USDA Household Programs: Finely Ground Beef*
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Cooking with Peanut Butter

Peanut butter is a food made from peanuts. Although it is high in fat, peanut butter is a source of protein, magnesium and niacin. These nutrients help us grow and give us energy.

A serving size of peanut butter is 2 tablespoons. This amount is about the size of a Ping-Pong ball.

Uses

Peanut butter and jelly sandwiches are a favorite with both children and adults. You can also use it to make cookies and bread.

Note: Because young children can choke on peanut butter, it is best not to give it to children under 2 years old.

How to store it

Store unopened jars of peanut butter in the pantry and use them within 6 to 9 months for best taste. After a jar is opened, use within 2 to 3 months.

Storing opened jars of peanut butter in the refrigerator may help preserve it a little longer, but it will also make it harder to spread.

Crispy Peanut Squares (makes 2 dozen treats)

What you need

3 tablespoons butter or margarine
10-ounce package of miniature marshmallows
½ cup peanut butter
6 cups crispy rice cereal

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Use 1 tablespoon of butter or margarine to grease the bottom of a 13- by 9- by 2-inch pan.
3. Melt the other 2 tablespoons of butter in a large saucepan on low heat. Add marshmallows and stir them until they are melted completely. Remove the pan from the heat. Add peanut butter and stir it until it is blended.
4. Add the crispy rice cereal and stir it until the cereal is mixed with the peanut butter.
5. Using the back of a spoon, press the mixture into a buttered pan. Cover and refrigerate it for 30 minutes before cutting it.

Peanut Butter Bread (makes 1 loaf)

What you need

2 cups all-purpose flour
½ cup sugar
2 teaspoons baking powder
1 teaspoon salt
¾ cup peanut butter
1 egg, well beaten
1 cup skim milk

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a bowl, mix together the flour, sugar, baking powder and salt.
3. Cut in the peanut butter with a fork.
4. Add the egg and milk and stir it enough to moisten the dry ingredients.
5. Pour the mixture into a greased loaf pan. Bake it at 350 degrees F for about 50 minutes or until a toothpick placed in the center comes out clean. Serve warm.

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Cooking with Cornmeal



Cornmeal is made from ground white and yellow corn. It is a good source of energy, B vitamins and iron.

Use corn meal:

- To make corn bread
- As a coating mix for meats, fish and poultry before baking or frying
- To add texture and taste to casseroles

How to store it

Place cornmeal in an airtight container and store in a cool, dry place to keep out moisture and insects. Use within 6 to 12 months.

Note: During warm months, you can also store cornmeal in the refrigerator to keep it fresh.

Tamale Pie (makes about 4 servings)

What you need

- 1 pound ground beef
- ½ cup chopped onions
- 14- to 15-ounce can whole kernel corn (with the liquid)
- 8-ounce can tomato sauce
- ½ teaspoon chili powder
- ½ cup cornmeal
- ½ cup water
- ½ to 1 cup shredded cheddar cheese (if you like)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Cook the ground beef and onion in a skillet until the ground beef is crumbly; drain off any excess fat.
3. In a bowl, mix the corn, tomato sauce, chili powder, cornmeal and water. Add the cooked ground beef and onion.
4. Place mixture in a casserole dish and bake at 350 degrees F for 45 minutes.
5. Remove the dish from the oven. Sprinkle the cheese on the top.
6. Bake the casserole for 10 minutes or until the cheese is melted.

Cornmeal Mix (makes about 5¾ cups of mix)

What you need

- 2 cups cornmeal
- 2 cups all-purpose flour
- ¾ cup instant nonfat dry milk
- ¼ cup granulated (white) sugar
- 2 tablespoons baking powder
- 1 teaspoon salt
- ½ cup shortening

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the dry ingredients thoroughly.
3. Mash in the shortening with a fork until the shortening is the size of tiny crumbs and is evenly mixed with the dry ingredients.
4. Store it in an airtight container in the refrigerator and use within 3 months.

Cornbread (makes 12 servings, each 2 by 2½ inches)

What you need

- 1 egg
- 1 cup water
- 2½ cups cornmeal mix
(see recipe above)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the egg and water thoroughly. Stir the mixture into the cornbread mix until the dry ingredients are moist. The batter will be lumpy.
3. Pour the batter into a lightly greased 8- by 8-inch pan.
4. Bake at 400 degrees F for about 25 minutes or until the edges are brown and the center is firm.

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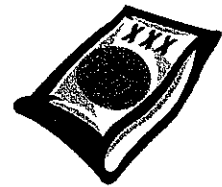
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Cooking with All-Purpose Flour



All-purpose flour is a type of flour that is best to use when you are making breads, biscuits, cakes, pastries and cookies. You can also use flour to thicken sauces and gravies.

Flour is often packaged in 5-pound bags (5 pounds of flour equals 17½ cups). To make flour more nutritious, B vitamins and iron are often added.

How to measure it

To measure flour, spoon it into a measuring cup until the flour overflows. Use the straight edge of a knife to level the flour at the top of the cup. You do not need to sift the flour, because most flour is sifted at the mill.

Using all-purpose flour instead of self-rising flour

If a recipe calls for self-rising flour, add 1½ teaspoons of baking powder and ½ teaspoon of salt to each cup of all-purpose flour you use.

How to store it

Store all-purpose flour in a cool, dry place. Once opened, store in an airtight container to keep out dust, moisture and insects. You may also store it in the refrigerator.

For best quality, use flour within 6 months after receiving it.

Quick Coffee Cake (makes about 6 servings)

What you need

3 tablespoons softened butter or margarine
 ½ cup granulated (white) sugar
 1 egg
 1 cup all-purpose flour
 1¼ teaspoons baking powder
 ¼ teaspoon salt
 ½ cup milk
 ¼ teaspoon vanilla
 ½ cup brown sugar, packed
 ½ teaspoon cinnamon
 ¾ cup raisins (if you like)
 ½ cup chopped nuts (if you like)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the butter or margarine with the sugar.
3. Add the egg and beat the mixture until it is creamy. Set it aside.
4. In another bowl, mix the flour, baking powder and salt.
5. Add the flour mixture and milk to the sugar mixture.
6. Add the vanilla, raisins, and nuts. Mix well.
7. Spread the batter evenly into a greased 8-inch baking pan.
8. Mix the brown sugar and cinnamon; sprinkle it over the batter.
9. Bake it at 350 degrees F for 25 to 30 minutes.

Tip: When you measure brown sugar, spoon or scoop the sugar into a dry measuring cup. Pack it down firmly with a spatula or spoon until it is level. Brown sugar should hold its shape when it is removed from the cup.

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Cooking with Oatmeal



Oatmeal is a grain product that is low in fat but rich in carbohydrate, a nutrient that our bodies need for energy. Oatmeal also has fiber, iron and B vitamins, which help keep us healthy.

One serving of cooked oatmeal is equal to ½ cup.

Uses

No time for breakfast? Try oatmeal. Not only is it easy to prepare, but it is inexpensive, too.

Oatmeal is also used in many baked goods, including muffins, breads and cookies. You can even add oatmeal to ground beef to make it go further.

How to store it

Store oatmeal in a cool, dry place. Use within 1 year. Once opened, store oatmeal in a covered container to keep out moisture, dust and insects.

Oatmeal Pancakes (makes about 8 pancakes)

What you need

- 1½ cups uncooked oatmeal
- 1 teaspoon baking soda
- ½ cup all-purpose flour
- 2 eggs, slightly beaten
- 2 cups buttermilk
- 1 tablespoon honey
- 1 tablespoon vegetable oil

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Combine oatmeal, baking soda and flour. Set it aside.
3. In another bowl, mix the eggs, buttermilk, honey and oil. Add it to the dry ingredients; mix until slightly moist.
Note: The batter may look a little thin.
4. Cook the pancakes on a nonstick or lightly oiled griddle or skillet.

Possible toppings for oatmeal pancakes: cinnamon, applesauce, or canned peaches.

Note: Honey should not be given to children under 2 years old.

Meat Loaf (makes 4 to 6 servings)

What you need

- 1 pound ground beef
- ¾ cup uncooked oatmeal
- 1 egg (beaten)
- ½ cup grated carrots (if you like)
- ¼ cup chopped onion (if you like)
- ¼ cup chopped green pepper (if you like)
- ¼ cup catsup
- ½ cup water
- salt (to your taste)
- black pepper (to your taste)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Combine all the ingredients; mix them well.
3. Pack the mixture firmly into an ungreased loaf pan.
4. Bake it at 350 degrees F for 1 hour. Let it stand for 5 minutes before slicing.

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Cooking with Dried Potatoes



Dried potatoes are uncooked potatoes with most of the water removed. They are a great source of vitamin C, which we need to stay healthy.

A serving size of cooked potatoes is ½ cup.

Uses

Cooked potatoes make a tasty vegetable dish. For added flavor, you can add salt and pepper along with small amounts of grated cheese, margarine or butter.

Be careful: Adding large amounts of cheese, butter or margarine can turn a low-fat vegetable, such as potatoes, into a high-fat dish.

How to store them

Store packages of dried potatoes in a cool, dry, place. After the package is opened, store the potatoes in an airtight container.

Store cooked potatoes in a covered dish in the refrigerator. Use within 3 days.

How to prepare them

To make four ½-cup servings of potatoes, you will need:

- 2 cups water
- 2 cups dried potatoes
- 1 medium-sized saucepan

Directions: Bring the water to a boil. Add the dried potatoes. Cook them on low heat for 20 minutes or until they are tender. Drain any excess water from the potatoes.

Note: If you are using dried potatoes in recipes that must be cooked longer after you add the potatoes, cook the potatoes for only 15 minutes.

Potato Soup (makes 4 servings, 1 cup each)

What you need

- 2 tablespoons butter or margarine
- 1 small onion, chopped
- ¼ cup chopped celery (if you like)
- 4 cups milk
- 8-ounce can whole kernel corn (if you like)
- 1 cup potato flakes
- Salt and pepper (to taste)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Melt the butter or margarine in a large saucepan.
3. Add the onion and celery, cook them until they are soft.
4. Add the milk and whole kernel corn and stir.
5. Heat the milk, onion and celery until the milk is hot but not boiling.
6. Turn off the heat and add the potato flakes until the soup is as thick as you like.
7. Add salt and pepper.

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Cooking with Dry Egg Mix



Dry egg mix is made from whole eggs. Eggs are a good source of protein, which helps our bodies grow and stay healthy.

A serving size is equal to $\frac{1}{4}$ cup of dry mix. A 6-ounce package will make 10 large eggs.

Uses

Egg mix can be used to make scrambled eggs. You can also use the mix in recipes such as cakes, muffins, cookies and casseroles.

How to store it

Store unopened bags of egg mix in a cool, dry place. Use them within 12 months.

Once a package has been opened, place the unused egg mix in a resealable bag or in an airtight container and store it in the refrigerator.

How to prepare it

To make liquid eggs, stir 1 part mix with 2 parts warm water. Use a fork to blend the egg mix and water.

If you use egg mix in a recipe, sift the dry egg mix in with the other dry ingredients. Add the required amount of water to the other liquid ingredients listed in the recipe.

If you need one egg: Use 3 tablespoons of dry mix and 6 tablespoons water.

If you need two eggs: Use $\frac{1}{2}$ cup of dry mix and $\frac{2}{3}$ cup water.

Do not use the egg mix in foods that are not cooked.

Note: After you add water to the egg mix, use it right away or throw it away. To avoid waste, prepare only the amount of dry egg mix you need.

Scrambled Eggs (makes 5 servings, $\frac{1}{4}$ cup each)

What you need

- 1½ cups warm water
- $\frac{3}{4}$ cup dry egg mix
- 2½ tablespoons fluid milk
- 1 teaspoon butter, margarine or vegetable oil
- $\frac{1}{4}$ teaspoon ground pepper

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Pour the water into a mixing bowl. Add the egg mix and blend it with a fork.
3. Add the milk and ground pepper.
4. Over medium heat, heat the butter, margarine or oil in a large skillet.
5. Pour in the egg mixture. Cook the eggs until they start to get firm on the bottom and around the edges.
6. Using a large spoon, stir the eggs for about 2 minutes or until the eggs are cooked firm.

Note: If you like, you can also add chopped green onions, tomatoes, grated cheese or salsa for added flavor.

Adapted from *Commodity Fact Sheet for USDA Household Programs: Dry Egg Mix*
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Cooking with Raisins



Raisins are grapes that have been dried. They are a low-fat source of energy.

A serving size is $\frac{1}{4}$ cup. This is about the size of a large egg.

Uses

Raisins are a great-tasting fruit snack. Add them to cooked oatmeal, cookies, breads and cakes for added flavor and nutrition.

Note: Young children easily choke on raisins. Do not to give raisins to children who are younger than 3 years.

How to store

For best quality, store unopened boxes of raisins in a cool, dry place. Once opened, store in an airtight container in the refrigerator to prevent moisture from spoiling the raisins. Use raisins within 6 months.

Easy Carrot and Raisin Salad (makes 6 servings)

What you need

2 cups grated carrots
 $\frac{1}{2}$ cup raisins
 $\frac{1}{4}$ cup mayonnaise-type salad dressing
Salt and pepper (if you like)

Note: Be sure to wash the carrots before you grate them.

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Place the raisins in a bowl of hot water for 15 minutes to soften them.
3. Drain the raisins.
4. Stir together the carrots, raisins, salad dressing, salt and pepper.
5. Chill it about 15 minutes before serving.

Oatmeal Raisin Muffins (makes 12 muffins)

What you need

$1\frac{1}{4}$ cups all-purpose flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
1 teaspoon cinnamon
1 cup uncooked oatmeal
1 cup skim milk
 $\frac{1}{3}$ cup brown sugar, packed
1 egg
 $\frac{1}{4}$ cup vegetable oil
 $\frac{1}{3}$ cup applesauce
 $1\frac{1}{4}$ cup raisins, unpacked

How to make it

1. Wash your hands; make sure the cooking area is clean.
2. Mix the flour, baking powder, baking soda, salt and cinnamon in a large bowl. Set it aside.
3. Stir in the oatmeal, milk, sugar, egg, oil, applesauce and raisins; mix it until the ingredients are moist.
4. Spoon the mixture into a greased muffin tin until it is $\frac{3}{4}$ full.
5. Bake the muffins at 350 degrees F for 25 minutes or until a toothpick inserted into a muffin comes out clean.

Tip: To measure packed brown sugar, spoon or scoop it into a dry measuring cup. Pack it down firmly with a spatula or spoon until level. Brown sugar should hold its shape when removed from the cup.

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Cooking with Green Beans



Green beans are a tasty low-fat vegetable. One serving is equal to ½ cup. A 15- to 16-ounce can of green beans will make about four servings.

After a can of green beans has been opened, place any leftovers in a plastic or glass container and store it in the refrigerator. Use it within 2 to 3 days.

How to store them

Store unopened cans of green beans in a cool, dry place. For best flavor, use canned green beans within 1 year.

Pick Your Own 3-Bean Salad (makes 4 to 6 servings)

What you need

3 15- to 16-ounce cans of canned beans, drained and rinsed. Pick from the following list of beans

Green beans	Kidney beans
Chickpeas (garbanzo beans)	Yellow wax beans
Black beans	Lima beans

2 green onions, finely chopped (if you like)
 ⅓ cup vegetable oil
 ⅓ cup sugar (if you like)
 ⅓ cup vinegar
 salt and pepper (to taste)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the 3 cans of beans with the onions. Set it aside.
3. In a bowl, mix together the oil, sugar, vinegar, salt and pepper. The sugar will not dissolve right away.
4. Add the oil and vinegar mixture to the beans and onions. Stir it gently so the oil and vinegar mixture coats the beans. Place the salad in the refrigerator for at least 4 or 5 hours before serving it.

Easy Green Bean Casserole (makes 6 to 8 servings)

What you need

2 15-ounce cans of green beans, drained
 10.5-ounce can cream of mushroom soup
 ¾ cup milk
 2.75-ounce can fried onion rings, divided in half
 black pepper (if you like)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a medium bowl, mix the green beans, soup, milk, ½ of the onion rings, and pepper. Pour it into a baking dish.
3. Bake it at 350 degrees F for 30 minutes.
4. Add the remaining onion rings and bake it for another 5 minutes or until the top of the casserole is brown.

Tip: To save money, buy the store brand of the fried onion rings if possible.

Prepared by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.
 Green bean casserole recipe courtesy of the Canned Food Alliance.



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Cooking with Prunes (Dried Plums)



Prunes are plums that have been dried. They are low in fat but high in fiber and vitamin A. They also give us other important nutrients such as iron and potassium.

Prunes are often packed in a 1-pound package. One serving is about 4 to 6 prunes.

Uses

Prunes make a great-tasting fruit snack for busy people. You can also use prunes in cakes, muffins and cookies.

How to store them

For best quality, store unopened boxes of prunes in a cool, dry place.

Once the box has been opened, store the prunes in an airtight container in the refrigerator to prevent spoilage. Use prunes within 6 months.

Oatmeal Prune Cookies (makes about 30 cookies)

What you need

½ cup shortening
½ cup packed brown sugar
½ cup granulated white sugar
2 eggs
1 teaspoon vanilla
1½ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
1 cup oatmeal (uncooked)
10 chopped prunes

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a large bowl, cream the shortening, brown sugar and granulated sugar until the mixture is smooth. Beat in the eggs and vanilla. Set it aside.
3. In a small bowl, mix the flour, baking soda and salt. Stir it into the creamed sugar and shortening mixture.
4. Stir in the oatmeal and chopped prunes.
5. Drop the batter by spoonfuls onto a lightly greased cookie sheet.
6. Bake the cookies at 350 degrees F for 12 to 15 minutes or until golden brown.
7. Remove the cookies from the cookie sheet and let them cool on a wire rack.

Tip: Soak the prunes in hot water for about 10 minutes to make them soft.

Tip: To measure packed brown sugar, spoon or scoop it into a dry measuring cup. Pack it down firmly with a spatula or spoon until level. Brown sugar should hold its shape when removed from the cup.

Prepared by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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Cooking with Corn Syrup



Corn syrup is a sweet-tasting food made from corn starch. It is often used to make sweets and desserts.

Corn syrup has no real nutritional value, but it is a source of energy. One tablespoon of corn syrup has about 56 calories.

How to store it

Store unopened corn syrup in a cool, dry place. Do not store it in the refrigerator, because this will make the syrup very thick and hard to use.

For best quality, use corn syrup within 1 year of receiving it.

Mock Pecan Pie (makes 8 servings)

What you need

- 1/2 cup sugar
- 1/4 cup (half a stick) melted butter or margarine
- 1 cup oats
- 1 cup corn syrup
- 1 teaspoon vanilla
- 2 eggs
- 9- to 10-inch unbaked pie shell

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the ingredients and pour the mixture into an unbaked pie shell.
3. Bake the pie for 45 minutes at 350 degrees F or until a knife inserted in the center comes out clean.
4. Cool the pie slightly so that it can be cut into 8 wedges; serve it warm.

Oat-Nut Chews (makes 36 bars, 2 inches each)

What you need

- 4 cups oats
- 1 1/2 cups chopped nuts
- 1 cup packed brown sugar
- 3/4 cup melted butter or margarine
- 1/2 cup corn syrup
- 1 teaspoon vanilla

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the oats, nuts, sugar, margarine, syrup and vanilla.
3. Press the mixture into a well-greased 9- by 13-inch pan.
4. Bake it at 450 degrees F for 15 to 18 minutes or until it is brown and bubbly.
5. Cool it completely and cut it into squares.

Tip: To measure packed brown sugar, spoon or scoop the sugar into a dry measuring cups. Pack it down firmly with a spatula or spoon until the top is level. Brown sugar should hold its shape when removed.

Adapted from Commodity Fact Sheet for USDA Household Programs: Corn Syrup, by Jenna Anding, Assistant professor and Extension Nutrition Specialist, The Texas A&M University System.

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Cooking with Dry Beans



Dry beans are nutritious and inexpensive. They are also very low in fat and sodium. Dry beans are great sources of fiber, folic acid, and protein. Cooked dry beans are also a good source of iron.

To get the most protein from the beans, serve them along with grain foods such as corn, rice or wheat.

A serving size of cooked dry beans is ½ cup.

Uses

Use beans as a tasty side dish or include it in casseroles, soups, and salads. Beans are often packaged in 1-pound bags. One pound of dry beans is equal to 2 cups. One cup of dry beans makes 3 cups of cooked beans (6 servings).

How to store them

Store dry beans in an airtight container and keep in a cool, dry place. For best taste, use them within 1 year of receiving them.

Cooked beans can either be frozen or refrigerated. Freeze cooked beans in a shallow (no more than 3 inches deep) airtight container and use them within 6 months.

Cooked beans stored in the refrigerator should also be stored in a shallow covered container. This helps the beans to cool more quickly and safely. Never place a large pot of cooked beans in the refrigerator or freezer. They may not cool fast enough to prevent someone from getting sick.

Store the cooked beans within 2 hours of preparation. Use them within 4 or 5 days.

Dry Beans (makes 6 servings, ½ cup each)

What you need

1 cup dry beans
1 small onion, chopped (if you like)
jalapeño pepper (if you like)
salt (to taste)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Rinse the beans with running water. Sort out any broken beans, pebbles or other objects that might be present. Rinse the sorted beans again.
3. Soak the beans: Place them in a large pot. For every 1 cup of dry beans, add 5 cups of water. Bring the beans and water to a boil and boil for 2 minutes. Remove them from the heat, cover the pot, and let it stand for 2 hours.
4. Drain the liquid from the beans and replace with fresh water (the same amount you used for soaking).
5. Add the onions and jalapeño peppers to the beans. Bring them to a boil, then reduce the heat and cook for about 2 hours or until the beans are tender. Add water as needed.
6. Add salt and serve.

Tip: Add salt when the dry beans are almost done cooking. If you add the salt when you start cooking the beans, they will be tough.

Prepared by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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Cooking with Trail Mix



Trail mix is made from dried cranberries, dates, figs, prunes and walnuts. It is often packed in 1-pound bags (2½ cups).

A serving size is about ¼ cup. Because it is made from dried fruit, trail mix is a great source of fiber.

Uses

Trail mix makes a quick and easy snack—just serve it right from the package. You can also add trail mix to your favorite breakfast cereals or muffin recipe.

How to store it

For best quality, store unopened packages of trail mix in a cool, dry place. Once a package is opened, store the trail mix in an airtight container. Use it within 6 months.

Trail Blazing Muffins (makes 12 muffins)

What you need

- ½ cup sugar
- ½ cup applesauce
- 2 tablespoons vegetable oil
- 1 egg
- ¼ cup milk
- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon cinnamon (if you like)
- ¾ cup trail mix

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Preheat the oven to 350 degrees F.
3. In a large bowl, mix sugar, applesauce, oil, egg and milk.
4. Add flour, baking soda, baking powder and cinnamon and mix it thoroughly.
5. Stir in the trail mix until it is moistened.
6. Spoon the mixture into a greased muffin tin and bake it for 20 to 25 minutes.

Nutty Fruit Squares (makes 24 bars)

What you need

- ½ cup all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- 2 eggs
- ½ cup sugar
- ½ teaspoon vanilla
- 1½ cups trail mix

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Preheat the oven to 350 degrees F.
3. Mix together the flour, baking powder and salt. Set it aside.
4. In another bowl, beat the eggs until they are foamy, then mix in the sugar and vanilla.
5. Add the dry ingredients to the eggs, sugar and vanilla. Mix them well.
6. Stir in the trail mix. Spread the mixture in a greased 9-inch-square pan. Bake it for 25 to 30 minutes. Cool and cut it into bars.

Adapted from *Commodity Fact Sheet for USDA Household Programs: Trail Mix* by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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Cooking with Cooked Ham



Ham is a good source of protein. The type of ham in the commodity program has no bones and is already cooked. The outside of the ham has a protective covering that must be removed before it is eaten.

Each ham weighs about 3 pounds and will make about 12 servings, each 3 ounces. A 3-ounce serving is about the size of a deck of playing cards.

Uses

Because the ham is already cooked, you can simply thaw it and slice it for sandwiches. You may also cut the ham in small pieces and serve it in a salad, or in an egg omelet.

How to store it

Store frozen ham in the freezer in its original package until it is ready to be used.

How to thaw it

Place the frozen ham on a plate and put it on the lowest shelf in the refrigerator. It may take up to 15 hours for the ham to thaw, so be sure to put the ham in the refrigerator the day before you want to use it. Once thawed, the ham should be eaten within 3 to 4 days.

Note: Even though the ham is already cooked, do not leave it out on the kitchen counter to thaw. If you thaw it at room temperature, you may get sick.

How to heat it

Place the ham in a heated oven (325 degrees F) for about 2 hours. The internal temperature of the ham should be 165 degrees F. The ham can be heated with or without the protective cover. Be sure to remove the cover before serving the ham.

Honey-Orange Glazed Ham (makes 12 servings, 3 ounces each)

What you need

- 1 orange (or ½ cup orange juice)
- ½ cup honey
- ⅛ teaspoon ground cinnamon (if you like)
- ⅛ teaspoon ground cloves (if you like)
- 3-pound fully cooked whole ham

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Peel and squeeze the orange; keep the juice.
3. Mix the juice, honey, cinnamon and cloves in a small bowl. Set it aside.
4. Remove the protective cover and place the ham in a shallow roasting pan.
5. Bake the ham at 325 degrees F for 1 hour and 15 minutes, or until the internal temperature reaches 165 degrees F.
6. Baste the ham with the honey-orange glaze. Cook it for another 45 minutes. Serve.

Adapted from *Commodity Fact Sheet for USDA Household Programs: Cooked Ham*
 by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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Cooking with Dry Spaghetti



Spaghetti is low in fat but high in carbohydrate, a nutrient that our bodies need for energy. Pasta is also a source of many B vitamins.

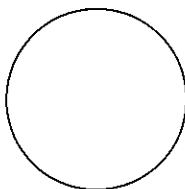
Uses

You can use spaghetti as part of a main meal or as a tasty side dish. When cooked, 1 pound of dry pasta makes about 9 cups. A serving size is $\frac{1}{2}$ cup.

How to measure it

A 1-inch diameter portion of dry spaghetti (shown to the right) will make about 2 cups of cooked spaghetti (4 servings of $\frac{1}{2}$ cup each).

If you cook more spaghetti than you need, you can store the leftovers in the refrigerator.



How to cook it

To cook spaghetti, bring a large pot of water to a boil (if you are cooking 1 pound of dry spaghetti, you will need at least 8 cups of water).

Add the dry spaghetti and stir. Bring the water back to a boil and cook for the amount of time listed on the package. Spaghetti is done when it is firm but cooked throughout.

Be careful not to overcook it, because it will become very soft.

How to store it

Store dry spaghetti in a cool place. For best taste, use it within 1 year.

Leftover cooked pasta should be stored in the refrigerator in a covered container and used within 3 days.

To keep cooked pasta from sticking when it is refrigerated, add a small amount of vegetable oil to the cooked pasta.

Souped Up Spaghetti (makes 5 servings)

What you need

- 1 pound ground beef or turkey
- 1 small onion, chopped (if you like)
- 1 or 2 cloves of garlic, chopped (if you like)
- 1 10.75-ounce can of cream of mushroom soup
- 1 10.75-ounce can of tomato soup
- 4 cups cooked, hot spaghetti
- 1 teaspoon dried oregano (if you like)
- 1 teaspoon dried basil (if you like)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a large skillet, brown the ground beef or turkey; drain the excess fat.
3. Add the chopped onion, garlic and soups to the ground beef. If the sauce is a too thick, add a small amount of water.
4. Bring the sauce to a boil, reduce the heat and simmer the sauce for about 10 minutes, adding extra water as needed. Add the basil and oregano and simmer for another 10 minutes.
5. Serve the sauce over hot, cooked spaghetti.

Tip: To save money, buy the store brands of canned soup. Once you mix the soup with other ingredients, your family won't taste the difference.

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Cooking with Applesauce



Applesauce is made from apples. Some types of applesauce are made with added sugar; others are not.

Applesauce is low in fat and sodium. A serving size is ½ cup.

Uses

Applesauce by itself is a great-tasting snack or dessert. To lower the amount of fat in baked foods, substitute up to one-half of the oil, margarine or shortening with an equal amount of applesauce.

For example, if a recipe calls for 1 cup of butter, use only ½ cup of butter and ½ cup of applesauce.

How to store it

For best quality, store unopened cans or jars of applesauce in a cool, dry place and use them within 1 year.

Applesauce that has been opened should be stored in a covered container in the refrigerator and used within 1 week.

Applesauce Cake (makes one 8-inch-square cake)

What you need

- ½ cup butter or margarine
- 1 cup sugar
- 1 cup chilled applesauce
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves (if you like)
- ½ cup chopped nuts (if you like)
- ½ cup raisins

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Cream the butter or margarine with the sugar.
3. Add the applesauce and mix it well.
4. Stir in the flour, soda, cinnamon and cloves.
5. Add the nuts and raisins. The batter will be thick.
6. Pour the batter into a greased and floured 8-inch-square pan.
7. Bake the cake at 350 degrees F for 40 to 50 minutes or until it is done.

Applesauce Raisin Muffins (makes about 12 muffins)

What you need

- 1¼ cups all-purpose flour
- ¾ cup oatmeal (regular or quick)
- ½ cup packed brown sugar
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon cinnamon (if you like)
- 1½ cups applesauce
- ¼ cup milk
- 1 egg
- 2 tablespoons vegetable oil
- ¾ cup raisins
- ½ cup nuts (if you like)

How to make it

1. Wash your hands. Make sure your cooking area is clean.
2. Lightly grease the muffin tins with vegetable oil or cooking spray.
3. Mix the flour, oatmeal, sugar, baking powder, soda, salt and cinnamon in a medium-sized bowl.
4. Add the applesauce, milk, egg and vegetable oil. Mix it until it is moistened.
5. Stir in the raisins and nuts.
6. Fill the muffin tins ¾ full. Bake the muffins at 400 degrees F for 20 to 25 minutes or until a toothpick inserted in the center of a muffin comes out clean.

Note: These are very moist muffins. Place uneaten muffins in a resealable bag or a covered container and store them in the refrigerator. Use in 1 to 2 days.

Prepared by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.

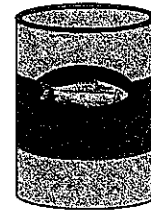


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Cooking with Canned Salmon

Salmon is a source of protein and calcium—two nutrients that help our bodies grow and stay healthy.

One serving is equal to about 3 ounces, which is about the size of a deck of cards. A 14.75-ounce can contains about 4 servings.

How to store it

For best quality, store unopened canned salmon in a cool, dry place. Use it within 1 year of receiving it.

Once canned salmon is opened, use it right away. Refrigerate any leftover salmon in a covered container and use it within 1 day.

Salmon Loaf (makes 4 servings)

What you need

- 14.75-ounce can salmon
- ¼ cup liquid from canned salmon
- 10¾ ounce can cream of celery soup
- 1 cup dry bread crumbs
- 2 eggs, beaten
- ½ cup chopped onion
- 1 teaspoon lemon juice

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Drain the canned salmon, keeping ¼ cup of liquid.
3. Remove any skin and bones that might be in the canned salmon.
4. Mix the salmon, liquid, soup, bread crumbs, eggs, onion and lemon juice.
5. Press the mixture into a greased 9- by 5-inch loaf pan.
6. Bake at 375 degrees F for about 1 hour. Cool it for 10 minutes before removing it from the pan.

Alaska Salmon Shepherd's Pie (makes 3 to 4 servings)

What you need

- 14.75-ounce can salmon
- 15-ounce can mixed vegetables, drained
- 2 cups cooked mashed potatoes
- Paprika (if you like)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Drain the salmon, keeping 2 tablespoons of liquid.
3. Mix the salmon with the drained vegetables and the salmon liquid.
4. Place the salmon mixture in a 1-quart baking dish.
5. Spread the mashed potatoes over the top of the salmon mixture.

Prepared by Jenna Anding, Assistant professor and Extension Nutrition Specialist, The Texas A&M University System.

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Cooking with Walnuts



Walnuts are a good source of protein and minerals. One ounce of walnuts (equal to about 14 halves) has about 180 calories, mainly because of their high fat content.

Walnuts make tasty additions to salads, breads, main dishes and desserts.

How to store them

Walnuts will stay fresh in their original sealed bag for about 6 months. Once opened, store them in an airtight container in the refrigerator.

You can also freeze walnuts for up to 3 months in an airtight container or freezer bag.

Easy Banana Bread (makes 1 loaf)

What you need

- 1 cup granulated (white) sugar
- 1/4 cup vegetable oil
- 1/4 cup applesauce
- 3 egg whites
- 1 teaspoon vanilla
- 3 medium mashed ripe bananas
- 2 cups all-purpose flour
- 1 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup chopped walnuts

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Combine the sugar, vegetable oil, applesauce, egg whites and vanilla; mix them until they are light and fluffy.
3. Blend in the mashed bananas.
4. In a small bowl, combine the flour, baking powder, baking soda and salt; add it to the banana mixture and stir it until the dry ingredients are moist.
5. Add the walnuts.
6. Spoon the batter into a prepared 9- by 5-inch loaf pan. A prepared pan is one that has been greased and floured or sprayed with cooking spray.
7. Bake it at 350 degrees F for about 1 hour or until a toothpick inserted into the center comes out clean.
8. Let the bread cool in the pan for about 10 minutes; remove it from the pan and let it cool on a wire rack.

Note: You can use 2 eggs instead of 3 egg whites. If you don't have vegetable oil, use 1/4 cup melted butter or margarine.

Walnut Pie (makes 8 servings)

What you need

- 2 eggs
- 1/2 cup sugar
- 1/4 teaspoon salt
- 1/4 cup butter or margarine
- 3/4 cup corn syrup
- 1 cup chopped walnuts
- 8-inch unbaked pie crust

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the eggs, sugar, salt, butter or margarine, and corn syrup.
3. Add the walnuts.
4. Pour the mixture into the unbaked pie crust.
5. Bake the pie at 350 degrees F for 40 to 50 minutes or until a knife inserted in the center comes out clean.

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Cooking with Canned Beef Stew



Canned beef stew is cooked and ready to eat. Each 24-ounce can makes three 1-cup servings. Beef stew is made from beef, carrots and potatoes.

This food is a good source of vitamin A, protein and iron. For a tasty meal, serve it over rice or noodles along with a side dish such as green beans.

How to store it

Store unopened cans of beef stew at room temperature. Use it within 1 year of receiving it for best taste.

After a can is opened, store leftover stew in a covered dish in the refrigerator. Use it within 3 to 4 days.

Beef Pot Pie (makes about 3 servings, 1 cup each)

What you need

24-ounce can beef stew
 1 can of biscuits (5 count)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Place the contents of the canned beef stew in a small casserole dish.
3. Top the beef stew with the uncooked biscuits.
4. Bake at 350 degrees F until the biscuits are lightly browned and the stew is bubbling.

Shepherd's Pie (makes about 3 servings, 1 cup each)

What you need

24-ounce can beef stew
 2 cups mashed potatoes

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Place the contents of the can of beef stew in a small casserole dish.
3. Top the stew with the mashed potatoes.
4. Bake at 350 degrees F until the mashed potatoes are lightly browned and the stew is bubbling.

Adopted from *Commodity Fact Sheet for USDA Household Programs: Canned Beef Stew*
 by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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Cooking with Ground Pork



Ground pork is a great source of protein, vitamins and minerals.

A serving size is 3 ounces, which is about the size of a deck of playing cards. One pound of ground pork makes about four servings.

How to store it

Store frozen ground pork in the freezer in its original package until ready to use. For best taste, use it within 6 months of receiving it.

How to thaw it

Thaw frozen ground pork by placing it on a plate on the lowest shelf in the refrigerator (the plate will catch any juices that might spill on other foods). It may take about 24 hours for frozen ground pork to thaw in the refrigerator. Once the ground pork is thawed, use it within 1 day.

Note: Never leave frozen ground pork out on the counter to thaw. Even when cooked, pork that has been thawed at room temperature can make you sick.

Cooking ground pork safely

For dishes that contain ground pork, cook the pork before mixing it with other ingredients.

How to store cooked ground pork

Leftover dishes made with ground pork should be stored in a covered dish in the refrigerator right away to prevent spoilage. Use it within 3 days.

Reheat foods with ground pork until they are steaming hot, bubbling, or at 165 degrees.

Other uses

Use cooked ground pork as a pizza topping.

Add cooked ground pork to barbecue sauce; heat it and serve it on buns or sandwich bread.

Add dry taco seasoning mix to cooked ground pork to make pork tacos.

Spicy Tortilla Soup (makes 6 servings)

What you need

- ½ to 1 pound ground pork
- ½ cup chopped onion
- 2 15-ounce cans of crushed tomatoes
- 2 cups or one 15-ounce can of chicken broth
- 1 cup salsa
- 1 teaspoon ground cumin (if you like)
- 1 teaspoon chili powder (if you like)
- ½ teaspoon salt (if you like)
- ½ teaspoon garlic powder (if you like)
- ½ teaspoon ground black pepper (if you like)
- 4 corn tortillas, cut into thin strips

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a large saucepan, brown the pork and onion over medium to high heat.
3. Add the tomatoes, chicken broth, salsa and spices to the pork and onion mixture; cover and simmer it for 20 minutes.
4. Add the tortilla strips and simmer it for another 5 to 10 minutes or until the tortilla strips are soft; serve it hot.

Adapted from *Commodity Fact Sheet for USDA Household Programs: Frozen Ground Pork*
 by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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Cooking with Black-Eyed Peas



Dry black-eyed peas are nutritious and inexpensive food. They are very low in fat and sodium but high in fiber, folic acid and protein. Cooked black-eyed peas are also a good source of iron.

To get the most protein from the peas, serve them with grain foods such as corn, rice or wheat.

A serving size is ½ cup.

Uses

Use black-eyed peas as a tasty side dish or include it in casseroles, soups, and salads.

Black-eyed peas are often packaged in 1- or 2-pound bags. One pound of dry peas is about 2 cups.

One cup of dry black-eyed peas makes 3 cups of cooked peas (6 servings).

How to store them

Store dry black-eyed peas in an airtight container and keep them in a cool, dry place. For best taste, use them within 1 year of receiving them.

Cooked peas can be frozen or refrigerated. Freeze cooked black-eyed peas in a shallow (no more than 3 inches deep) airtight container and use within 6 months. Cooked peas stored in the refrigerator should also be stored in a shallow covered container. This helps the peas to cool more quickly and safely.

Never place a large pot of cooked peas in the refrigerator or freezer. They may not cool fast enough to prevent someone from getting sick.

Refrigerate the cooked peas within 2 hours of cooking and use them within 4 or 5 days.

Black-Eyed Peas (makes six servings, ½ cup each)

What you need

1 cup dry black-eyed peas
1 small onion, chopped (if you like)
jalapeño pepper (if you like)
salt (to taste)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Rinse the peas with running water. Sort out any broken peas, pebbles, or other objects that might be present. Rinse the peas again.
3. Soak the peas: Place them in a large pot. For every 1 cup of dry peas, add 5 cups of water. Bring the peas and water to a boil and boil for 2 minutes. Remove the pot from the heat, cover it and let it stand for 2 hours.
4. Drain the liquid from the peas and replace with fresh water (the same amount you used for soaking).
5. Add onions and jalapeño peppers to the peas. Bring them to a boil, then reduce the heat and cook for about 2 hours or until the peas are tender. Add water as needed.
6. Add salt and serve.

Tip: Add salt when the peas are almost done cooking. If you add the salt too early, the peas will be tough.

Prepared by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



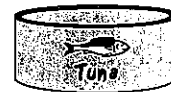
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Cooking with Canned Tuna (packed in water)



Tuna is a nutritious source of protein, iron, and niacin. Because it is already cooked, it can be eaten right out of the can or used to make your favorite tuna dishes.

A serving of tuna is 2 to 3 ounces. A 12-ounce can will make about four servings.

How to store it

For best taste, store unopened cans of tuna in a cool, dry place until they are ready to be used.

Once opened, store unused tuna in a covered dish in the refrigerator. Use it within 3 days.

Tuna Macaroni Casserole (makes 4 to 6 servings)

What you need

12-ounce can tuna, drained
2 10¼-ounce cans cream of mushroom soup
1 cup frozen green peas (if you like)
black pepper (to taste)
2 cups cooked macaroni

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a medium bowl, mix the tuna, soup, peas, pepper and macaroni.
3. Spoon the mixture into a 9- by 13-inch baking dish.
4. Bake it at 350 degrees F for 30 to 35 minutes. Let it stand for about 10 minutes before serving.

Note: You can also use 2 cups of cooked rice instead of macaroni.

Quick Tuna Spread (makes 4 servings, ½ cup each)

What you need

12-ounce can of tuna, drained
½ cup mayonnaise-type salad dressing
3 tablespoons sweet pickle relish or chopped dill pickles
3 tablespoons chopped onion (if you like)
black pepper (to taste)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix together all the ingredients and chill it.
3. Serve it on whole-wheat bread for a quick and easy sandwich or on crackers for a delicious snack.

Tuna-Mac Surprise (makes 6 servings)

What you need

7¼-ounce box macaroni and cheese dinner
*milk and margarine to make the macaroni and cheese
½ cup milk
12 ounces canned tuna in water, drained
10¼-ounce can cream of mushroom soup

*Follow the directions on the package of the macaroni and cheese dinner.

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Make the macaroni and cheese according to the directions on the package.
3. Add the milk, tuna, and soup. Mix well and continue to cook until heated throughout.

Note: For added nutrition, add 1 cup thawed frozen chopped broccoli.

Prepared by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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Cooking with Beef Chuck Roast



Beef chuck roast is an excellent source of protein, vitamin B₁₂ and iron.

A serving size is about 3 ounces, which is about the size of a deck of playing cards. A 3-pound roast will make about eight servings.

How to thaw it

The day before you plan to cook a roast that has been frozen, place it on a plate on the lowest shelf in the refrigerator. This will keep any raw meat juices from spilling onto other foods.

Once the roast is thawed, cook it within 2 days.

Note: It may take as many as 15 hours for the roast to thaw in the refrigerator. Do not thaw the roast out at room

temperature. Even though you cook the roast, it could make you sick.

How to store it

Keep the roast in your freezer until it is ready to be thawed and cooked.

Once a roast is cooked, store any leftovers in a covered container and place in the refrigerator right away.

Use cooked roast within 3 days.

Using leftover roast

Slice leftover roast beef to make sandwiches. For a barbecue sandwich, mix sliced roast beef with barbecue sauce and heat it. Serve it on a bun.

Preparing Beef Chuck Roast (makes 8 servings, 3 ounces each)

What you need

- 1 clove garlic, crushed
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 teaspoon dried oregano leaves (if you like)
- 1 tablespoon vegetable oil
- 3-pound chuck roast, thawed
- ¾ cup water
- 1 small onion, chopped
- 4 carrots, washed, peeled and cut in half (if you like)
- 8 small red potatoes, washed and cut in half (if you like)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the garlic, salt, pepper and oregano. Press the mixture into the surface of the roast.
3. Heat the vegetable oil in a Dutch oven or large pot. Add the roast beef and brown it evenly.
4. Add the water and chopped onion to the roast; bring it to a boil. Reduce the heat to low, cover the pot and let simmer for 2½ hours or until the roast has an inside temperature of at least 145 degrees.
5. Add the carrots and potatoes about 30 minutes before the roast is done.

Tip: Serve beef chuck roast with rice and green beans.

Adapted from *Commodity Fact Sheet for USDA Household Programs: Beef Chuck Roast*
 by Jenna Anding, Associate Professor and Extension Nutrition Specialist, The Texas A&M System.



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