

Nutrition Place
Roane County
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865-376-5558



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Food Budgeting Tips for the New Year

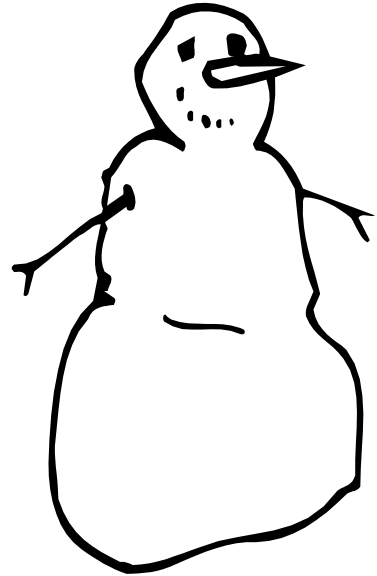
- 1. Supermarkets are designed to tempt you to spend more. Shop with a list so you can stay within your budget.**
- 2. Shop at supermarkets and fresh produce markets. Corner convenience stores are much more expensive.**
- 3. Try to shop alone and eat before you shop. Hungry shoppers buy more than they need. And children may pressure you to buy unnecessary items.**
- 4. Beware of "featured" items, which are often at the end of the aisle. They are often not offered at a lower price.**
- 5. Use the "Stoop and Rise" method. Bargains may be found on the top or bottom shelves.**
- 6. Compare prices on store brands and "No Name" brands. They often cost less.**
- 7. If you have extra money and storage space, buy items that you use often when you see them on "special".**
- 8. Shop around the outside of the store first for items like milk, meat, bread, fruits and vegetables. Higher priced convenience items are usually found in the center aisles.**
- 9. Make sure you use coupons when shopping. They really do help save money. And look at the weekly ads for sale items.**

Great Tasting Diabetic Meals

Oven-Fried Parmesan Chicken

4 boneless, skinless chicken breasts, cut into strips
1 cup nonfat plain yogurt
3/4 cup bread crumbs
4 Tablespoons grated Parmesan cheese
2 Tablespoons flour
1 teaspoon paprika
Pinch of cayenne pepper
Nonfat cooking spray

Preheat oven to 425°F and spray cookie sheet with cooking spray. Place chicken strips in yogurt and refrigerate while preparing the rest of the ingredients. In a medium bowl, mix the rest of the ingredients. Coat each piece of chicken well with yogurt and mix in the crumb mixture pressing down on both sides to get a thick coat of crumbs. Place chicken strips on cookie sheet, spray lightly with cooking spray. Bake 15-20 minutes or until chicken is tender and the juices run clear.



Sweet and Spicy Stir-Fry

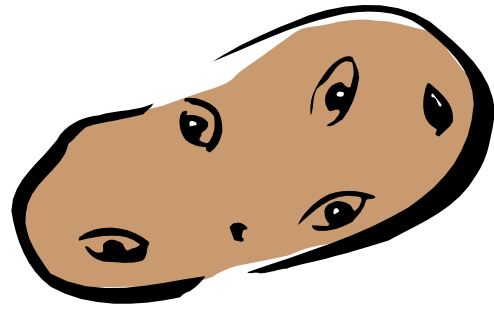
8 ounce pork, chicken or lean beef, sliced in thin strips
1 carrot, peeled and sliced thin
2 medium potatoes, un-peeled and diced
1 medium onion, diced
1 cup celery, diced
2 cups shredded green cabbage
Nonfat cooking spray
Small amounts of cornstarch, brown sugar, soy sauce and ketchup to taste

Spray large skillet with cooking spray. Add meat and cook over medium high heat, stirring frequently, until meat is browned. Add carrots, potatoes, celery and onion; cook for 5 minutes until potato is tender. Mix cornstarch and water in a small bowl, and stir until cornstarch is dissolved. Add soy sauce, ketchup and brown sugar and mix well. Pour over meat mixture and toss well. Add green cabbage. Reduce heat and simmer for 10 minutes.

Instant Potato Patties

**1 cup boiling water
1/4 cup instant dry milk
1 cup instant potatoes
1/2 teaspoon salt
1/4 teaspoon curry powder (optional)
1/2 teaspoon instant onion (optional)
2 eggs
Breadcrumbs
2 Tablespoons margarine**

Place dried milk, instant potatoes and seasonings in a bowl. Add boiling water and mix with a fork until potatoes are light and moist. Let rest 5 minutes. Beat eggs in a cup and stir into potatoes. Divide potato mixture into 1/2-cup portions and flatten into 1/2-inch thick patties on a plate. Coat both sides of each patty with breadcrumbs. Fry patties in a preheated skillet coated with melted margarine. Cook until brown on both sides.



What can I do with my patties?

- ▶ **Instant potato patty mix can be used as a topping for Shepard's pie, or used like dumplings on top of stews.**
- ▶ **Cooked potato patties can be individually wrapped and frozen, then thawed and reheated in the microwave.**
- ▶ **Two 1/2-cup patties provide one serving of vegetables.**

Instant Oatmeal

**3 cups quick cooking oats
1/2 cup raisins
1/2 cup sugar or brown sugar
1 1/2 Tablespoon cinnamon
1 cup wheat germ
1 cup dried fruit, cut into chunks
1 cup powdered milk**

Mix all ingredients together. Put 3/4 cup into small plastic bags or containers. To serve pour contents of a packet into a bowl and add 1 cup boiling water. Let stand 2 minutes. Makes 8 packets.



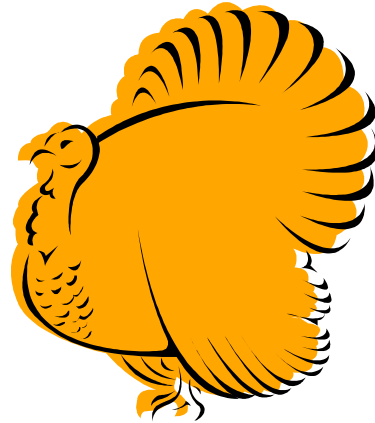
Cold Weather Suppers

Turkey Skillet Casserole

2 cups fresh or 10 oz. pkg. frozen broccoli
3 cups uncooked noodles
1 can cream of mushroom soup
1 cup milk
2 cups cooked, chopped turkey
1 cup grated cheese

Steam or microwave broccoli for 5 minutes. In a large pan, boil noodles 4-6 minutes or follow package directions. Drain noodles and put back in pan. Add soup, milk, broccoli, and turkey. Continue to cook over medium heat until bubbly and hot, about 5-10 minutes. Stir often to prevent sticking. Remove pan from burner, add cheese and stir until cheese melts.

Makes 8 servings.



Quick Method for Beans

1. Wash beans and remove foreign matter.
2. In a large pan bring 6-10 cups of water to a boil.
3. Add 2 cups of beans. Remove from heat, cover and let soak for 1 hour. Pour off water.
4. Add 6 cups of water and 1 teaspoon oil. Boil gently for 1-2 hours until tender.

Turkey Chili

1 cup dry kidney or pinto beans or 3 cups canned pinto beans
1/2 pound ground turkey
1 medium onion, chopped
1 clove garlic, minced or 1/4 teaspoon garlic powder
1 teaspoon salt
1-2 tablespoons chili powder
1 8-ounce can tomato sauce
1 16-ounce can tomatoes
1 cup water

For dry beans use "quick soak" method above to soften dry beans. Cover beans with water and cook 2 hours. Drain. Brown ground turkey, onion and garlic in a large heated frying pan. Cook until tender and drain fat. Stir in salt, chili powder, tomato sauce, tomatoes and water. Add beans and cover. Cook 10-20 minutes until slightly thickened.

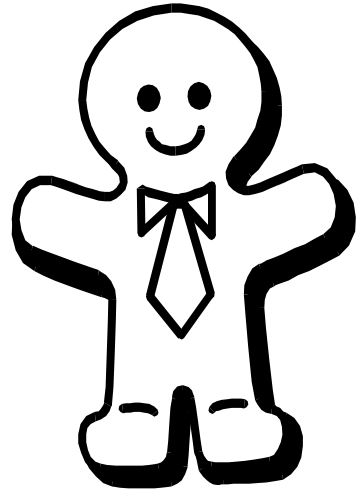
Makes 6 servings.

Yummy Treats

Cinnamon-Chocolate Pudding

**2 cups cold fat free milk
1 pkg. (4 serving size) JELL-O Chocolate Flavor
Fat Free Sugar Free Instant Pudding
1/2 tsp. ground cinnamon
1/2 cup thawed Sugar Free COOL WHIP**

Pour milk into medium bowl. Add dry pudding mix and cinnamon. Beat with wire whisk two minutes or until well blended. Gently stir in COOL WHIP. Spoon evenly into four dessert cups. Serve immediately or cover and refrigerate until ready to serve.

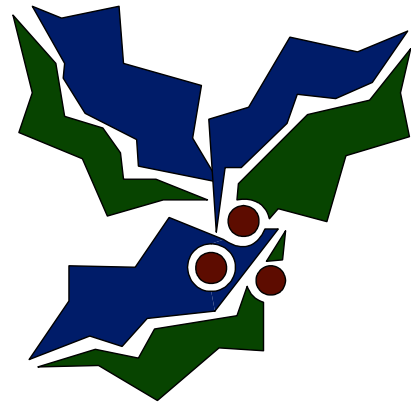


Microwave Bread Pudding

**1/2 cup brown sugar
3 slices of dried bread, buttered and cubed*
1/2 cup raisins
3 eggs
1 1/4 cups low-fat milk
1/4 teaspoon salt
1 teaspoon cinnamon
1 teaspoon vanilla**

*** Any type of leftover bread can be used- just make sure you cut it into 1/2-inch pieces.**

In a 1-quart microwave-safe dish combine brown sugar, cubed bread, and raisins. In a mixing bowl, blend eggs, milk, cinnamon, salt, and vanilla. Heat on high 2-3 minutes until hot. Pour over bread mixture; lightly blend. Microwave uncovered at 50% power for 5-8 minutes or until edges are firm and the center is almost set. Let rest 10 minutes before serving.



Dinner in a Bun

1 Round loaf sourdough or French Bread
1 lb. lean ground beef
2 Tbsp. finely chopped onion
2 Tbsp. finely chopped green pepper
1 egg
1 Cup soft bread crumbs (from inside the loaf)
3/4 Cup liquid (beef broth, tomato sauce, milk, etc.)
1 tsp. salt
1/2 tsp. pepper
1/4 tsp. Curry, garlic powder or other seasonings

Cut a thin slice off the top of the round loaf (save).
Scoop out the inside of the loaf. Crumble 1 cup of the scooped out bread. In a large bowl, mix crumbled bread, and the rest of the ingredients together thoroughly.
Place bread round on a lightly greased baking pan.
Fill the bread with the meat mixture and top with bread slice cut from the top. Bake at 350°F for 90 minutes or until the internal temperature reaches 165°F or until meat is no longer pink. Let stand for 10 minutes before slicing.



Winter Comfort Split Pea Soup

16 cups water
3 large potatoes, chopped
1 1/2 lbs. split peas
5 medium carrots, chopped
6 cloves garlic, chopped
1 large onion, chopped
1 1/2 cups margarine
4 bay leaves
salt and pepper to taste

Tip:

Omit margarine or decrease to 2 Tbsp. to make this a heart healthy recipe.

Use a stock pot that holds at least 24 cups of liquid.
Start with the water then add the rest of the ingredients.
Bring to a boil, then lower to medium. Simmer 40 minutes.
Stir often. Boil soup down about one-quarter. Add more water for thinner soup or leave thick and chunky. Top with any "favorites", such as bacon bits, sour cream, croutons, cheese, etc.

Mixes from the Kitchen

Magic Mix (White Sauce Mix)

4 cups powdered milk
1 cup flour or 1/2 cup cornstarch
1/4 cup oil or 1/2 cup margarine
1 teaspoon salt

Mix all dry ingredients until there are no lumps. Store in covered container in the refrigerator. **TO USE:** Add 2/3 cup mix to one cup water. Stir over medium heat until bubbly. (Add one cup grated cheese for cheese sauce.)



Taco Seasoning Mix

1/4 cup onion powder
1 Tablespoon garlic powder
2 Tablespoons chili powder
1 Tablespoon cumin
1 1/4 Tablespoon oregano
2 Tablespoons salt (optional)
1 Tablespoon cornstarch

Mix all ingredients in a small bowl. Store in covered container (a small jar works well). Use within 6 months. **TO USE:** Brown one pound ground meat in a skillet. In a small bowl, mix 2 Tablespoons of your mix with 1/2 cup water. Add to skillet. Heat until thickened.

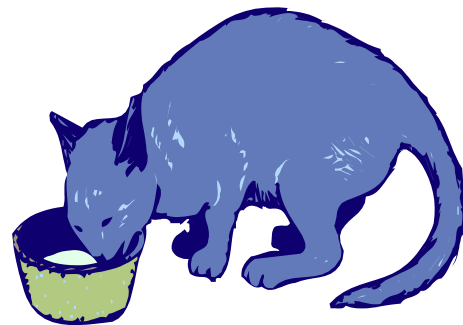
Storage Tips

- ★ Keep in an air-tight container to retain freshness.
- ★ Refrigeration helps lengthen shelf-life.
- ★ To keep track of the age of the product, write the date on a scratch piece of paper and tape to storage container.

Hot Chocolate Mix

1 cup cocoa
1 cup powdered creamer
2 cups powdered sugar
5 1/2 cups powdered milk

Stir ingredients. Store in a covered container. **TO USE:** Stir 1/4 cup of mix with one cup hot water, or to taste.



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Answers from Puzzle Page:

1. 7 eggs: He sold 4 eggs to 1st customer (half of 7 is 3 plus the other half = 4 eggs, He sold 2 eggs to the 2nd customer (half the remaining 3 eggs = 1 1/2 plus the other half = 2) and he sold 1 egg to the 3rd customer (half of the remaining egg plus the other half).

2. Are you asleep?

3. A lost Camel

Are you Healthy? Word Puzzle

- 1. Active**
- 2. Vegetables**
- 3. Grains**
- 4. Fruit**
- 5. Milk**
- 6. Nutrients**
- 7. Vitamins**
- 8. Beans**
- 9. Meat**
- 10. Exercise**
- 11. Work**

Great Health Means a Happy Life!