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MAKE YOUR FOOD DOLLARS COUNT...

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MAKE YOUR FOOD DOLLARS COUNT

Harriet Kohn
Extension Specialist
Food and Nutrition

Are you spending more of your family budget on food these days? Want to find ways of making the food dollar go further and yet provide enjoyable meals that add to your family's well-being? One help is to educate family members in making wise decisions about menu planning, food buying and cooking.

More family members have jobs, and food tasks previously done by the homemaker often are shared. Several members of a family may shop for food together. It's important, therefore, that as many members of the family as possible learn to make wise food decisions. For the most economical buying of food take only the smart shoppers with you to the supermarket. Leave the impulsive spenders and young children at home when possible.

What should your family eat? You need a varied diet of colorful, wholesome foods that you and your family will eat and like. One reason why a food is liked is that the taste is familiar. So people growing up in India learn to enjoy highly spiced curries. People from Mexico enjoy tortillas, tamales and beans with rice.

Favorite and familiar foods are important to people. There is no need to omit all favorite foods to cut costs. Use the best buying practices to get the type of food you need. If including favorite foods results in higher cost meals, serve them in smaller portions or less frequently. Money can be saved by serving less costly meals on other days.

New taste experiences are needed, too. We live in a changing world. Today's food bargains may be tomorrow's high priced rarities. The family that learns to accept a variety of foods now can take advantage of best buys in the future. Plan to introduce a new food or recipe at a meal where some familiar or favorite foods are included.

What we eat should also help prevent nutrition problems, stay within time, energy and money budgets, and be enjoyable.

PREVENT NUTRITION PROBLEMS

It's cheaper to prevent nutrition problems than to try to cure them. The benefits of good nutrition may include better health, fewer absent days from work or school, improved dispositions, or lower doctor and dental bills. Some of the nutritional problems frequently found in this country are listed below along with suggestions for preventing them.

No breakfast can result in mid-morning accidents and poor concentration at work or school. Eat at least a small breakfast of wholesome foods. Get organized the night before. Several members of the family might share breakfast tasks. Cooked cereals are cheaper than ready-to-eat varieties.

Overweight may shorten life. Overweight is best prevented through establishing good eating and exercise habits early in life and then maintaining them. Babies and children should neither be too fat nor too thin. Fat babies are likely to grow into fat children and fat adults. Smaller portions of foods also help to save money.

Too much fat adds calories and may contribute to overweight and heart disease. Limit fat to no more than 35 percent of total calories consumed. Cut away visible fat from meats and do not eat. Skim fat from gravies, sauces and soups. Cut down on cakes and pastries with high fat content. Do include, among the fats used, some vegetable oils like corn, safflower, and cottonseed.

Too much sugar may result in lower nutrient intake because the appetite is satisfied with the calories of sugar. Too much sugar may contribute to dental problems, overweight and heart disease. Cut down on concentrated sweets. Choose recipes with lower sugar content. Reduce the amount of sugar gradually in coffee and tea until you take little or none. Cutting down on sugar in foods can help the food budget, too.

Too much salt may contribute to high blood pressure over a period of time. Use salt in moderation and limit the use of highly salted foods. (Incidentally, choose iodized salt to assure adequate iodine in the diet.) Limiting snack food high in salt will reduce food costs.

Too few fruits and vegetables may result in vitamin and mineral deficiencies as well as problems with constipation. Choose dark green leafy and deep yellow vegetables often for their Vitamin A value. Citrus fruits are excellent sources of Vitamin C. One medium potato cooked in the skin supplies from about 1/4 to 1/3 the daily Vitamin C needs of most individuals. Cabbage is also a good source of Vitamin C. Choose fresh fruit and vegetables in season when they are good buys. Use frozen and canned at other times.

Too little milk may result in a calcium deficiency. Protein, vitamins and other minerals may be in short supply, too. Nonfat dry milk is usually the most economical form. The flavor is improved by mixing it the day before it is used. Many people like it mixed half and half with regular milk. Nonfat dry milk is economical to use in cooking. Other sources of calcium include cheeses and dark green leafy vegetables such as broccoli and collard, dandelion, kale, mustard and turnip greens.

STAY WITHIN TIME, ENERGY AND MONEY BUDGET

Shopping for Food

Where? Compare supermarkets to find the one suited to most of your shopping needs at lowest prices. Food cooperatives, outlet stores and independent stores are worth looking into. Consider taking advantage of good buys and "specials" in several stores if time, energy and mileage permit.

When? When not too hungry, tired or rushed. Many families find doing their main shopping once a week conserves time, energy and money.

How? Very carefully. Look at food ads first and compare prices among stores. Then when you get to the store compare prices within the store. Use coupons if you need the item. Go armed with a shopping list. Choose the type of list that is right for you. Check what foods are on hand at home. The list should include staple foods you are low on plus other foods for your meals. If you prefer planning meals ahead, make a detailed list. If you prefer to shop and plan meals later, jot down the general types and amounts of foods needed, but be flexible. If you see a better buy, make a substitution.

Detailed List

2 lbs. chuck steak

2½ lbs. cod

1 lb. kidney beans

Shop Now—Plan Later List

3 meat dinners

1 fish dinner

2 chicken dinners

Save time by arranging the shopping list in groups of foods according to where they are found in the supermarket. Stock up sale items if you have the extra money and storage space and can use the food while it is still in good condition.

If unit pricing is practiced by the store where you shop, it can save you time and money. When the cost of food per ounce *or* pound *or* other unit of measure is posted it makes it easier to compare prices of different sized packages. Use unit pricing or your own figuring to compare prices of a given amount or serving. For example, compare the cost of one pound of bread and rolls packaged in different weights by filling in the following chart.

Food	Market Unit	Cost per Unit	Cost per Pound
Enriched white bread	1 lb.	_____	_____
Whole wheat bread	1½ lbs.	_____	_____
Enriched white rolls	12 oz.	_____	_____

Some meats, vegetables and fruits have waste or change in preparation. Then it's better to compare costs of servings rather than costs per pound or other unit. For example, compare the costs of a ½ cup serving of reconstituted orange juice with a ½ cup serving of canned orange juice.

Should you fill your freezer with half a beef (cut up and wrapped of course) at one time or buy meats on "special" from the supermarket? Study the prices and quality carefully before deciding. It may be cheaper to buy cuts of meat that your family enjoys on "special."

Store brands often are cheaper than advertised brands. Compare cost and quality.

Compare the cost of a serving of different forms of a food (fresh, frozen, canned, and dried) to get the best value.

Read labels carefully. They tell much about size, weight, and nutritional content. Select the quality of food according to use. Lower quality canned fruits and vegetables are high in nutrition; use them in casseroles, soups and desserts.

The foods that go into your market basket eventually feed your family. First choose foods which are important sources of nutrients. Skimp on soft drinks and other low nutrient foods that run up the grocery bill. The price of a pound of potato chips is ten times or more the price of a pound of potatoes.

Non-food items may account for 20 percent or more on your bill at the supermarket. Some of the items may be cheaper in other stores. Check to see. The cost of paper products, foil, and plastic can add up fast. Extend the life of foil and plastic bags by washing and reusing them. Store foods in reusable containers with covers when possible. Try using a clean cloth towel instead of paper towels.

Convenience foods. When is a convenience food a good buy and when is it not? It isn't always cheaper to make things from scratch. Sometimes the convenience food is cheaper, sometimes not. Foods like frozen orange juice tend to be cheaper than juice squeezed from fresh oranges. Ready to bake (chilled in the can) biscuits tend to be no more expensive than those made from scratch and are cheaper when on "special." Store-bought rolls are considerably more expensive than homemade. Packaged cake mixes are often cheaper than cakes made from scratch.

Foods like frozen breaded chicken tend to be much more costly than the do-it-yourself variety. Frozen vegetables in exotic sauces in a boilable bag zoom up the cost of vegetables compared to plain frozen.

Food cut up in pieces or slices usually costs more. Save money by buying larger pieces of meat or cold cuts and whole chickens and cutting them up yourself.

T.V. dinners and ready cooked delicatessen foods usually cost more than ones made from scratch. Often the homemade foods taste better, too.

Time, energy, money and know-how are factors which enter into deciding how often you choose to use convenience foods. If your income is very limited you may have to choose mostly the do-it-yourself route and the better-buy convenience foods. The more money the more options. What is right for your family?

Consider using a plan-over strategy to make your own convenience foods and T.V. dinners.

When a roast is put on the table it has a way of getting eaten right there and then. The plan-over method suggests you put aside the amount of the roast you want to use for other meals *before* you put the roast on the table.

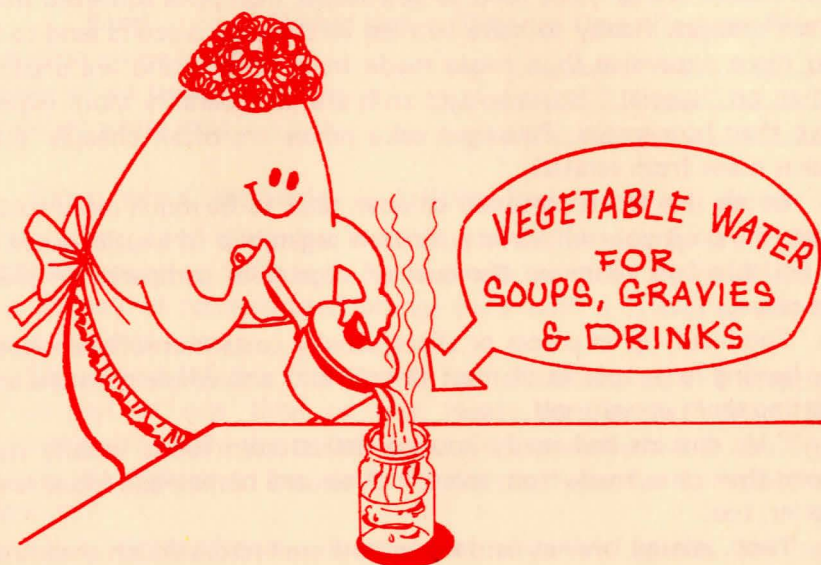
Often a large turkey is a better buy than a smaller one. Then you may want to buy the larger one with a plan in mind for a number of meals like roast turkey, turkey curry, turkey pot pie, and turkey vegetable soup.

Small amounts of cooked meat or poultry can be turned into "new" dishes like a delicious chow mein or omelette.

Bake a double batch of rolls and freeze some for later use. A pound of dry beans could be cooked at one time and some frozen or refrigerated for a fast bean casserole.

Don't waste nutrients in foods. Use all edible parts of vegetables including the liquid in which they are cooked.

Plan-overs help food go further and often save time and effort.



Your protein dollar. The cost of protein is usually the highest in the food budget. It pays to know protein sources and to be flexible in your choices. The following table contains foods which have 12-15 grams of proteins, or about one-fourth of the day's protein needs for most people.

Amounts of Some Foods That Provide 12 to 15 Grams of Protein¹

Meat, poultry, fish:	
Little or no bone:	2 oz. as eaten (6 servings in a lb. as purchased)
Boned lean steaks and roasts, stew meat, hamburger, liver, fish fillet, canned boned meat, poultry or fish.	
Medium amount of bone:	2 oz. as eaten (4 servings in a lb. as purchased)
Most steaks, chops, roasts, poultry, dressed fish	
Much bone, gristle, or fat:	2 oz. as eaten (2 servings in a lb. as purchased)
Spareribs, short ribs, pork sausage	
Frankfurters	2 franks (4 oz.)
Bologna	Four 1-ounce slices (4 oz.)
Eggs	2 eggs, large
Milk:	
Whole or skim fluid, buttermilk	1 $\frac{3}{4}$ cups
Nonfat dry, instant	Scant $\frac{2}{3}$ cup dry
Evaporated	Scant cup
Cheese:	
American, Swiss	2 oz.
Cottage, creamed	$\frac{1}{2}$ cup (4 oz.)
Dry beans, peas	1 cup cooked or $\frac{1}{3}$ cup dry (1 lb. dry = 6 cups cooked)
Peanut butter	4 tablespoons (2 oz.)
Bread	8 slices or 1 $\frac{1}{3}$ cups dry crumbs
Macaroni products:	
Macaroni, noodles, spaghetti	2 cups cooked or 1 cup dry (1 lb. dry = 9 cups cooked)

¹ Adapted from "Money Saving Main Dishes," U.S. Department of Agriculture Home and Garden Bulletin No. 43.

Periodically compare costs of foods rich in protein. Prices change. You may be able to use lower cost sources of protein several times a week. Another way is to use small amounts of higher cost protein foods in combination with lower cost ones. The following table shows how to compare the cost of protein.

COST OF 12 TO 15 GRAMS OF PROTEIN

Food	Market unit	Cost per unit	Servings per unit	Size of serving	Cost per serving
Pork spareribs	1 lb.	_____	2	2 oz. cooked	_____
Hamburger	1 lb.	_____	6	2 oz. cooked	_____
Eggs, large	1 lb.	_____	6	2 eggs	_____
Dry beans	1 lb.	_____	6	1 cup cooked	_____
Peanut butter	18 oz.	_____	9	2 oz.	_____

Divide the "Cost per Unit" by "Servings per Unit" to get the "Cost per Serving."

For example, if eggs cost \$.84 per dozen:

Cost per Unit		Servings per Unit		Cost per Serving
\$.84	÷	6	=	\$.14

How well the body uses protein from foods is affected by the type of proteins and when they are eaten. The body uses proteins more efficiently from foods when several different types of foods are served together. For example, the proteins in milk and bread are better used when served at the same meal than when served separately. The proteins in beans and rice are better used when served together. Beans and wheat bread are good combinations, too. Adding even a small amount of milk, cheese, meat, fish, poultry, or eggs to a meal containing vegetable proteins helps make all the proteins in the meal more usable.

Vegetarians who use milk and eggs should try to use some at each meal. A pure vegetarian (no animal products) needs to use larger quantities of vegetable protein and combine a variety of them at each meal.

ENJOYABLE MEALS ON A BUDGET

Meals can taste and look great at no extra cost. Be an artist. Take an extra minute to set a pretty table. Place a plant or a bowl of fruit or vegetables on the table. Arrange food on plates in attractive patterns.

When the rest of the meal seems dull give it a sparkle by adding a treat such as a hot bread, a pretty vegetable or fruit, or a special but nutritious dessert. Make individual deep dish fruit pies and personalize each with a pie crust initial.

Plan meals for eye and taste appeal as well as for nutrition. It helps to include in your menus a variety of color, flavor, form, texture and type of food. Look carefully at your menus and see if you can improve them. Here are some examples.

Could Be Better	Why?	Better
Fried Chicken		Oven Fried Chicken
Fried Potatoes		Baked Potato
Buttered Peas	too much	Peas
Tossed Green Salad	fat	Tossed Green Salad
French Dressing		French Dressing
Donut		Baked Apple
Broiled Cod		Broiled Cod with
Mashed Potatoes	mostly	Paprika
Wax Beans	white or	Mashed Potatoes
White Bread	pale	Green Beans
Vanilla Pudding	colors	Carrot Sticks
	too soft	Whole Wheat Bread
		Chocolate Pudding

Remember when using economy foods to be especially careful about food combinations, taste and beauty.

Choose recipes carefully to add enjoyment to your meals within your budget.

Recipes

HAMBURGER-VEGETABLE SOUP

½ pound ground beef	1 cup potatoes, cubed
1 cup canned tomatoes	1½ cups water
½ cup carrots, sliced thin	1 teaspoon salt
½ cup celery, sliced thin	1/8 teaspoon pepper
1 small onion, chopped	¼ teaspoon thyme or basil (optional)

Brown beef in saucepan. Add vegetables and remaining ingredients. Cover and simmer until vegetables are tender (about ½ hour). Skim fat from surface. Makes 4 servings.

BEAN SOUP

1½ cups dry beans	1 teaspoon salt or 2 teaspoons
7 cups water	instant chicken bouillon
1 small onion, chopped fine	powder
1 tablespoon margarine or fat	1/8 teaspoon pepper

Wash and pick over beans. Place in a large saucepan with water; cover. Bring to a boil and boil for 2 minutes. Soak 1 hour or overnight. Add the rest of the ingredients and boil gently for about 2 hours or until beans are tender. Mash beans slightly if you like. Add more seasonings and water if needed. Makes 6 servings.

For a change—Faster Split Pea or Lentil Soup: Use recipe above except use 2 cups dry split peas or lentils; omit soaking; and cook for about 45 minutes or until tender.

GARBANZO NIBBLES

Drain a 15-ounce can of garbanzo beans (or cook from dried state). Spread the beans on a cookie sheet. Heat in a 300° oven for about 20 minutes. Stir once or twice while baking. Sprinkle lightly with salt.

PORK STEAKS IN APPLE KRAUT

6 pork shoulder steaks	¼ cup brown or white sugar
Salt and pepper	2 medium apples, cored and sliced
1 can (1 pound 13 ounces) sauerkraut (about 3 cups)	

Trim fat from steaks. Brown steaks in a large skillet. Pour off the fat. Season with salt and pepper. Combine sauerkraut and sugar. Cover steaks with this mixture. Top with sliced apples. Cover skillet and simmer for about 1 hour. Turn steaks once or twice to cook evenly. Add a little water if it gets too dry. Makes 6 servings. Nice served with mashed potatoes, crisp carrot sticks, and pumpkin pie.

EASY BEEF STEW

1½ pounds boneless chuck or stew beef cut into 1-inch cubes	1½ teaspoons salt
2 medium sized onions, chopped	1/8 teaspoon pepper
1 clove garlic, minced or ¼ teaspoon garlic salt	1 teaspoon paprika
3 cups canned tomatoes, tomato juice, or part vegetable cooking water	6 medium sized carrots cut in ½-inch pieces
	4 medium sized potatoes, cut in 1-inch cubes
	1½ cups frozen or canned peas

Cut fat from meat. Mix first 7 ingredients in a 4-quart saucepan and cover. Bring to boil; lower heat and simmer 2 to 2½ hours or until meat is tender. Pour off juice into a bowl and skim fat to reduce calories. Reheat juice and meat; add carrots and potatoes. Cover and simmer for about 30 minutes or until vegetables are almost tender. Add peas. Cover and simmer until all vegetables are tender. If gravy cooks down too much, add a little water. Makes 6 to 8 servings.

BASIC MARINADE FOR MEAT, POULTRY OR FISH

2 tablespoons oil	Add one or two: 1 tsp. grated onion;
2 tablespoons vinegar	dash garlic powder; ¼ tsp. curry, mace,
2 tablespoons lemon juice	ginger, thyme, paprika, or other spices.

Mix all ingredients in a shallow dish. Add meat (trimmed of fat), poultry or fish. Cover loosely and refrigerate: meat for 2 hours or overnight; poultry, 1 to 2 hours; fish, ½ hour. Turn meat once or twice. Drain. Marinade adds flavor and helps to tenderize meat. Makes enough for a 2 to 3 lb. steak, one chicken or 1½ lbs. fish fillets.

Broiled Marinated Blade Chuck Steak

Drain marinated 1" thick steak (choice quality). Brush surface with soy sauce if desired. Place on broiling rack 4 or 5 inches from heat. Start broiler and cook 10 to 15 minutes or until brown. Turn steak, cook 8 to 10 minutes or until done the way you like it. It is more tender rare than well done and when broiled slowly. Nice served with baked potato, stirfry cabbage and apple crisp.

HAWAIIAN CHICKEN

1 teaspoon oil or margarine	Salt and pepper
1 broiler-fryer chicken (2½-3 pounds, washed, dried and cut into eighths)	1 can (6 ounces) frozen concentrated pineapple juice
	2 tablespoons water

Grease a large frypan; heat. Sprinkle chicken parts with salt and pepper; brown in hot pan. Add defrosted pineapple juice to chicken. Swish water in can and add to pan. Cover and cook slowly, turning now and then, for 45 to 55 minutes or until chicken is fork tender.

Remove chicken to warm platter. Skim fat from juices in pan. Boil down juices until slightly thickened (about 5 minutes). Return chicken to pan to reheat. Makes 4 to 5 servings. **For a change—**Italian chicken: use 1 can (8 ounces) tomato sauce, juice or tomatoes instead of pineapple juice.

BAKED MEAT BALLS

- | | |
|--|---|
| 2 eggs | ½ cup nonfat dry milk powder |
| 1 cup liquid (like vegetable cooking water, tomato juice, milk or water) | 6 slices bread torn into small pieces |
| 2 teaspoons iodized salt | 1 medium onion grated or finely chopped |
| ¼ teaspoon pepper | 2 pounds lean ground beef |

In a large bowl or pot beat together eggs, liquid, salt, pepper and dry milk. Stir in bread and onion. Add beef and mix well.

To get meat balls the same size press mixture in ¼ cup measure. Turn out and shape into balls; place balls in a shallow pan.

Bake in a moderate oven (350°) for about 30 minutes or until brown and cooked through. Pour off any fat from pan. Makes about 18 balls.

For a change—Just before baking, coat the top of each ball with a little catsup or barbecue sauce. Make tiny meat balls (1" across) and bake for 20 to 25 minutes. Nice for parties.

MACKEREL CAKES

- | | |
|--|--|
| 1 can mackerel (16 oz.) or 1½ cups cooked flaked fish | 1 egg |
| 1½ cups cold mashed potatoes (leftover or instant) | 1/8 teaspoon pepper if you like fat for frying |
| 1 teaspoon instant onion flakes (or 1 tablespoon grated onion) | |

Drain well the liquid from the mackerel. Remove large bones and break the fish into small pieces. Add potatoes, onion, egg and pepper; mix very well. Form into 8 cakes about ½ inch thick. In a frying pan, cook in a little hot fat over medium heat until brown on one side (about 10 minutes); turn and brown other side (about 5 minutes). Serves 4. Nice served with Spanish rice, cole slaw and chocolate pudding.

EASY COTTAGE CHEESE SOUFFLE

1 pound (2 cups, creamed small curd cottage cheese	1 teaspoon instant dry onion or
3 tablespoons cornstarch	1 tablespoon grated onion
1 teaspoon prepared mustard or	(optional)
dash cayenne pepper	4 eggs separated
	¼ teaspoon salt

Mix cheese, cornstarch, mustard, onion and egg yolks together. Beat egg whites with salt until stiff. Fold the egg whites gently into cheese mixture. Pour into a greased 2 quart casserole or 2 one-quart pans. Bake in a 325° oven for 50 to 60 minutes for 2-quart size or 30 to 40-minutes for 1 quart size. Serve immediately. Makes 4 to 5 servings. Nice with baked potatoes, broccoli and crisp oatmeal cookies.

CHINESE LIVER AND ONIONS

1 cup water or chicken broth	1 tablespoon oil or fat
1 tablespoon cornstarch	1 cup sliced onions (1 large)
½ teaspoon sugar	1 pound beef, chicken or pork
2 tablespoons soy sauce	liver, cut into thin strips
	¼" by 1"

Mix water with cornstarch, sugar and soy sauce; set aside.

Heat oil in a skillet; add onions; cook over medium heat until golden. Add liver strips and cook (about 5 minutes) until lightly browned while stirring with a spoon.

Stir in water mixture and bring to a boil. Lower heat and simmer for 2 or 3 minutes for beef or chicken liver; serve. For pork liver - cover pan and continue cooking for 15 or 20 minutes more or until liver is fork tender. Add more water if needed. Makes 5 servings. Nice served with brown rice, green peas, celery sticks and canned pineapple.

HE-MAN SALAD

- | | |
|---------------------------------|--|
| 4 ounces (1 cup) elbow macaroni | 2 cups cooked, cubed turkey, chicken, ham, beef or 2 (7 oz.) cans drained tuna |
| ½ cup mayonnaise | |
| ¼ cup pickle juice or vinegar | ½ cup chopped celery |
| 2 tablespoons grated onion | 1½ cups cooked peas and carrots (drained) |
| ½ to 1 teaspoon iodized salt | 6 leaves lettuce |
| 1/8 teaspoon pepper | 6 wedges tomato (optional) |

Cook macaroni as label directs. Drain; rinse in cold water and drain again. In a large bowl combine mayonnaise, pickle juice, onion, salt and pepper. Add turkey, celery, peas and carrots, and cooked macaroni. Mix.

Refrigerate for at least 2 hours before serving to blend flavors. Serve on lettuce and garnish with tomato. Makes 6 servings.

SUNSHINE SLAW

- | | |
|---|--|
| 1 pound cabbage, shredded (about 4 cups) | 2 tablespoons vinegar or leftover pickle juice |
| 3 medium carrots, shredded | 1 teaspoon grated onion |
| ¼ cup undiluted evaporated milk or mayonnaise | 1 tablespoon sugar |
| | 1 teaspoon salt |
| | 1/8 teaspoon pepper |

Mix cabbage and carrots together. Mix rest of ingredients together; pour over cabbage and carrots; mix. Chill well in refrigerator. Makes 8 servings.

BAKED BREADED VEGETABLES

- | | |
|---|---------------------------------|
| 1 pound scrubbed raw vegetables (choose from: 1 small eggplant; 3 to 4 potatoes; 1 pound squash; or 3 to 4 onions.) | 2 eggs |
| | 2 tablespoons oil or mayonnaise |
| | ½ teaspoon salt |
| | 1 cup (about) dry bread crumbs |

Slice vegetables in $\frac{1}{4}$ inch thin slices. Leave the skins on if you like, except for the onion.

Beat egg with oil and salt until well blended. Dip vegetable pieces in egg mixture, then press each side into bread crumbs. Place on well-greased cookie sheets in single layer. Bake in a 350° oven for about 30 to 40 minutes or until golden brown and tender. No need to turn. Makes 6 to 8 servings.

For a change—Eggplant Parmesan: To prepare this tasty main dish, make 1 pound eggplant slices, as in Baked Breaded Vegetables. While eggplant is baking, mix $\frac{1}{2}$ teaspoon oregano and/or $\frac{1}{2}$ teaspoon basil into 15 oz. can of tomato sauce. When eggplant is lightly browned (about 30 minutes) remove from oven. Top each slice with a heaping tablespoon of tomato sauce mixture and thin slices of processed cheese food or Mozzarella cheese (6 ounces). Return to oven for 10 to 15 minutes or until cheese has melted. Makes 4 to 6 servings. Nice served with spaghetti and a tossed green salad.

STIR-FRY VEGETABLES

- 1 to 2 tablespoons oil or margarine
- 2 to 3 cups vegetables sliced thin ($1/8''$)
 - or shredded or flowerettes*
 - or leaves (use 6 cups of leaves)*

Heat the oil in a large skillet or sauce pan; add vegetables. Stir and toss over moderate heat for 3 to 5 minutes or until barely tender. If you like them more tender add 2 to 3 tablespoons water, cover tightly and cook a little longer. Stir in seasonings. Makes about 4 servings. Choose from:

cabbage	green onions	spinach	sweet corn (off cob)
carrots	snap beans	kale	tomatoes
zucchini	green pepper	broccoli	cauliflower

For a change—try cooking several varieties together. Add some chunks of processed cheese food when vegetables are almost tender; cover for a few minutes to partially melt the cheese. Add a pinch or two of one or more of the following seasonings: basil, nutmeg, instant chicken broth, curry powder, instant minced onion, sugar.

4-WEEK MUFFINS

4 eggs	5 teaspoons baking soda
1 cup soft or melted margarine	2 teaspoons salt
1 quart buttermilk or sour milk	1 (15 oz.) pkg. raisin bran (or 9 cups bran flakes)
1½ to 2 cups sugar	5 cups flour

Break eggs into a very large bowl or pot. Beat with rotary beater until well blended; beat in shortening, buttermilk and sugar thoroughly.

Add soda and salt; stir well. Mix in raisin bran. Add flour and stir just until mixed. It makes a thick batter. Cover and store in refrigerator. It will keep for at least 4 weeks.

Start preheating oven. Remove batter from refrigerator. Fill greased 2½ inch muffin pans 2/3rds full. Flatten down batter. Bake 15-20 minutes or until brown in a 400° oven. Makes about 3 dozen.

Note: To make sour milk, mix 3¾ cups skim milk with ¼ cup lemon juice or vinegar.

FRUIT FLAN

1 tablespoon oil or margarine	¼ teaspoon vanilla (optional)
3 large or 4 medium eggs	5 or 6 cups fruit (fresh or canned)
1½ cups liquid nonfat milk	drained and sliced or diced
1½ cups flour, unsifted	½ to 2/3 cup sugar depending
½ teaspoon salt	on tartness of fruit
½ teaspoon baking powder	

Have all ingredients at room temperature. Preheat oven to 425°. Use one 13" x 9" x 2" pan or two 8" square pans or two 9" pie pans. Heat oil in pan(s) in the oven for 5 minutes just before using.

Prepare fruit and set aside. Beat eggs with rotary beater very well; beat in milk. Stir in flour to which the salt and baking powder have been added. Mix in vanilla.

Pour batter (it will be thin) into hot pan. Place fruit evenly over batter. Sprinkle with sugar. Bake in 425° oven for about 45 minutes for large pan or 35 minutes for smaller ones, or until fruit is tender and batter has risen and browned. Makes 12 to 15 servings. Note: use 400° oven for glass pans.

NO-BAKE PUMPKIN PIE

1 tablespoon unflavored gelatin	¼ teaspoon nutmeg
2/3 cup sugar	½ cup water
½ teaspoon salt	1 cup nonfat dry milk powder
1 teaspoon cinnamon	2 cups cooked or canned
½ teaspoon ginger	pumpkin

In a saucepan, mix gelatin, sugar, spices and water; let stand 5 minutes to soften gelatin. Heat over medium heat, stirring constantly, until mixture just begins to boil. Remove from heat.

Stir dry milk and pumpkin into gelatin mixture; beat with a spoon until smooth. Spoon into a chilled 9" graham cracker crust (or chilled baked pie shell). Cover with a large plate and refrigerate for at least 3 hours before serving. Makes 1 (9") pie.

Graham Cracker Crust—Crush 18 graham cracker squares between waxed paper or in a paper bag. Mix the crumbs (about 1¼ cups) with 1/3 cup softened margarine in a 9" pie pan. Press mixture onto bottom and sides of pan with the back of a spoon. Chill before filling.

MAGIC MILK MIX

8 cups nonfat dry milk powder	1½ teaspoons iodized salt
1½ cups cornstarch	

In a storage container mix together all ingredients. Cover and store in cool place. Stir well before measuring for a recipe.

MAGIC WHITE SAUCE

1 cup Magic Milk Mix

2 teaspoons margarine or butter

½ cup cold water

1½ cups hot water

In a saucepan, stir together Mix and cold water. Add margarine. Stir in hot (not boiling) water. Cook over low to moderate heat, stirring constantly, until thickened and starting to boil. Lower heat and simmer a few minutes. Add seasonings if desired. Makes 1¾ cups.

Cheese Sauce—Add ¼ lb. cut up American or other cheese to hot white sauce. Stir until melted. Good baked with macaroni or served over toast points.

Creamed Vegetables—To a pot of hot cooked vegetables and liquid, add a mixture of ½ cup Magic Milk Mix and ¼ cup cold water for each ½ cup vegetable liquid. Cook over low to moderate heat, stirring constantly, until thickened. Margarine or butter and seasonings may be added. Stir in a little water if sauce gets too thick.

MAGIC PUDDINGS

Vanilla Magic Pudding

1 cup Magic Milk Mix

1½ cups hot water

2 to 3 tablespoons sugar

1 egg (optional)

½ cup cold water

1 teaspoon vanilla

2 teaspoons margarine or butter

In a saucepan, combine Mix, sugar and cold water. Add margarine. Stir in hot (not boiling) water. Cook over low to medium heat, stirring constantly, until thickened and starting to boil. Add a little of the hot mixture to slightly beaten egg. Stir egg mixture into hot sauce and simmer a few minutes while stirring. Remove from heat. Add vanilla. Pour into 4 serving dishes.

Chocolate Magic Pudding—To dry ingredients in Vanilla Magic Pudding add 2 tablespoons cocoa and use 3 to 4 tablespoons sugar and ½ teaspoon vanilla.

Butterscotch Magic Pudding—Instead of white sugar in Vanilla Magic Pudding, use 3 to 4 tablespoons dark brown sugar.

OATMEAL GRIDDLE COOKIES

Mix together thoroughly:

- 1 cup margarine ($\frac{1}{2}$ pound)
- $1\frac{1}{4}$ cups brown sugar, packed
- $\frac{1}{4}$ cup water

- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons vanilla

Blend in (one at a time):

- 1 cup nonfat dry milk powder
- 2 cups flour
- 3 cups rolled oats, quick cooking
or regular

Form into 2 long rolls on waxed paper or foil. Wrap well and refrigerate for 3 or more hours or until firm. Slice $\frac{1}{8}$ inch thick. Press thinner with fingers if you like. Bake on a nonstick or lightly greased griddle or frypan heated to medium-low temperature. Bake on one side for about 3 minutes or until nicely browned. Watch carefully. Turn and brown second side. Cool on a rack or plate.

Or bake on an ungreased cookie sheet for 12 to 15 minutes in a 375° oven. Makes about 6 dozen.



FOOD EQUIVALENTS TO HELP YOU SHOP

- Apples — 1 pound = 3 medium
Bananas — 1 pound = 3 medium
Beans, dry — 1 pound = 2½ cups raw = 5½ to 6 cups cooked
Bread — 1 pound = 15 to 18 slices
Bread crumbs — 8 ounces = 2¼ cups
Butter or margarine — 1 pound = 2 cups
Carrots — 1 pound = 2¾ cups sliced, raw
Cheese (American, Cheddar) — 1 pound = 4 cups grated
Cottage Cheese — 1 pound = 2 cups
Cocoa — 1 pound = 2 cups
Coffee, ground — 16 ounces = 40 cups liquid
Coffee, instant — 6 ounces = 90 cups liquid
Corn, canned with liquid — 16 ounces = 1¾ cups, drained
Corn, frozen whole kernel — 10 ounces = 1½ cups cooked, drained
Cornstarch — 16 ounces = 3½ cups
Graham crackers — 16 ounces = 60 square crackers
Flour, white — 5 pounds = 18 cups unsifted
Flour, whole wheat — 5 pounds = 15¾ cups stirred
Macaroni — 16 ounces = 3¾ cups raw = 9 cups cooked
Noodles — 16 ounces = 7¼ cups raw = 8 cups cooked
Peas, green, canned — 16 ounces = 1¾ cups drained
Peas, frozen — 10 ounces = 1¾ cups cooked, drained
Potatoes — 1 pound = 4 medium
Rice, regular — 16 ounces = 2¼ cups uncooked = 8½ cups cooked
Rice, precooked — 7 ounces = 2 cups uncooked = 3¾ cups cooked
Sugar, brown — 1 pound = 2¼ cups packed
Sugar, granulated — 1 pound = 2¼ cups

MEASUREMENTS

3 teaspoons = 1 tablespoon

4 tablespoons = $\frac{1}{4}$ cup

5 $\frac{1}{3}$ tablespoons = $\frac{1}{3}$ cup

8 tablespoons = $\frac{1}{2}$ cup

16 tablespoons = 1 cup

16 ounces = 1 pound

1 ounce = 28.35 grams

1 gram = 0.035 ounces

1000 grams = 1 kilogram

1 kilogram = 2.2 pounds

1 cup = 8 fluid ounces

1 cup = $\frac{1}{2}$ pint

2 cups = 1 pint

4 cups = 1 quart

4 quarts = 1 gallon

8 quarts = 1 peck

4 pecks = 1 bushel

1 quart = 946.4 milliliters

1 liter = 1.06 quarts