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The Food Pantry Project and the "From the Pantry to the Kitchen, Quick-n-Easy Recipes" is a collaboration of the OSU/Lane County Extension Study Group Program and Master Food Preserver Volunteers, Extension Family and Community Development Staff and FOOD for Lane County.



FOOD
For Lane County

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Materials will be made available in large print, Braille, on audiotape, computer disk, verbally, or other formats upon request. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the OSU Extension Service at (541) 682-4281 or 1-800-872-8980.

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From the Pantry to the Kitchen



Quick-n-Easy Recipes

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What is the OSU/Lane County Extension Service Nutrition Education Program?

Practical Relevant No cost to participants
 Hands-on Fun

The Nutrition Education Program is for individuals who receive or who are eligible for food stamps, WIC, Oregon Health Plan and other services.

This is a free program with information to help participants develop skills to improve their diets and save money.

What Will I learn?

A trained nutrition assistant from will provide you information and hands-on learning opportunities about:

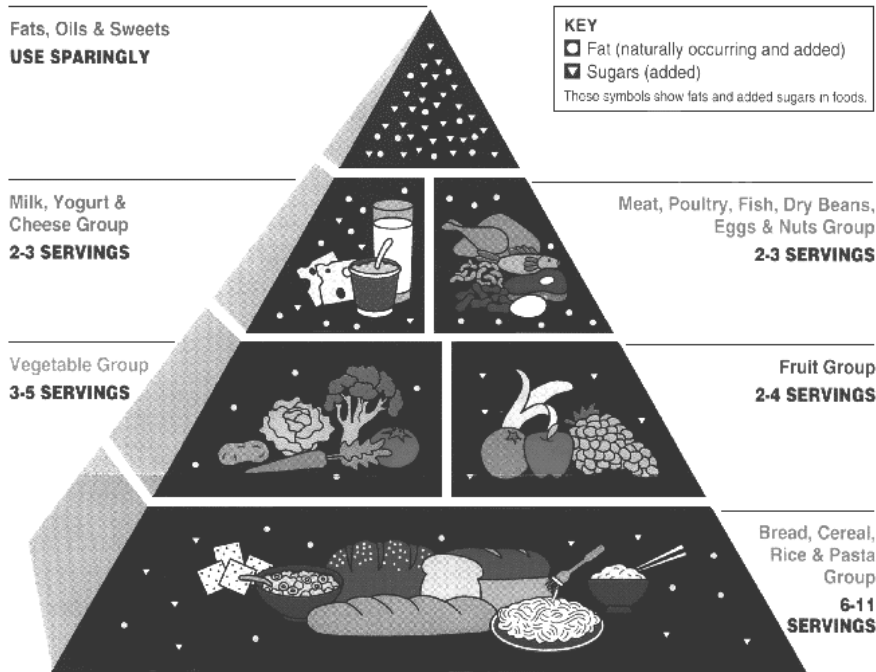
- Eating for good health
- Managing your food budget to make Food Stamps last all month
- Planning meals
- Buying food
- Preparing new recipes
- Keeping food safe
- Teaching children to eat healthy snacks



How Can I Enroll?

Call the OSU/Lane County Extension Service and ask for the "Nutrition Education Program."

USDA FOOD GUIDE PYRAMID



The Food Guide Pyramid is a resource for preparing nutritious meals with variety.

What Counts as a Serving?

Bread Group	Vegetable Group	Fruit Group
1 slice bread	1/2 cup raw or cooked vegetables	3/4 cup fruit juice
1 tortilla	1 cup raw leafy vegetable	1/2 cup raw or canned fruit
2 medium cookies	10 french fries	1 medium apple, banana or orange
Milk Group	Meat Group	Fats, Oils & Sweet Group
1 cup milk or yogurt	2-3 oz. cooked lean beef, pork, lamb, veal, poultry or fish	Use sparingly
1 1/2 oz. natural cheese	1/2 cup cooked dry beans	
1 1/2 cups ice cream	1 egg	

Abbreviations & Substitutions

t. = teaspoon measure

Tbsp. = Tablespoon measure

c. = cup measure



oz. = ounce

lb. = pound

-
- 1 c. liquid milk = 1/2 c. evaporated milk + 1/2 c. water
 - 1 c. liquid milk = 1/3 c. dry milk + enough water to make 1 c. liquid
 - 1 c. buttermilk or sour milk = 1 Tbsp. vinegar or lemon juice + enough milk to make 1 c. liquid (let stand 5 minutes before using)
 - 1 c. buttermilk or sour milk = 1 cup plain yogurt
 - 1 c. honey = 1 c. molasses
 - 1 c. honey = 1 1/4 c. sugar + 1/4 c. water or fruit juice
 - 1 c. corn syrup = 1 c. sugar + 1/4 c. water or fruit juice
 - 1 c. butter/margarine = 7/8 c. oil
 - 1 oz. unsweetened baking chocolate = 3 Tbsp. cocoa + 1 Tbsp. margarine
 - 1 Tbsp. cornstarch = 2 Tbsp. flour
 - 1 Tbsp. quick-cooking tapioca = 1 Tbsp. flour
 - 1 Tbsp. instant minced onion = 1 small fresh onion
 - 1 package dry yeast = 1 Tbsp. yeast
 - 1 t. dry mustard = 1 Tbsp. prepared mustard

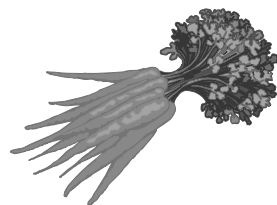
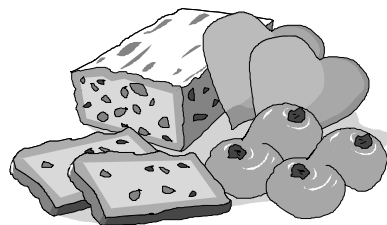
Sweet Carrot Bread or Muffins

- 1 cup soft-cooked carrots, mashed or pureed
- 2 cups baking mix
- 2/3 cup brown sugar
- 1 egg
- 1 cup milk or powdered milk mixed with water
- 1 teaspoon cinnamon
- 3/4 cup raisins, other dried fruit, nuts or trail mix*

*Optional

Preheat oven to 350° F. Mix ingredients together in large bowl. Scoop batter into oiled muffin tins (or use paper muffin liners). You can also scoop batter into an oiled, floured loaf pan. Bake muffins for 18-20 minutes. Bake bread for 50 minutes, or until knife inserted in center comes out clean.

Good with a piece of fruit for breakfast or a snack. Makes: 12 muffins or one loaf bread.



How can I use carrots?

- Add cooked carrots to stretch a stew, soup, or casserole.
- Substitute cooked, mashed carrots for pumpkin or sweet potato in pie, muffins or quick bread.
- Stir-fry carrots and other vegetables in a little oil; season, serve over rice.
- To make glazed carrots: add a little brown sugar, orange juice, and cinnamon to hot, slightly cooked carrots.

Food Safety

KEEP IT CLEAN!! USE CLEAN HANDS, CLEAN FOOD, CLEAN UTENSILS AND CLEAN SURFACES

- Wash your hands with soap and water before handling food—especially after using toilet or changing diapers.
- Wash counters, cutting boards and utensils after handling raw meat, poultry, seafood, and eggs. Wipe with diluted bleach (1 Tablespoon of chlorine bleach in a gallon of water).
- Put pans under raw meat, poultry and seafood in the refrigerator to keep them from dripping onto other foods.
- Rinse fresh fruits and vegetables with water before eating or preparing them.
- Never put cooked meat or poultry on the same plate or in the same unwashed container that holds the raw meat.



COOK IT WELL!!

Thorough cooking kills bacteria. These are signs that your food is “well done.”

- Ground meat is no longer pink.
- Poultry meat and its juices are no longer pink.
- White fish looks milky and flakes easily with a fork.
- Clams look milky-white.
- Egg whites are white and firm.

COOL IT SOON!!



Bacteria grows fast when food is lukewarm. Don't keep cooked foods (like meat, casseroles, vegetables, pasta and potato salads) at room temperature longer than 2—3 hours.

Bean Tips

Legumes (beans, peas and lentils) can be substituted for meat in a meal, but are an “incomplete protein.” So for better nutrition, serve them along with whole grains such as rice, wheat bread and cornmeal or add a “complete protein” such as meat, eggs, cheese or milk. Soybeans are the only legume which is a “complete protein.” Examples of “complete protein” combinations are: corn tortillas with refried beans, beans with ham, and black or red beans served over rice.

Cooking Beans:

Quick Method—

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

Overnight Method—

- In large pan add 6-10 cups of water to 1 pound of beans. Soak overnight. Discard any floating beans. Drain water. Add 6 cups water, 2 Tablespoons margarine or oil and 2 teaspoons salt, bring to boil for 2-3 minutes. Reduce heat and cook for 1-2 hours.

Approximate cooking times—

- 1 hour—split pea, lentils and black beans; 2 hours—Great Northern, lima, navy, pinto and kidney beans; 3 hours—red beans; and 4 hours—garbanzo and soy beans.

Other Tips:

- To prevent legumes from boiling over when cooking, add 1 teaspoon margarine or oil to the cooking water.
- Add salt and acid (such as tomato products, molasses, barbecue sauce) after the beans are tender. Acids will slow the cooking process and salt will toughen the beans.
- To flavor beans, cook them with chopped onions, a stalk of celery or add a ham bone.
- Add 1/4 teaspoon sweet basil, chili powder, thyme, cumin, oregano, or ginger to 2 cups of soaked beans before cooking.

Carrot Raisin Peach Salad

3-4 cups carrots, grated (4 large carrots)
1/2-3/4 cup raisins
1/2-1 cup peaches, chopped*
1/2 cup mayonnaise, salad dressing or plain yogurt
2 teaspoons lemon juice
1/2 teaspoon salt*
1 teaspoon sugar

*Optional

Wash and peel carrots. Grate into large bowl. Add raisins, mix mayonnaise, lemon juice, salt and sugar together and stir into carrot mixture.

Refrigerate until ready to serve.

Just before serving, stir in frozen peaches, otherwise peaches may turn brown. Serves 6.

Food Safety & Storage:

Refrigerate leftovers within 2-3 hours.

Nutrition Tips

- This recipe is high in Vitamin A and *help you see and fight cancer, too.*
- A good source of fiber!
- Remember, 3-5 servings of vegetables per day!



Peach Yogurt Smoothie

1/4-1/2 cup peach flavored low-fat yogurt*
1/3 cup non-fat dried milk
1/2 banana
3/4 cup orange juice
1/2 cup peaches

Put all ingredients in a blender and blend until smooth. Pour into glasses and enjoy.

*Or any compatible flavor or use plain yogurt. Makes 2 servings.

Replace peaches with any berry that is in season for any frozen berries.

Nutrition Tips

- These drinks are nutrient powerhouses!
- They are loaded with calcium and vitamin C. And calcium helps build strong bones.

Peach Yogurt Cooler

1/3 cup nonfat dry milk or 1/3 cup thickened milk nectar
1 cup peaches, chopped
1/2 cup cold water
1/2 cup orange juice

Place ingredients into blender and blend until smooth. For a sweeter drink add sugar or honey to taste.

Serve as a snack or dessert during the summer months. Makes 2 servings.



Raisin Tips

Preparation

- If raisins have not been dried out, they require no special preparation for eating as a snack.
- To plump or soften for baking, cover raisins with boiling water and let stand 5 minutes OR soak raisins overnight in the refrigerator.
- To conserve nutrients and flavor, use the least amount of liquid possible to plump raisins and then include the liquid in recipes if possible.
- Dried out raisins will plump up if rehydrated in boiling water.
- To chop raisins with a knife or chopper, grease blade with cooking oil or spray to prevent sticking.
- When baking with raisins, coat them with flour before adding to batter to keep them from sinking to the bottom of the pan.



Serving Suggestions

- All-time favorite snack food. Eat alone, add to cereal or make into a trail mix (raisins, puffed or shredded cereal, popcorn, nuts, sunflower seeds etc.)
- Add plumped raisins to yogurt, cottage cheese, cream cheese and use as a sandwich spread.
- Plump raisins and blend with fruit such as frozen peaches. Cook until thick, to make a fruit spread. Use like a jam. Great with peanut butter.
- Add raisins to breads, muffins, biscuits, pancakes, waffles, and cookies.
- Whole or chopped raisins can be used as a natural sweetener in puddings, rice, stuffing, meat sauces or vegetables such as winter squash.
- Add raisin to salads such as shredded carrot salad, coleslaw, broccoli, apple and other fruit salads, and even tossed green salad.

Microwave Bread Pudding

1/2 cup brown sugar
3 slices of dried bread, buttered and cubed into 1/2-inch pieces*
1/2 cup raisins
3 eggs
1 1/4 cups milk or reconstituted nonfat dry milk or thickened dairy nectar
1/4 teaspoon salt
1 teaspoon cinnamon
1 teaspoon vanilla

*Any type of left over bread can be used (whole wheat, white, french, or sourdough).

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.

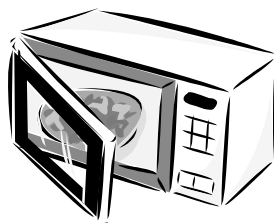
Leftovers can be warmed in the microwave before serving. Makes 4 servings.

To Bake in Oven : Preheat oven to 325° F. Set baking pan inside another pan which has about one inch water in it. Bake at for 40-50 minutes or until a knife inserted near the center comes out clean. Remove pan from oven and let cool. Serve warm or cold.

Food Safety & Storage:
Refrigerate leftovers within 2-3 hours.

Nutrition Tips

- This dessert is a good source of protein, which builds muscles.
- Loaded with B vitamins that help our bodies produce energy.
- Top pudding with canned peaches, yogurt or ice cream, and sprinkle with cinnamon just before serving.



Raisin-Banana Tortilla Rollups

4, 8-inch flour tortillas
Peanut butter
Bananas, thinly sliced
Raisins

For each roll-up, spread one side of each tortilla with peanut butter. Top each with thinly sliced banana and sprinkle with raisins. Roll up each tortilla as tightly as possible. Cut in half crosswise to serve.

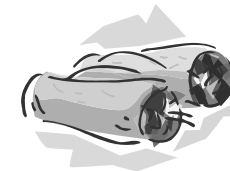
Tortillas can be made up ahead of time, wrapped in plastic wrap and refrigerated. A great “on the run” breakfast or after school snack! For variation in place of peanut butter, use cream cheese. Makes 4 servings.

Tips

- Bananas are a great source of potassium.
- Quick and easy for kids.

Quesadillas

1 dozen corn or flour or whole-wheat tortillas
3/4 cup salsa
1 1/2 cups cheese, grated



Heat a non-stick skillet over medium heat. Spread 1 tablespoon salsa on each tortilla with a spatula. Sprinkle 2 tablespoons cheese on each tortilla. Carefully fold each tortilla in half. Place two tortilla halves into the skillet and heat 1 minute. Flip each half onto the other side and heat until cheese is melted. Remove halves with a spatula to a serving plate. Cook all the tortillas then cut each one into three sections.

Serve with additional salsa for dipping if desired. Makes 12 servings.

Food Safety & Storage:
Refrigerate leftovers within 2-3 hours.

Instant Potato Soup

1 3/4 cups instant mashed potatoes
1 1/2 cups nonfat dry milk
2 Tablespoons instant chicken bouillon
2 teaspoons dried minced onions or onion powder
3/4 teaspoon garlic powder
1 Tablespoon dried parsley
1/4 teaspoon pepper
1/4 teaspoon curry powder
1/4 teaspoon salt (optional)
Boiling water

Mix all ingredients together.
Store in a 1-quart container or jar
with a tight fitting lid.

To Make Soup:

Measure out 1/3-1/2 cup instant potato mix and place in a beverage mug. Add 1 cup boiling water, stir, cover, and let rest for 2 minutes to thicken, then serve.

This soup can serve as a base for other soups. Examples might be to add corn or clams for chowder. For a creamy soup add vegetables, ham, bacon, etc. to the soup base. Season to taste with salt, pepper and other herbs.
Makes 10-12 servings

Food Safety & Storage:

Store dry potato mix in an airtight container in a cool, dark location.

Refrigerate leftover prepared soup within 2-3 hours.

Nutrition Tips

- Adding vegetables increases nutrients.
- This recipe is a great heart healthy choice!



Raisin Oatmeal Cookies

1/2 cup margarine or butter, softened
1 cup sugar (white or brown)
1 egg
1/4 cup milk*
1 1/3 cups flour
1 1/3 cups rolled oats
1 cup raisins
1/4 teaspoon salt
2 teaspoons baking powder
1 teaspoon vanilla

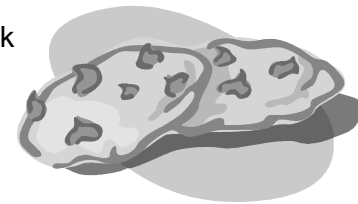
*In place of milk you can use
2 Tablespoons of powdered milk
and enough water to make 1/4 cup.

Preheat oven to 375°F.

In a large mixing bowl thoroughly blend margarine, sugar, egg and milk until light and creamy. Mix in baking powder and salt. Stir in flour and oatmeal. Add raisins and vanilla, mix until the raisins are evenly distributed. Drop by teaspoons on a well-greased baking sheet. Bake at 375° F for 10-12 minutes or until firm to the touch and lightly brown in color. Remove from pan with a spatula while still hot. Place on a wire rack to cool. Store cooled cookies in a tightly covered container.

Raisin Storage

- Unopened boxes of raisins will keep indefinitely in the refrigerator. Once opened, reseal in packaging and take out as much air as possible to keep the raisins from drying out and preventing sugar crystals from forming on the surface.
- To keep pantry pests from invading the raisins, freeze them for 48 hours, then warm up to room temperature and seal in containers with tight fitting lids.



Raisin Sauce

2 cups boiling water
1 cup raisins
1/4 cup brown sugar or honey
2 Tablespoons corn starch
1/4 teaspoon cinnamon
1/2 teaspoon dry mustard or
1 teaspoon yellow mustard
1 Tablespoon vinegar or lemon
juice

In a medium saucepan, pour boiling water over raisins. Let stand 5 minutes to plump. In a snack bowl mix remaining ingredients together except vinegar, and stir into raisin mixture. Cook over medium heat stirring constantly until the mixture boils and thickens. Stir in vinegar. Serve hot.

Great sauce to serve on ham, pork, lamb and chicken. May also be served over rice or spice cake.

Food Safety & Storage:

Refrigerate leftovers within 2-3 hours.



Raisin Facts

- Raisins are a great source of iron, potassium and B vitamins.
- They are high in sugar, so it can provide a natural sweetness to foods.
- Raisins have been made from grapes for over 3,000 years.
- Most raisins are still sun-dried, but some are dried in ovens.

Instant Potato Patties

1 1/2 cups boiling water
1/4 cup instant dry milk
1 1/2 cups instant potatoes
1/2 teaspoon salt
1/4 teaspoon curry powder*
1/2 teaspoon instant onion*
2 eggs
Breadcrumbs
2 tablespoons margarine or
butter

*Optional

Place dried milk, instant potatoes and seasonings in a bowl. Add boiling water and mix with a fork until the potatoes are light and moist. Let rest 5 minutes. Beat two 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 butter or margarine. Cook until brown on both sides.

Once potatoes have been reconstituted they should be cooked and served immediately.

Food Safety & Storage:

Refrigerate leftovers within 2-3 hours.

What can I do with the Patties?

- Instant potato patty mix can also 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 heated in the microwave.
- Two 1/2-cup patties provide one serving of vegetables.

Spicy Bean Cake

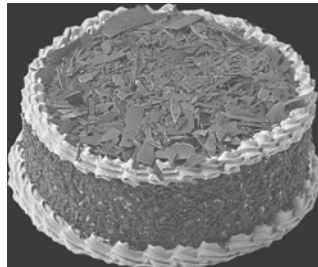
1/2 cup butter or margarine, softened
3/4 cup sugar
2 eggs
2 cups cooked, mashed pinto beans
or refried beans
1 cup flour
1/2 teaspoon salt
1 teaspoon baking soda
1 teaspoon cinnamon
1/4 teaspoon nutmeg
2 cups diced apples
3/4 cup raisins
1/4 cup chopped nuts*
1 1/2 teaspoons vanilla

*Optional

Preheat oven to 350°. Beat together butter or margarine, sugar, eggs and mashed beans until smooth. Combine dry ingredients and add to bean mixture, mixing well. Stir in apples, raisins, nuts and vanilla. Spread into a greased 9 x 13 inch pan. Bake for 35-45 minutes. Makes 15 servings.

Food Safety:

Omit nuts for young children.



Nutrition Tips

- Beans are a great source of protein.
- Protein builds and repairs skin, muscle, blood, bone and brain.
- B vitamins turn food into energy.
- Iron makes red blood that carries oxygen to the cells.
- Beans are a good source of fiber and iron too!

Festive Bean-Corn Salad

2 cups whole kernel corn fresh, frozen, or canned, drained.
2 cups cooked beans (can use a variety of beans)
2 medium tomatoes, diced
1/2 cup green peppers, diced
1 small onion, chopped fine
1 Tablespoon cilantro*
1/2-3/4 cup oil-based salad dressing
(Italian or vinaigrette)



Make Your Own Dressing:

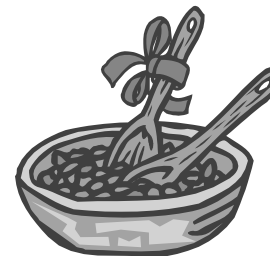
1/2 cup vinegar
4 Tablespoons salad oil
Salt and pepper and sweeten to taste

*Optional

Combine vegetables, pour dressing over and toss lightly. Chill for several hours or overnight, stir occasionally. Makes 6 servings.

You can also add seasonal vegetables to this salad, such as chopped zucchini, cucumbers, green onions, peas, etc.

Add grated carrots for extra color!



Did You Know?

- Beans, peas and lentils are low-cost alternatives to meat.
- You can use beans in tacos, burritos, or tostadas.
- You can add beans, peas or lentils to soups, salads or casseroles.
- Beans can be finger foods for children.