



# 4-H Cooking 201





# ACKNOWLEDGEMENTS

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All recipes in this book were tested by University of Illinois Extension Nutrition and Wellness Educators.

- Recipes were analyzed using The Food Processor SQL, Version 10.0.
- 2% milk was used unless another kind of milk was specified in the recipe.
- When a range was given for ingredient amount or number of servings, the largest number was used in the analysis.
- When options were listed for ingredients in a recipe, the first ingredient listed was analyzed.

Codes for Nutrition Facts: g = gram and mg = milligram.

**For ordering information** contact National 4-H Council Supply Service at: (301) 961-2934 or [www.4-Hmall.org](http://www.4-Hmall.org).



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# A NOTE TO PROJECT HELPERS



The *4-H Cooking 201* project builds on the skills learned in the beginning level *4-H Cooking 101* project. The project expands the young person's skills and knowledge in food safety, food preparation, and nutrition. You have a very important role as the Project Helper. Many of the activities and recipes in this project require the help of an adult or older youth. Your responsibility is to guide, assist, and mentor the young person in the project, but it is also important to allow the youth to complete the activities and recipes. Cooking is an art as well as a science so the youth can learn from your experience and his/her practice.

The project book is organized into sections by the **MyPlate** Food Groups. At the beginning of each section, background information is provided to help the young person learn more about the science behind food preparation, the nutritional contribution of each food group, and some basic information about preparing foods in the food group. Recipes are included for each food group. The recipes help the young person learn and apply the background information included in each section. He or she may use some of these skills when preparing recipes from other food groups. For example, as part of exploring the Dairy Group, youth learn how to make a white sauce. This skill is also used in the Protein Foods Group to make Chicken Rice Casserole; in the Vegetable Group, several recipes use a white sauce as the base for the dish. This allows youth to practice and build skills in some basic food preparation techniques. It also helps to understand that food preparation skills can be used in many different ways. This builds confidence and expands the repertoire of foods he/she can prepare.

Learning by doing is the best way to learn food preparation skills. A young person will learn important life skills that will be used as he/she grows and becomes an independent, responsible adult. Instead of always telling the youth the right answer or the correct way to do something, ask the young person what he/she thinks and allow the youth to learn from trial and error. With support from you as a caring person, he/she will remember these lessons and the impact that you had on his/her life.

As you work with the young person on this beginning foods project, remember to focus on the positive. If the youth doesn't do things quite the way you would, compliment on what is done well rather than criticizing. If something doesn't turn out quite right, use it as a learning opportunity to find out what the youth might do differently next time. Your positive feedback and encouragement as the Project Helper is important to the youth.

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# PROJECT PLANNING BASICS

Welcome to *4-H Cooking 201*. This project builds on many of the skills you learned in the beginning level *4-H Cooking 101* project. The project is divided into sections based on **MyPlate** Food Groups. The skills and knowledge you learn and practice in one section may be applied in other sections. This will help you to expand your food preparation skills and techniques.

It may take you two or three years to complete the project. By the time you have completed the project, you will be preparing meals for your family and friends. You have over 50 different recipes to choose from and several learning activities to complete as part of the project.

It is important to have a Project Helper to guide you through the things you will learn in this project. Your helper can be a parent, grandparent, club leader, or another adult or older youth who has a lot of experience in food preparation and safety. Show the person your project book and ask if he/she would be willing to help you with the project. Ask your helper to complete the following information:

My Project Helper \_\_\_\_\_

Phone number \_\_\_\_\_ E-mail address \_\_\_\_\_

## For each year of the *4-H Cooking 201* project you should:

- Prepare two to three dishes from **each** of the recipe sections: Fruit Group and Vegetable Group, Grains Group, Protein Foods Group, Dairy Group, and Desserts (10 to 15 dishes total).
- Demonstrate your knowledge on food and kitchen safety. Give two to three informal demonstrations on food or kitchen safety to your helper, leader, or club.
- Demonstrate your knowledge on Cooking “How To” Basics. Give three to five informal “How To” demonstrations to your helper, leader, or club.
- Complete at least one community service project such as, baking food for a charity bake sale.



# 2

# PROJECT RECORD

As you complete project activities or recipes, record your work below.

Year 1		Year 2	
Activity or Recipe	Date Completed	Activity or Recipe	Date Completed



## 2

# WHAT DO YOU KNOW?

Welcome to *4-H Cooking 201*! In this project, you will build on many of the skills that you learned in the beginning level *4-H Cooking 101* project. It may take two or three years for you to complete all of the activities in Level 2.

Following is a list of the skills you will learn in *4-H Cooking 201*. Before you start working on the project, read through the list of skills and rate yourself on how much you know now. Then at the end of each project year, rate what you know after completing the activities. Use the following rating scale:

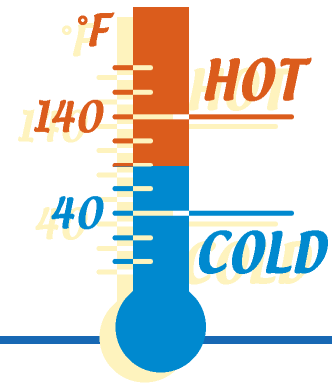
Begin each statement with the phrase, "I know..." then circle 1 = not at all; 2 = a little; 3 = a lot

I know...	Before			After		
The cause of foodborne illness	1	2	3	1	2	3
How to prevent foodborne illness	1	2	3	1	2	3
How to use food thermometers	1	2	3	1	2	3
What to do in case of a kitchen fire	1	2	3	1	2	3
How to safely thaw frozen foods	1	2	3	1	2	3
How to purchase and safely store eggs	1	2	3	1	2	3
Different types of knives and what they are used for	1	2	3	1	2	3
How to use a knife to cut food in several different ways	1	2	3	1	2	3
Several ways to mix foods in a recipe	1	2	3	1	2	3
How to read and use a Nutrition Facts Label	1	2	3	1	2	3
Why eating fruits and vegetables is important to my health	1	2	3	1	2	3
How to roast and microwave vegetables	1	2	3	1	2	3
The difference between whole grains and refined grains	1	2	3	1	2	3
The different types of rice and how to prepare them	1	2	3	1	2	3
How to cook pasta to <i>al dente</i>	1	2	3	1	2	3
What leavening agents are and when to use them	1	2	3	1	2	3
How to test quick breads for doneness	1	2	3	1	2	3
How to judge quick breads and biscuits for quality	1	2	3	1	2	3
How to avoid cross-contamination in the kitchen	1	2	3	1	2	3
Five different ways to prepare eggs	1	2	3	1	2	3
How to test meat loaf or baked chicken for doneness	1	2	3	1	2	3
How to make a white sauce; thin, medium, and thick	1	2	3	1	2	3
How to make several different cream soups	1	2	3	1	2	3
How to plan and prepare a meal for my family	1	2	3	1	2	3
How to cook with an electric grill	1	2	3	1	2	3

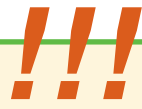


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# FOOD SAFETY



In *4-H Cooking 101*, you learned some basic practices that cooks use to keep food safe to eat. In this project, you will begin to learn some of the science behind food safety. Use these food safety practices to keep you and your family free from foodborne illness.



Keep hot foods **hot**. Keep cold foods **cold**.



*Germs grow quickly in foods that are left at room temperature.*

- Wash your hands with warm water and soap for at least 20 seconds to destroy germs. Dry your hands with a clean towel.
- Food should be thoroughly cooked and kept hot before serving. After serving, put leftover food in the refrigerator as soon as possible to chill.
- Keep cold food, like salads, cold. Keep cold foods in the refrigerator until ready to serve and return to refrigerator as soon as possible after serving.
- Reheat leftovers until they reach an internal temperature of 165 degrees F. Use a food thermometer to check the temperature. (See section on Food Thermometers.)
- Throw away leftovers or other perishable foods that are out of the refrigerator longer than a total of two hours — or one hour if the room temperature is over 90 degrees F.
- Return milk, deli meat, eggs, yogurt, and leftovers to the refrigerator as soon as you finish using them.
- Do not place cooked foods on the same plate that held raw meat or poultry — unless the plate has been thoroughly washed. The juices from the raw meat carry germs that can contaminate the cooked food. This is an example of **cross-contamination**.
- Always wash your hands with soap and water before and after touching raw meat or poultry.
- Do not eat foods that contain raw eggs, such as homemade cookie dough. The eggs may contain bacteria that can make you sick.
- If there is a question about the safety of any food, follow the guideline — “When in doubt, throw it out!”



## 2

## Science Behind Food Safety

Why should you put food back in the refrigerator as soon as possible? **Bacteria** need time and the right environment to grow and multiply. Your kitchen can provide the moisture and warmth bacteria need to grow. Most organisms that cause foodborne illness grow quickly in temperatures above 40 degrees F. Some bacteria can double their numbers every 20 minutes at temperatures above 40 degrees F. In a few hours, bacteria on food can multiply and cause anyone who eats the food to get sick. Many people who think they have the flu may actually have a foodborne illness. You can become sick from 20 minutes to 48 hours after eating food with some types of harmful bacteria.

## Learn How to Fight Bacteria

- **Clean.** Wash hands and surfaces often.
- **Separate.** Separate raw meat, poultry, and egg products from cooked foods to avoid cross-contamination. **Cross-contamination** is the transfer of harmful bacteria to food from other foods, objects, or people.
- **Cook.** Thoroughly cook raw meat, poultry, and egg products. Use a food thermometer to ensure foods have reached a high enough temperature to destroy any harmful bacteria that might be present. (See section on Food Thermometers for more information.)
- **Chill.** Refrigerate food promptly.

## Food Thermometers

Most cooks think they know when food is done just by looking at it. They trust their experience. While experience is helpful, it can sometimes be misleading. For example, many people assume that a hamburger is done when the inside is brown. In reality, hamburgers can turn brown before they have reached a temperature high enough to destroy bacteria that can cause foodborne illness. To prevent foodborne illness, use a food thermometer to test food for doneness.

Using a food thermometer is the only sure way to know if the food has reached a high enough temperature to destroy foodborne bacteria — then you know the food is “done.” There are several types of food thermometers you can use to test internal temperatures. Two of the most common ones are described here.

### Oven-Safe Thermometers

This food thermometer remains in food while it is cooking in the oven. It shows the temperature of the food while it is cooking. Use this



Oven-Safe Thermometer

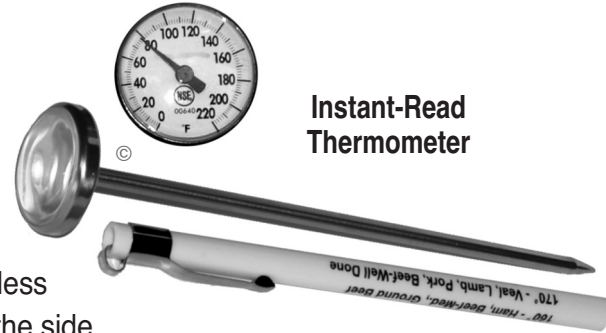


## 2

type of thermometer for thick foods such as a roast. After inserting the thermometer into the food, wait at least 1 minute before reading the temperature. **Ask an adult or check the directions on the package to make sure the thermometer is oven-safe.**

### Instant Read Thermometers

This food thermometer quickly measures the temperature of a food in about 15 to 20 seconds. Insert the probe at least two to three inches into the food. If measuring the temperature of a thin food, such as a hamburger patty or boneless chicken breast, insert the probe through the side of the food so that the probe reaches the center of the food. Make sure you have inserted the thermometer up to the indentation on the stem. **Do not leave the thermometer in food while it is cooking in the oven.** To prevent overcooking, check the temperature before the end of the cooking time given in the recipe.



Instant-Read Thermometer

### Temperature Rules! Cook Food to Safe Internal Temperatures

Use a food thermometer to check the internal temperature of food to determine doneness. Temperatures listed below destroy bacteria that may cause foodborne illness.

145 degrees F	Beef, lamb, and veal; steaks and roasts prepared medium rare
160 degrees F	Beef, lamb, and veal; steaks and roasts prepared medium Ground beef, pork, veal, and lamb Pork chops, ribs, and roasts Egg dishes
165 degrees F	Ground chicken and turkey Chicken and turkey; whole or pieces Casseroles and stuffing Leftovers

**Source:** USDA Food Safety and Inspection Service

## Checking Refrigerator Temperature

One of the most important practices to prevent foodborne illness is to keep hot foods hot and cold foods cold. The food thermometer can measure the temperature in many foods and locations — including the refrigerator. In order for food to stay safe, the refrigerator must keep foods no higher than 40 degrees F. Use a thermometer to check the temperature of your refrigerator so you know food is stored at a safe temperature.

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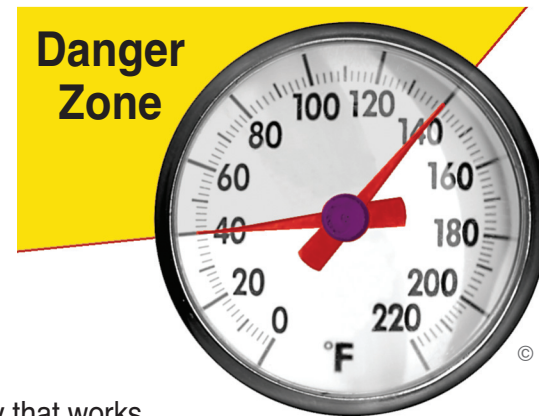
**To measure the temperature in the refrigerator:**

Put the thermometer in a glass of water and place the glass in the middle of the refrigerator. Wait 5 to 8 hours and check the temperature. The temperature should read between 38 to 40 degrees F. If the temperature is too hot or too cold, ask an adult to help you adjust the refrigerator temperature control. Check the temperature again after 5 to 8 hours. Note: The air temperature in the refrigerator may have to be lower than 40 degrees F for the refrigerator to keep liquids and foods at 40 degrees.

## Thawing Meat Safely

Keep food at a safe temperature during "the big thaw." Foods are safe as long as they remain frozen. However, as soon as food begins to thaw and becomes warmer than 40 degrees F, any bacteria that was present before freezing can begin to multiply.

Frozen foods should never be thawed at room temperature, or defrosted in hot water. Even though the center of the package may still be frozen as it thaws at room temperature, the outer layer of the food is in the "Danger Zone." When temperatures are between 40 and 140 degrees F, bacteria multiply rapidly. This is the Danger Zone for food safety.



There are three safe ways to thaw meat. Choose the way that works best for you.

**Thaw in the Refrigerator**

Planning ahead is the key to this method because of the length of time involved. Small amounts of frozen food — such as a pound of ground meat or boneless chicken breasts — require a full day to thaw.

**Thaw in Cold Water**

This method is faster than refrigerator thawing, but requires more attention. Place food in a leak-proof package or plastic bag to keep the water out of the food. Fill the sink or a clean container with cold tap water. Submerge the plastic bag or package in the cold water. Change the water every 30 minutes so the food continues to thaw. Small packages of meat or poultry — about a pound — may defrost in an hour or less.

**Thaw in the Microwave**

Follow the manufacturer's directions to thaw food in the microwave. Cook the food immediately after thawing because some areas of the food may become warm and begin to cook during defrosting, but not reach a temperature high enough to destroy any bacteria that may be present.



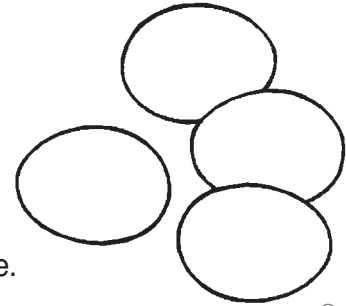
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## Food Safety and Eggs

Because eggs may contain bacteria that can cause foodborne illness, you must use good safety practices when buying, storing, and using eggs. Any bacteria present in an egg can multiply quickly at room temperature.

### Buying Eggs

- Buy eggs that are refrigerated.
- Check eggs carefully before purchasing.
- Buy eggs that are clean and not cracked or broken.
- Pack the eggs on top of the grocery bag to prevent damage.



### Keeping Eggs Safe

- Take the eggs home and refrigerate immediately.
- Check to make sure none of the eggs cracked on the way home.
- If any eggs cracked during transport, break them into a clean container, cover it tightly, keep refrigerated, and use within 2 days.
- Store eggs in the carton they came in.
- Store eggs in the coldest part of the refrigerator instead of the door. In the door, eggs are exposed to warm air each time the refrigerator is opened.
- Do not leave eggs at room temperature more than 2 hours.
- Uncooked eggs can be kept in the refrigerator for 3 to 5 weeks.
- Don't wash eggs. That could remove the protective coating and increase the potential for bacteria on the shell to enter the egg.



### Cooking with Eggs

- Wash utensils, equipment, and work areas with hot, soapy water before and after contact with eggs.
- Cook eggs thoroughly until the whites and yolks are firm. Eggs should not be runny.
- If eggs crack during hard cooking, they are safe to use.
- Serve eggs right after cooking or refrigerate at once for later use. Use within 3 to 4 days.
- Do not eat foods that contain raw eggs (such as cookie dough).
- When mixed with other ingredients, the raw egg mixture should be cooked immediately or refrigerated and cooked within 24 hours.

2



# FIRE SAFETY IN THE KITCHEN

- Always stay in the kitchen while cooking on a range, especially when frying food.
- Keep anything that might catch on fire away from the range top. This includes dishtowels, paper or plastic bags, and potholders.
- Clean the range top, toaster oven, and oven to keep grease from building up and catching fire.
- Before you begin cooking, roll up shirt sleeves and tie back any loose-fitting clothes. These can touch a hot burner and catch on fire.
- Do not overload electrical outlets by plugging too many kitchen appliances into the same electrical outlet. This can overload your circuit, overheat, or cause a fire.
- Heat oil slowly over medium heat. Never leave hot oil unattended.
- Use tablecloths and decorations with care. Children can get burned from hot liquid and food by pulling hanging tablecloths or placemats.
- If something on the stove catches fire:
  - Smother the fire with a lid.
  - Turn off the burner.
  - Once the fire is out, tell an adult there was a fire.
  - Leave the house and call 911 if the fire has leaping flames.
  - **Do not** throw baking soda, salt, water, or flour on a fire.
  - **Do not** carry a burning object to another room.



## First Aid for Burns

Run cool water over a burn for 10 to 15 minutes. This will minimize skin damage and ease the pain. Never apply butter or other grease to a burn. If the burned skin is blistered or charred, see a doctor immediately.



## Stop, Drop, and Roll

If your clothing catches fire, do not run. Stop where you are, drop to the ground, cover your face with your hands, and roll over and over to smother the flames. If someone else's clothes catch fire, push them to the ground and roll them over and over, or smother the flames with a flame-resistant blanket or carpet.



## 2

# DEMONSTRATE YOUR KNOWLEDGE OF FOOD AND KITCHEN SAFETY



Now that you have learned about food and kitchen safety, it is time to show others what you know and can do. Ask your Project Helper, 4-H leader, or other adult to watch as you demonstrate what you have learned. Explain what you are doing and why it is important to food or kitchen safety as you go through each step.

Following are some suggested demonstration topics based on what you learned about food and kitchen safety in *4-H Cooking 201*.

- How to safely handle raw meat or chicken.
- How and why you should use a food thermometer.
- Different types of food thermometers and how to use them.
- How to check the temperature of a refrigerator; why this is important to food safety.
- Three ways to safely thaw frozen foods; why food safety is a concern when thawing frozen foods.
- How to purchase and safely handle raw eggs.
- What to do in case of a fire in the kitchen.

When you are finished, share with the adult your answers to these questions.

- What did you learn about food or kitchen safety?
- Why is it important to know how to handle food safely?
- What are some things you have done in the kitchen that may have been unsafe?
- How can you use what you learned about food and kitchen safety as you begin preparing your 4-H foods project recipes?

**Congratulations!** After demonstrating that you know how to keep food and yourself safe in the kitchen, you will be ready to begin preparing the recipes in this book.

2



# COOKING “How To”

## Knife Skills

Many of the recipes in this manual require you to cut food into different sizes. You should start with a cutting board and a sharp knife. (See *4-H Cooking 101*, page 30.) Use the knife to slice, chop, dice, or mince food. For most of these cutting actions, you will use a chef's knife. The following instructions will help you know how to perform each action.

Some recipes will tell you to peel the fruit or vegetable before cutting it. If the recipe doesn't call for peeling, then you can decide if you want to leave the peel on or not. Leaving the peel on fruits and vegetables such as potatoes, carrots, tomatoes, apples, or pears adds extra **fiber** to your diet. Of course, some fruits and vegetables, such as onions and oranges, should be peeled before using.

If the food you are cutting is round, first slice the food in half, then lay the flat side of the food on the cutting board. This prevents the food from moving as you cut it.

### Types of Knives

**Chef's knife** — has a broad, tapered shape, and fine edge; good to use for chopping vegetables.



**Paring knife** — has a short, pointed blade; easy to handle and is used for peeling, removing cores, etc.



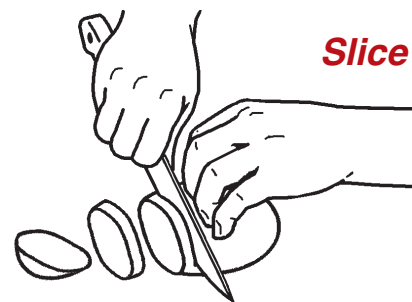
**Serrated knife** — has a scalloped edge; used to slice soft foods such as bread, tomatoes, and cake.



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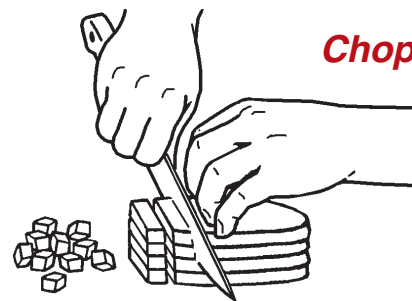
## How to Cut Food

**Slice** — cut into thin, even pieces. To slice food, grasp the food with your fingers and curl your fingertips to avoid cutting yourself. Keep the tip of the chef's knife on the cutting board, and with a rocking motion, slice down through the food.



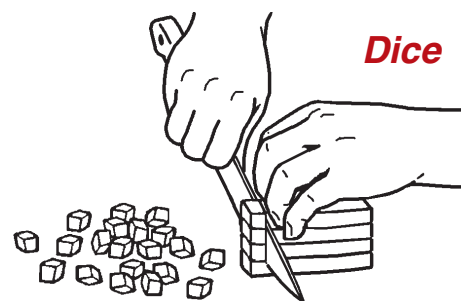
**Slice**

**Chop** — cut into small pieces. To chop food, start by slicing it. Then gather the slices together in a pile, curl your fingertips to avoid cutting yourself, and cut through the slices. This will chop your food into small pieces. The closer the slices, the smaller the pieces of food will be.



**Chop**

**Dice** — cut into small cubes. Slice the food into strips. Stack the strips and slice through them lengthwise into 1/4" cubes (or larger, depending on the recipe). Keep your fingertips curled around the food to avoid cuts. Dicing creates uniform pieces that cook more evenly. The smaller pieces help the flavor to spread quickly through the dish.



**Dice**

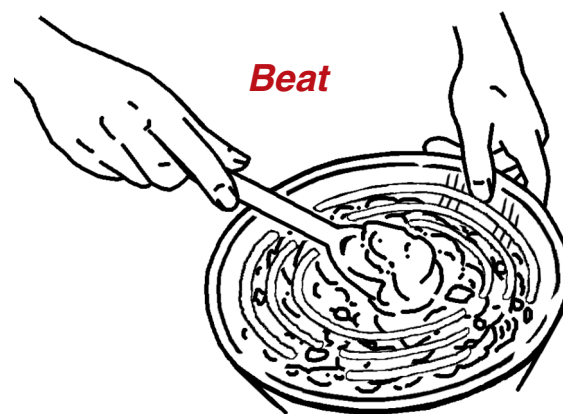
**Mince** — cut into tiny pieces. Slice the food into thin strips. Stack the strips and slice through them lengthwise making tiny pieces. Keep your fingertips curled around the food to avoid cuts. The smaller pieces help the flavor spread quickly through the dish. To mince herbs such as parsley or chives, use kitchen scissors to snip the herbs into small pieces.



**Mince**

## How to Mix Food

**Beat** — make a smooth mixture with rapid, regular motion using a whisk, spoon, fork, or mixer. Use a rapid circular motion with the utensil, or lift the food up and over with each stroke. Beating makes the mixture (or food) light and fluffy by incorporating air.



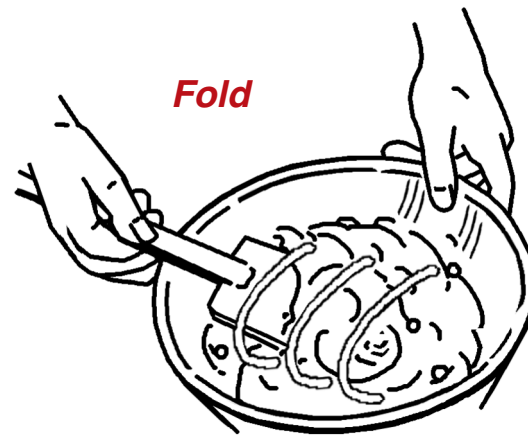
**Beat**



## 2

**Cream** — make food or mixture smooth and creamy with a spoon or mixer. When using a spoon, press the food against the sides of the bowl with the back of a spoon. Continue until the food is soft and smooth. When creaming margarine or cheese, let ingredients sit at room temperature until soft, then cream. If using a mixer, beat ingredients until they are smooth and creamy.

**Fold** — combine ingredients by using a gentle circular motion. With a scraper or spatula, cut down into the mixture, slide across the bottom of the bowl to bring some of the mixture up and over the surface. Repeat until mixture is completely blended. Use gentle motions to keep the mixture light and airy.



**Stir** — mix foods with a circular motion using a spoon, fork, or other utensil.

**Toss** — use forks or spoons to mix foods lightly with a lifting motion. Lift food and then let it drop gently back into the bowl.

## How to Cook Food

**Bake** — cook food in an oven.

**Boil** — cook food over high heat in liquid as bubbles constantly rise to the surface.

**Fry** — cook food in skillet over medium heat with a small amount of fat, such as oil or butter.

**Grill** — cook an ingredient over very hot heat on a metal grill.

**Microwave** — cook food in an appliance using microwave energy.

**Poach** — cook food over low heat in small amount of hot, simmering liquid, such as milk or water.

**Simmer** — cook food over low heat in a liquid just below the boiling point; bubbles form slowly.



## 2

# DEMONSTRATE YOUR KNOWLEDGE OF COOKING “How To” BASICS



Each year you are enrolled in the *4-H Cooking 201* project, select 3 to 5 of the Cooking “How To” Basics to demonstrate to your Project Helper, leader, or club. Share what you have learned about each topic. Use the demonstration tips below to plan your demonstrations.

## Tips on giving a good foods project demonstration:

- A good demonstration is perhaps the best way to teach someone how to do something. It links your words to action.
- Limit your demonstration to one main idea, for example, how to correctly measure dry ingredients for a recipe.
- Check your fingernails to make sure they are clean.
- Put on an apron, pull your hair back if necessary, and wash your hands before beginning your demonstration.
- Gather all the equipment and supplies you will need before the demonstration begins.
- Arrange your equipment or supplies in the order you will use them.
- Use your own words to describe what you are doing in each step of the demonstration.
- Show each step in the order it is to be done.
- Keep equipment and supplies away from the front of your working space so your Project Helper can see your work.
- If you have them, use clear mixing bowls, measuring cups, etc., so your Project Helper can see what you are doing.
- Keep a hand towel or paper towels handy to use as necessary.
- Have fun teaching others about cooking.

2



# UNDERSTANDING NUTRITION FACTS LABELS

In *4-H Cooking 101*, you learned about **MyPlate**. MyPlate helps you make good choices for a healthy, balanced diet. For a healthy diet, it's important to eat the recommended daily servings from each food group. But, it's not always easy to know what amount of food is a serving. For example, how many crackers are in a serving? How much cereal do you pour in the bowl for a serving from the Grains Group? The answers are easy if you know where to look.

Most foods in the grocery store must now have a nutrition label and list of ingredients. Look for the **Nutrition Facts Label** on the food package or container. This label shows the serving size, how many servings are in the package or container, and other nutritional information.

Let's look at a Nutrition Facts Label for macaroni and cheese.

## Serving Size

The first place to start when you look at the Nutrition Facts Label is the serving size (#1). Just below that is the number of servings in the package or container. The Nutrition Facts Label on this macaroni and cheese shows that a serving size is one cup. The package has three 1-cup servings of macaroni and cheese. Many people will eat the whole package, which is three servings of macaroni and cheese.

## Calories

Calories provide a measure of how much energy you get from a serving. In the sample Nutrition Facts Label there are 360 calories in one serving of this macaroni and cheese (#2). What if you ate the whole package? You would consume 3 servings, or 1080 calories.



## Nutrition Facts

- 1** Serving Size 4 oz (about 1/3 Box)  
(Makes about 1 cup)  
Servings Per Container about 3

### Amount Per Serving

- 2** **Calories** 360    Calories from fat 110

	% Daily Value*
<b>Total Fat</b> 12g	18%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 940mg	39%
<b>Total Carbohydrate</b> 49g	16%
Dietary Fiber 2g	8%
Sugars 4g	
<b>Protein</b> 13g	17%

Vitamin A 4% • Vitamin C 0%  
Calcium 20% • Iron 105

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholest	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g



## 2

**Recipe Nutritional Analysis**

The *4-H Cooking* project books include a nutritional analysis for the recipes that are in the book. The nutritional analysis is like having a Nutrition Facts Label for the recipe. It contains the same information, just in a different format. Many cookbooks that you use will also include this information. It is helpful for those who are trying to eat a healthy diet.

**It's Your Turn**

Let's try using a **Nutrition Facts Label**. You will need a 2 liter bottle of your favorite soft drink (not a diet drink).

Pour yourself your usual serving of the soft drink. Before you drink any, answer the following questions.

Read the Nutrition Facts Label on the back of the bottle or the one included here. What is the serving size for the soft drink? \_\_\_\_\_  
Calories per serving? \_\_\_\_\_

Use a liquid measuring cup to measure the portion you poured: \_\_\_\_\_  
(Note: You may need an adult to help you with the math.)

How many servings are in your portion? \_\_\_\_\_  
Calories in your portion? \_\_\_\_\_

Subtract the calories per serving from the calories in your portion to determine how many extra calories you are drinking. \_\_\_\_\_

As you can see from these examples, we often eat or drink more than one serving of food for a meal or snack. Counting these extra servings will help you maintain a healthy, balanced diet. When you begin planning and preparing meals for your family and friends, knowing the serving sizes will help you know how much food to purchase and prepare. You will learn more about meal planning in each level of *4-H Cooking* projects.

**Nutrition Facts**

Serving Size 8 fl oz (240 ml.)  
Servings Per Container 8

Amount Per Serving

**Calories 100**

% Daily Value\*

**Total Fat 0g** 0%

**Sodium 35mg** 1%

**Total Carbohydrate 27g** 9%

Sugars 27g

**Protein 0g**

Not a significant source from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.





# VEGETABLE AND FRUIT GROUPS

You have probably heard your parents and teachers tell you many times to “eat your vegetables,” or maybe they have suggested fruit for a snack or dessert. Yet you might not understand why they make a big fuss about eating fruits and vegetables. Why is it important?

Eating fruits and vegetables helps keep your body healthy, now and in the future. Your body needs the nutrients that these foods provide. Fruits and vegetables are important sources of

**Vitamin A** — to keep eyes and skin healthy, and to protect against infections.

**Vitamin C** — to heal cuts and wounds; keep teeth and gums healthy; help your body absorb the iron in the food you eat.

**Potassium** — to help maintain healthy blood pressure.

**Folic acid** — to help the body form red blood cells.

**Fiber** — to help keep the digestive system working regularly. Most of us don't eat enough dietary fiber. Eating fruits and vegetables is a tasty way to add more fiber to your diet. Fiber is the part of food that your body cannot digest or absorb.

Most fruits and vegetables are also naturally low in fat and calories and can help you maintain a healthy weight. Just watch the toppings and sauces because they can add extra fat and calories.

Eating fruits and vegetables can help your body stay healthy as you get older. Eating a diet rich in fruits and vegetables may reduce the risk of heart disease, diabetes, stroke, and some types of cancer.

**MyPlate** recommends that most young people eat at least 2 1/2 cups of vegetables each day. The vegetables can be raw, cooked, or made into juice. Whatever way you like your veggies, they are an important part of your diet.

Fruits are available in many different forms — fresh, frozen, canned, dried, and as juice. All are good ways to get the recommended 1 1/2 to 2 cups of fruits a day.



## 2

## Buying Fruits and Vegetables

Should you buy fresh, frozen, or canned? Which kind is healthier? Many people assume that fresh fruits and vegetables are more nutritious, but that is not always true. Just-picked fruits and vegetables have the highest amount of nutrients, but the ones we buy in the grocery store may have been picked days or even weeks before we eat them. Long shipping and storing times cause the fruits and vegetables to lose nutrients.

Canned and frozen foods are picked at their peak, then canned or frozen within hours of harvest. Some nutrients are lost during canning or freezing, but no more than fresh fruits and vegetables lose when they are shipped and stored.

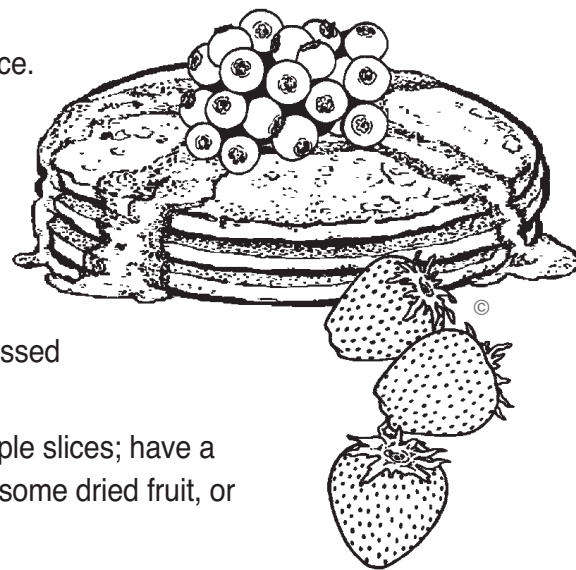


Check prices when choosing between fresh, frozen, or canned. Depending on the time of year and what is available, prices can vary a great deal. Fresh asparagus may be a bargain at the Farmer's Market in early June, but the cost will go up considerably in fall and winter. When the grocery store is having special sales on canned or frozen foods that is the time to stock up for what your family will use in the next couple of months.

## Eating More Fruits and Vegetables

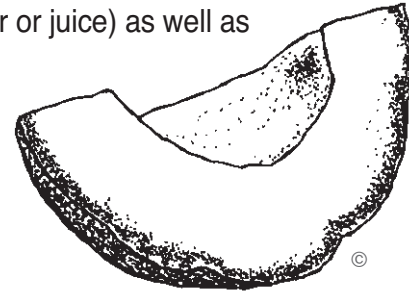
Here are some ways you can eat more fruits and vegetables throughout the day.

- At breakfast, top cereal with fruit; add blueberries to pancakes; drink 100% juice.
- At lunch, pack fruit to eat, or choose fruits and vegetables from a salad bar.
- Buy and enjoy individual containers of fruits and veggies — they are easy, convenient, and fun!
- At dinner, add mandarin oranges to a tossed salad; have a fruit salad for dessert.
- For snacks, spread peanut butter on apple slices; have a frozen juice bar (100% juice); snack on some dried fruit, or veggies with dip.



## 2

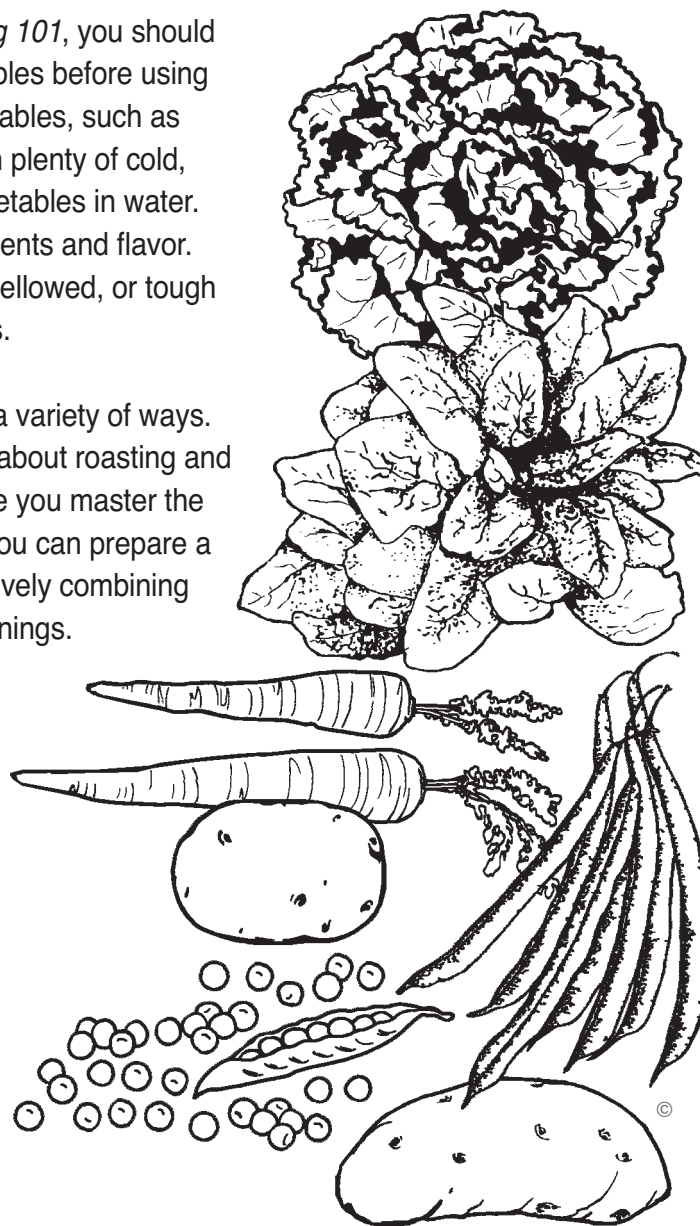
- Keep a bowl of whole fruit or cut up veggies in the fridge. Because they are handy, you can reach for them instead of high fat and high calorie snack foods.
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
- Buy pre-cut packages of fruit (such as melon or pineapple chunks) or vegetables for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.



## Cooking Vegetables

As you learned in *4-H Cooking 101*, you should thoroughly wash fresh vegetables before using them. Rinse leafy green vegetables, such as spinach or Romaine lettuce, in plenty of cold, running water. Don't soak vegetables in water. The vegetables may lose nutrients and flavor. Remove any bruised, wilted, yellowed, or tough portions from fresh vegetables.

Vegetables can be cooked in a variety of ways. For this project, you will learn about roasting and microwaving vegetables. Once you master the different cooking processes, you can prepare a variety of side dishes by creatively combining various vegetables and seasonings.



## 2

## ◆ Breakfast Tortilla Fruit Roll-Up

*Yield: 4 servings*

**Ingredients**

- 4 (8-inch) flour tortillas
- 1/2 cup peanut butter
- 2 medium bananas, sliced
- 1/3 cup raisins

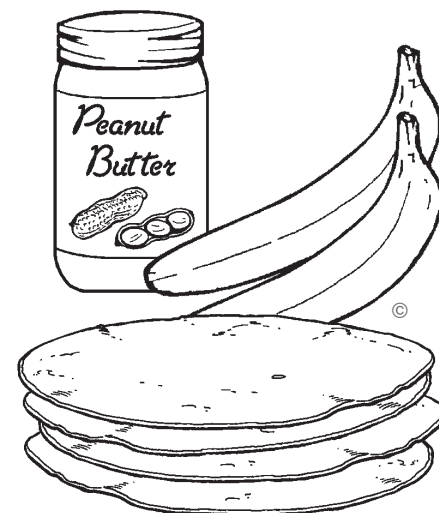
**Order of Work**

1. For each roll-up, spread 1 side of tortilla with 2 tablespoons peanut butter.
2. Cover with half of 1 sliced banana and sprinkle with 1 1/2 tablespoons raisins.
3. Roll tortilla up tightly and cut in half to serve.

**Nutrition Facts per Serving:** 389 calories, 19 g fat, 182 mg sodium, 47 g carbohydrate, 6 g fiber, 14 g protein, 24 mg calcium.

**Equipment**

- Knife
- Cutting board
- Measuring cups
- Measuring spoons



## ◆ Fresh Fruit Dipping Sauce

*Yield: 8 servings*

**Ingredients**

- 1 carton (8 oz.) low-fat vanilla yogurt
- 1 cup chopped/mashed fresh fruit  
(strawberries, bananas, etc.)

**Order of Work**

1. Place yogurt in mixing bowl. Stir until smooth.
2. Cut fresh fruit into small pieces or mash with potato masher. Add to mixing bowl.
3. Mix ingredients together.
4. Use as a dip for fresh fruit.

**Nutrition Facts per Serving:** 33 calories, less than 1 g fat, 19 mg sodium, 6 g carbohydrate, 1 g fiber, 2 g protein, 53 mg calcium.





## 2

## ◆ Hot Fruit Compote

*Yield: 8 servings*

**Ingredients**

3 medium apples, peeled, cored, and sliced  
 2 medium pears, peeled, cored, and sliced  
 1 can (16 oz.) whole cranberry sauce  
 1/4 cup water  
 1/4 teaspoon ground ginger  
 1/2 teaspoon ground cinnamon

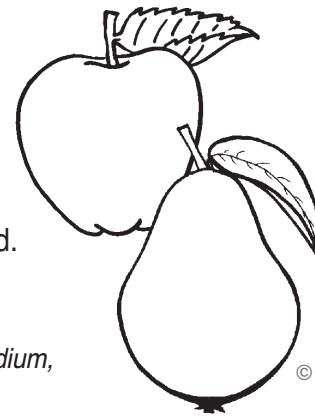
**Order of Work**

1. In a large saucepan, combine all ingredients.
2. Cover and bring to a boil over medium high heat.
3. Reduce heat to medium low. Simmer until apples and pears are very tender and fruit sauce has slightly thickened.
4. Serve warm.

**Nutrition Facts per Serving:** 132 calories, less than 1 g fat, 14 mg sodium, 35 g carbohydrate, 3 g fiber, less than 1 g protein, 9 mg calcium.

**Equipment**

Paring knife  
 Cutting board  
 Large saucepan  
 Measuring cup  
 Measuring spoons



## ◆ Tropical Fruit Salad

*Yield: 6 servings*

**Ingredients**

3/4 cup mandarin oranges or tangerine sections  
 1 can (16 oz.) pineapple chunks  
 1 cup (8 oz.) low-fat sour cream  
 1 cup miniature marshmallows  
 1 cup shredded coconut

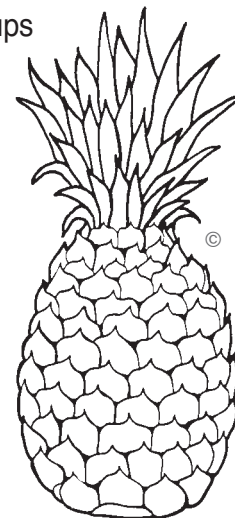
**Order of Work**

1. Drain fruit. Place in mixing bowl.
2. Add sour cream, marshmallows, and coconut.
3. Mix all ingredients together.
4. Chill for at least one hour.

**Nutrition Facts per Serving:** 223 calories, 10 g fat, 86 mg sodium, 31 g carbohydrate, 3 g fiber, 4 g protein, 88 mg calcium.

**Equipment**

Colander  
 Mixing bowl  
 Mixing spoon  
 Measuring cups



## 2

## ◆ Peach Salsa

*Yield: 9 servings*

**Ingredients**

4 cups fresh peaches, diced  
 1/4 cup red onion, diced  
 1/4 cup raisins  
 1-2 tablespoons lemon juice

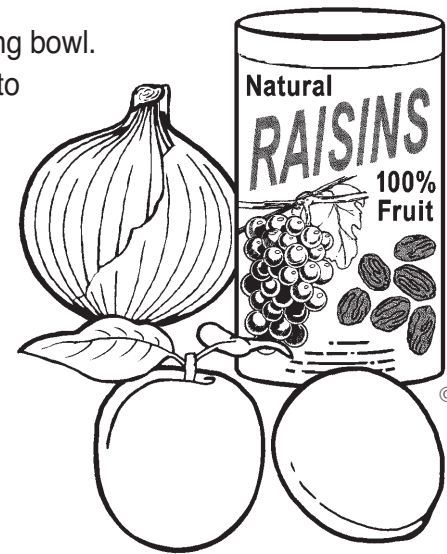
**Equipment**

Knife  
 Cutting board  
 Measuring cups  
 Measuring spoons  
 Mixing bowl, medium  
 Mixing spoon

**Order of Work**

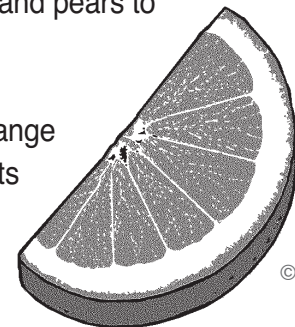
1. Peel and dice peaches and onion. Place in mixing bowl.
2. Add raisins and lemon juice to mixing bowl. Stir to combine.
3. Refrigerate several hours before serving.
4. Serve with grilled chicken or fish. Also can be served with warm tortilla or pita quarters.
5. Salsa can be stored in refrigerator and used within 2-3 days, or freeze in freezer-safe containers.

**Nutrition Facts per Serving:** 45 calories, less than 1 g fat, 1 mg sodium, 11 g carbohydrate, 1 g fiber, 1 g protein, 8 mg calcium.

**Preventing Oxidation**

Have you ever left a banana or apple out on the counter and later discover the fruit has turned brown? Do you know what causes that to happen? It's a chemical reaction called oxidation. **Oxidation** causes soft, light colored fruit like peaches and pears to darken and lose vitamin C.

To prevent oxidation, you can dip the fruit in a citrus juice, like orange or lemon juice, or in sugar syrup. You may also purchase products made with **ascorbic acid** — another name for vitamin C. The vitamin C prevents oxidation.



## 2

## Microwave Cooking

When cooking any food in a microwave, use the following guidelines to get the best quality product. It is easy to overcook foods in the microwave.



**Size** — Cut foods into pieces of equal size for even cooking. Small pieces of food cook faster and more evenly than large pieces.

**Quantity** — Small amounts of food cook faster than large amounts.

**Density** — Arrange vegetables like broccoli and asparagus, which have tender ends and tougher stalks, with stalks to the outside of the dish.

**Firm skins** — Use a fork or knife to pierce or cut the skins of whole vegetables, such as potatoes, so steam can escape.

**Cooking time** — Begin by cooking food for the minimum time listed in a recipe and then test for doneness. Add more time if needed. Cooking time will vary depending on wattage of microwave.

### Use the Correct Utensils

- Any cookware used in the microwave should be glass. See *4-H Cooking 101*, page 19 for directions on how to test a dish to see if it is microwave-safe.
- Never cook with metal dishes, pans, utensils, or foil in the microwave.
- Microwave plastic wraps, wax paper, cooking bags, parchment paper, and white microwave-safe paper towels should be safe to use. Do not let plastic wrap touch foods during microwaving.
- Throw away containers from microwavable meals after you use them. They are designed for one-time use only.
- Plastic storage containers such as margarine tubs, take-out containers, whipped topping bowls, and other one-time use containers should not be used in microwave ovens. These containers can warp or melt, which can cause spills and burns, and possibly cause harmful chemicals to migrate into the food.
- Never use thin plastic storage bags, brown paper or plastic grocery bags, newspapers, or aluminum foil in the microwave oven.

### Microwaving Vegetables

1. **Cover** most vegetables with a lid to hold in moisture. See chart (on next page) for cooking times and procedures.
2. **Arrange** whole or halved vegetables, such as potatoes or squash, in a circle in a dish or in the oven.
3. **Stir** small vegetables and pieces from the outer edge of the dish to the center after half the cooking time.



## 2

4. **Turn** over whole vegetables after half the cooking time. Use tongs or hot pads.
5. **Let stand.** Many recipes call for standing time, because the food continues to cook after being microwaved. Standing time allows the food to finish cooking and improves the taste of the food. Large or dense vegetables require more standing time so the center can finish cooking.

## Suggested Cooking Times and Procedures for Vegetables

Vegetable (fresh)	Amount	Microwave time at high	Procedure (Use 1 quart glass casserole with cover)
Asparagus, fresh	1 cup	3 - 4 min.	Add 2 tablespoons water. Stir once halfway through cooking.
Green beans, cut	1 cup	5 - 6 min.	Add 1/4 cup water. Stir twice during cooking.
Beets, whole	1/4 lb. to 1/2 lb.	7 - 8 min.	Add 1/4 cup water. Let stand 5 minutes after cooking.
Broccoli, cut up	1 cup	3 - 4 min.	Add 2 teaspoons water. Stir once halfway through cooking.
Cabbage, chopped or shredded	1 cup	4 - 6 min.	Add 2 tablespoons water. Stir once halfway through cooking.
Carrots, sliced	1 cup	2 - 3 min.	Add 2 tablespoons water. Stir once halfway through cooking.
Cauliflower, florets	1 cup	1 - 3 min.	Add 2 teaspoons water. Stir once halfway through cooking.
Corn, ears	1 ear 2 ears	2 - 5 min. 4 - 10 min.	Cut ears to fit casserole dish. Turn ears over and rearrange after half the cooking time.
Peas	1 cup	2 - 3 min.	Add 1 tablespoon water. Stir once halfway through cooking.
Potatoes, whole	1 potato 2 potatoes	3 - 5 min. 5 - 8 min.	Pierce well-scrubbed potatoes. Turn over and rearrange once halfway through cooking time. Wrap in foil when done cooking. Let stand 5 to 10 minutes.
Spinach, chopped	2 cups	2 - 3 min.	Add 1 teaspoon water. Stir once halfway through cooking.
Squash, acorn (2 lbs)	1 squash	8 - 11 min.	Cut in half & remove seeds. Place cut-side-down in casserole dish. Rotate once halfway through cooking time. Let stand 5 to 10 minutes.

## 2

## ◆ Corn Salad

*Yield: 8 servings*

**Ingredients**

1 package (16 oz.) frozen corn, thawed  
 2 small zucchini, diced  
 1/2 cup sweet red pepper, diced  
 1 can (4 oz.) chopped green chilies, drained  
 1/2 cup onion, chopped  
 1/3 cup olive oil  
 2 tablespoons fresh lime juice  
 1 tablespoon cider vinegar  
 1 teaspoon ground cumin  
 1/2 teaspoon pepper  
 1/4 teaspoon garlic salt

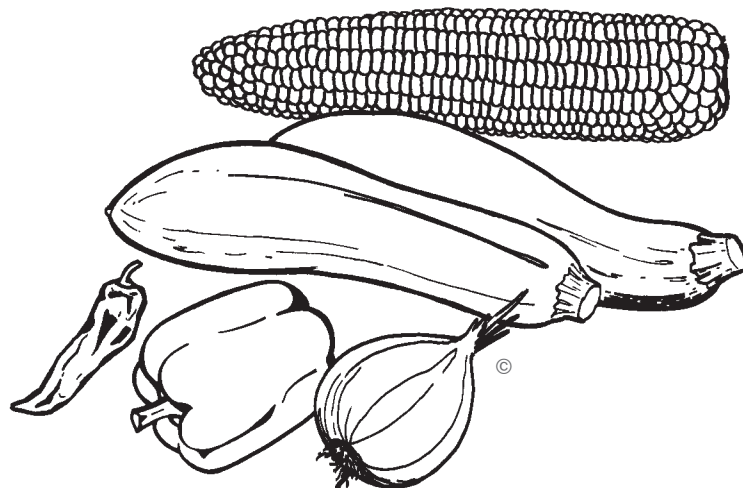
**Equipment**

Knife  
 Cutting board  
 Mixing bowl  
 Mixing spoon  
 1-quart jar with lid

**Order of Work**

1. Add corn, zucchini, red pepper, chilies, and onion to mixing bowl. Toss lightly.
2. In a jar with a tight-fitting lid, combine olive oil, lime juice, vinegar, cumin, pepper, and garlic salt; shake well.
3. Pour contents of jar over the salad and stir gently.
4. Chill for several hours or overnight.

**Nutrition Facts per Serving:** 149 calories, 10 g fat, 52 mg sodium, 14 g carbohydrate, 2 g fiber, 2 g protein, 7 mg calcium.



## 2

## ◆ Corn-Stuffed Tomatoes

*Yield: 6 servings*

**Ingredients**

6 large tomatoes  
 1/2 cup plain or Italian-seasoned bread crumbs  
 2 cups frozen corn, thawed  
 2 tablespoons chopped green pepper  
 2 tablespoons chopped celery  
 2 tablespoons chopped onion  
 2 tablespoons half and half cream  
 1 tablespoon butter or margarine, melted  
 2 tablespoons shredded mozzarella cheese  
 1/4 cup water

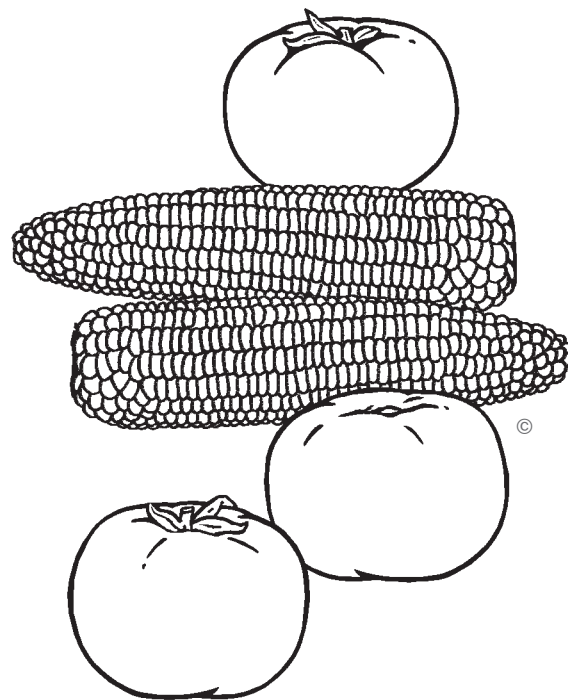
**Equipment**

Knife  
 Cutting board  
 Spoon  
 Paper towel  
 Mixing bowl  
 Mixing spoon  
 9" x 13" baking dish

**Order of Work**

1. Preheat oven to 350 degrees F.
2. Cut a thin slice off the top of each tomato.
3. Scoop out and discard seeds and center pulp.
4. Invert tomatoes on paper towel to drain.
5. Combine bread crumbs, corn, green pepper, celery, onion, cream, and butter.
6. Spoon into the tomatoes.
7. Place in an ungreased baking dish.
8. Sprinkle tomatoes with cheese.
9. Pour water into the baking dish.
10. Bake uncovered for 30 minutes or until tomatoes are tender.

**Nutrition Facts per Serving:** 147 calories,  
 4 g fat, 123 mg sodium, 24 g carbohydrate,  
 3 g fiber, 5 g protein, 47 mg calcium.



## 2

## ◆ Creamy Peas and Potatoes

*Yield: 6 servings*

**Ingredients**

4 medium red potatoes, cubed  
 1 package (10 oz.) frozen peas  
 2 tablespoons butter or margarine  
 2 tablespoons all-purpose flour  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 1 1/2 cups milk  
 2 tablespoons minced fresh dill, optional

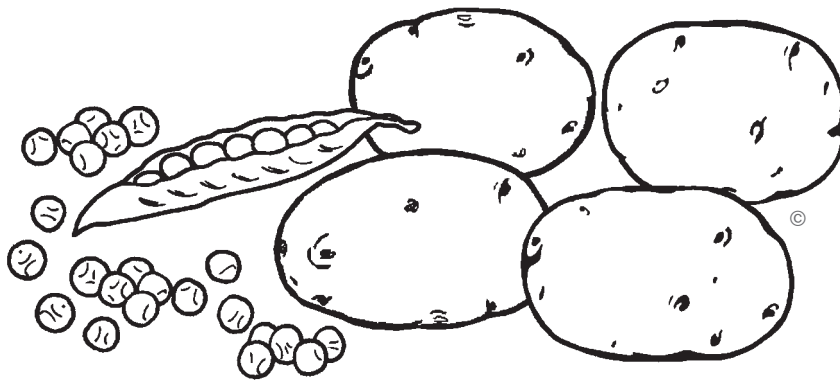
**Equipment**

Knife  
 Cutting board  
 Measuring cups and spoons  
 Saucepans, large and small  
 Mixing spoons  
 Whisk or fork

**Order of Work**

1. Place potatoes in a saucepan; cover with water and cook until tender. Drain. Place in serving bowl.
2. Cook peas according to package directions. Drain. Place in serving bowl.
3. While the vegetables are cooking, prepare a white sauce (see page 77 for detailed directions).
4. Melt butter in a small saucepan.
5. Gradually add flour, while stirring constantly.
6. Gradually add milk, stirring constantly with a whisk or fork. Add salt and pepper.
7. Bring to a boil over medium heat; boil for one minute.
8. Cook until thickened and bubbly. Add dill if desired.
9. Pour white sauce over vegetables in serving bowl and stir to coat.
10. Serve immediately.

**Nutrition Facts per Serving:** 214 calories, 5 g fat, 265 mg sodium, 34 g carbohydrate, 4 g fiber, 7 g protein, 84 mg calcium.



## 2

## ◆ Oven French Fries

*Yield: 4 servings*

**Ingredients**

4 medium potatoes  
1 tablespoon oil  
Salt  
Pepper

**Equipment**

Knife  
Cutting board  
Paper towels  
Mixing bowl and spoon  
Measuring spoon  
Baking sheet

**Order of Work**

1. Preheat oven to 475 degrees F. Wash potatoes and cut into strips about 1/2" thick.
2. Dry potatoes with paper towels and put into bowl. Drizzle strips with oil; stir to coat.
3. Spread strips in single layer on baking sheet. Sprinkle lightly with salt and pepper.
4. Bake 35 minutes, turning occasionally to brown all sides.

**Nutrition Facts per Serving:** 195 calories, 4 g fat, 304 mg sodium, 37 g carbohydrate, 5 g fiber, 4 g protein, 26 mg calcium.

## ◆ Glazed Carrot Coins

*Yield: 6 servings*

**Ingredients**

12 medium carrots, scrubbed or peeled,  
cut into 1-inch pieces  
1/2 cup packed brown sugar  
3 tablespoons butter or margarine  
1/4 teaspoon vanilla extract

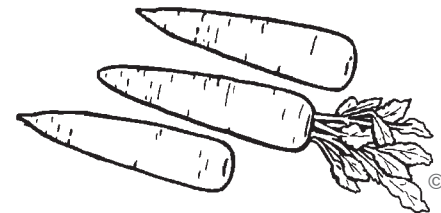
**Equipment**

Knife  
Cutting board  
Large saucepan  
Measuring cups and spoons  
Colander  
Serving bowl with lid  
Spoon

**Order of Work**

1. In a saucepan, place carrots in a small amount of water. Cook over medium heat until crisp-tender; drain. Place drained carrots in serving bowl. Cover with lid.
2. In the same pan, heat brown sugar and butter over medium heat until bubbly.
3. Return carrots to pan; cook over low heat for 10 - 15 minutes or until glazed. Stir frequently. Remove from heat; stir in vanilla. Return carrots to serving bowl.

**Nutrition Facts per Serving:** 190 calories, 6 g fat, 135 mg sodium, 34 g carbohydrate, 4 g fiber, 2 g protein, 56 mg calcium.





## 2

## ◆ Potato Salad

*Yield: 12 servings*

**Ingredients**

5 medium potatoes  
 2 eggs  
 2 stalks celery  
 1/2 cup onion, chopped  
 1/4 cup sweet pickle relish  
 1 cup mayonnaise or salad dressing  
 (light may be substituted)  
 1 tablespoon cider vinegar or lemon juice  
 1 teaspoon prepared mustard  
 1 teaspoon salt  
 2 tablespoons sugar  
 1/4 teaspoon pepper  
 Paprika, optional

**Equipment**

Medium saucepan  
 Fork  
 Colander  
 Paring knife  
 Cutting board  
 Measuring cups and spoons  
 Mixing bowls, large and small  
 Mixing spoon  
 Whisk  
 Serving bowl

**Order of Work**

1. Wash potatoes. Place potatoes in a medium saucepan and cover with cold water. Bring potatoes to a boil, then reduce heat to medium low and cook until potatoes are tender. To test potatoes for doneness, pierce the potatoes with a fork. When done, the potatoes will be soft and easily pierced with the fork.
2. Pour the potatoes and water into a colander to drain. Then return potatoes to the pan and cover with cold water to help cool them.
3. Use a paring knife to peel the potatoes when they are cool enough to handle. The potato skins should slip off easily. Cut away any sprouts (sometimes called “eyes”) or blemishes. Cut potatoes into chunks, about the size of a grape. Add to large mixing bowl.
4. Place eggs in cold water and hard cook. (See page 67 for directions on how to hard cook eggs.) Cool eggs in cold water, then peel and chop. Add to potatoes in large mixing bowl.
5. Chop celery and onion. Add to large mixing bowl.
6. Measure pickle relish and add to large mixing bowl.
7. To make the dressing, mix the mayonnaise, vinegar, mustard, salt, sugar, and pepper in a small bowl. Use a whisk or spoon to blend until smooth.
8. Pour dressing over ingredients in large bowl. Stir gently to combine.
9. Place potato salad in a serving bowl. Sprinkle top with a little paprika, if desired. Cover and chill thoroughly before serving.

**Nutrition Facts per Serving:** 164 calories, 8 g fat, 405 mg sodium, 22 g carbohydrate, 2 g fiber, 3 g protein, 22 mg calcium.



## 2

## ◆ Pumpkin Peanut Butter Dip

*Yield: 1 3/4 cups, 2 tablespoons per serving*

**Ingredients**

3/4 cup peanut butter  
1/2 cup brown sugar, packed  
1 teaspoon vanilla  
3/4 cup canned pumpkin

**Equipment**

Mixing bowl  
Mixing spoon  
Measuring cups and spoons

**Order of Work**

1. Mix peanut butter and brown sugar in mixing bowl.
2. Add vanilla and stir. Add pumpkin and stir until well blended.
3. Serve with graham crackers, bread, apple slices, celery sticks, etc.

**Nutrition Facts per Serving:** 115 calories, 7 g fat, 67 mg sodium, 11 g carbohydrate, 1 g fiber, 4 g protein, 15 mg calcium.

## ◆ Roasted Summer Vegetables

*Yield: 4 servings*

**Ingredients**

2 medium tomatoes  
1 medium onion  
2 medium zucchini or yellow squash  
1 green pepper  
2 tablespoons oil  
1 teaspoon dried oregano  
1 teaspoon dried basil  
2 cloves garlic, minced

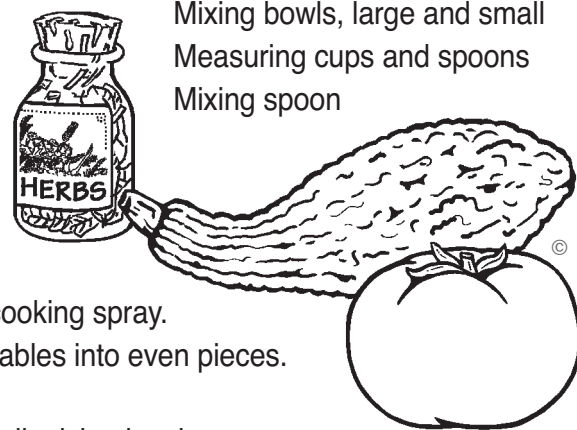
**Equipment**

9" x 13" baking pan  
Nonstick cooking spray  
Knife  
Cutting board  
Mixing bowls, large and small  
Measuring cups and spoons  
Mixing spoon

**Order of Work**

1. Preheat oven to 375 degrees F.
2. Lightly coat baking pan with nonstick cooking spray.
3. Chop tomatoes. Slice remaining vegetables into even pieces.
4. Place vegetables in mixing bowl.
5. Mix oil, herbs, and minced garlic in small mixing bowl.
6. Drizzle oil mixture over vegetables. Toss to coat vegetables with oil. Place in pan.
7. Bake uncovered for 30 - 40 minutes until the vegetables are tender. Stir occasionally.

**Nutrition Facts per Serving:** 107 calories, 7 g fat, 10 mg sodium, 10 g carbohydrate, 3 g fiber, 2 g protein, 38 mg calcium.



## 2

## ◆ Roasted Vegetables

*Yield: 6 servings*

**Ingredients**

2 medium baking potatoes, cut in chunks  
 2 cups carrots, cut in chunks  
 1 onion, cut in chunks  
 1 tablespoon oil  
 Paprika  
 Parsley  
 Garlic powder  
 Pepper

**Equipment**

Knife  
 Cutting board  
 Nonstick cooking spray  
 9" x 13" baking dish

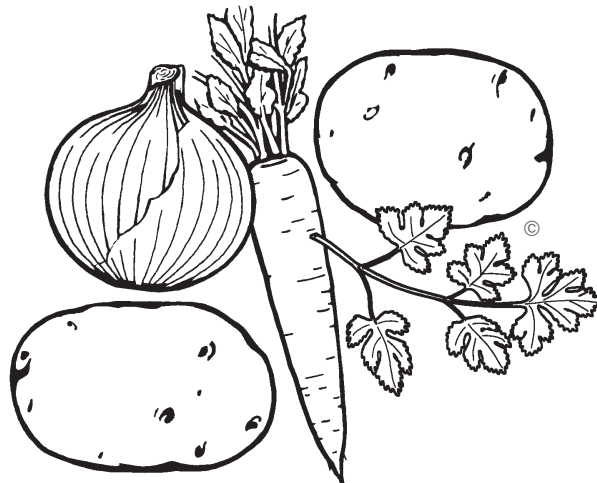
**Order of Work**

1. Preheat oven to 375 degrees F. Lightly coat baking dish with nonstick cooking spray.
2. Place prepared vegetables in single layer in baking dish.
3. Drizzle vegetables with oil and toss lightly.
4. Sprinkle with desired herbs and spices.
5. Bake for 30 minutes or until tender and browned.

**Recipe Notes:**

1. A variety of vegetables can be roasted using this basic method.
2. Several herbs and spices are suggested. Use any others you really like.
3. Vegetables may be boiled and partially cooked before baking to give them a softer texture and to decrease cooking time in the oven.

**Nutrition Facts per Serving:** 102 calories, 3 g fat,  
 35 mg sodium, 19 g carbohydrate, 3 g fiber,  
 2 g protein, 28 mg calcium.



## 2

## ◆ Veggie Pizza

*Yield: 12 servings*

**Ingredients**

2 packages (8 oz.) refrigerated crescent rolls  
 2 cups reduced-fat sour cream  
 1 package (8 oz.) reduced-fat cream cheese,  
 softened  
 1 envelope ranch dip mix  
 Chopped vegetables such as peppers,  
 celery, broccoli, radishes, carrots, onion, etc.

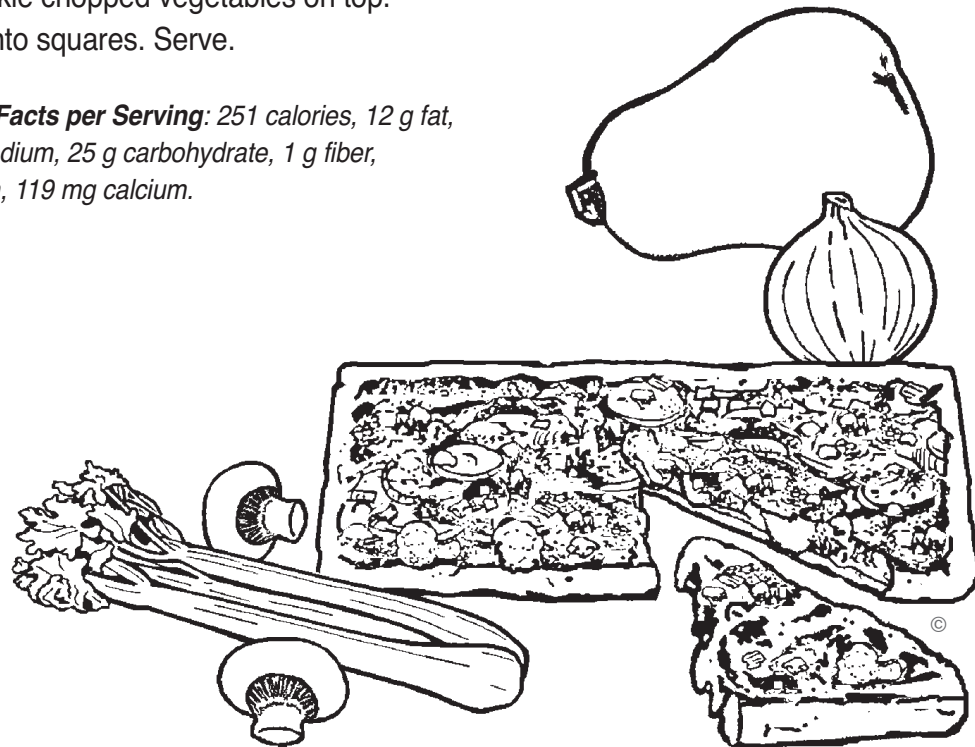
**Equipment**

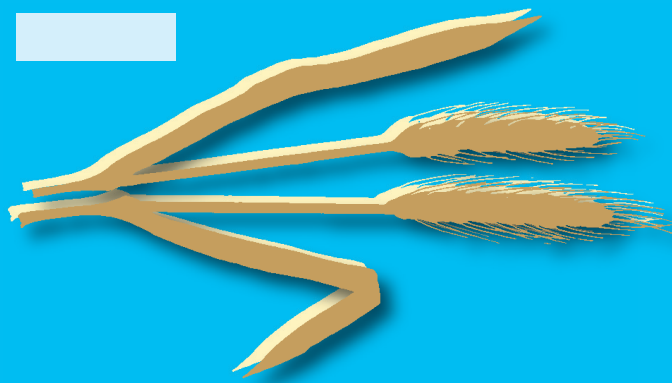
11" x 14" baking pan  
 Nonstick cooking spray  
 Mixing bowl  
 Mixing spoon  
 Knife  
 Cutting board

**Order of Work**

1. Preheat oven to 375 degrees F.
2. Spray baking pan with nonstick cooking spray.
3. Unroll crescent rolls and lay them in pan. Spread them out with your fingers so the bottom is completely covered.
4. Bake for 13 to 17 minutes or until crust is golden brown.
5. Remove from oven and cool completely.
6. Add sour cream, cream cheese, and ranch dip mix to mixing bowl. Mix until creamy.
7. Spread mixture over cooled crust.
8. Sprinkle chopped vegetables on top.
9. Cut into squares. Serve.

**Nutrition Facts per Serving:** 251 calories, 12 g fat,  
 593 mg sodium, 25 g carbohydrate, 1 g fiber,  
 8 g protein, 119 mg calcium.





# GRAINS GROUP

Foods from the Grain Group come from many different grain plants: wheat, corn, oats, rye, barley, and rice. Grain Group foods are important because they provide our bodies with **carbohydrates** (car-bo-hi-drates). Carbohydrates give us the energy we need to play, learn, sleep, and keep our bodies running.

Foods from the Grain Group keep us healthy by also supplying the body with

**Protein** for growth, repair, and maintenance of body tissues.

**Iron** for red blood cells to transport oxygen to cells.

**B vitamins** needed to use the energy in foods.

"Whole grains" such as whole wheat bread, also provide fiber that helps with food digestion.

There are many foods to choose from in the Grain Group. Some examples are bread, oatmeal, muffins, bagels, cereals, rice, pasta, tortillas, crackers, and pancakes.

## Whole Grains and Refined Grains

**Whole grains** contain the entire grain kernel — the **bran**, **germ**, and **endosperm**. Examples of whole grains include:

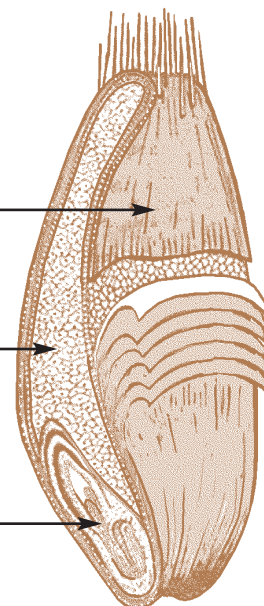
- Whole wheat flour
- Oatmeal
- Whole cornmeal
- Brown rice
- Popcorn
- Bulgur (cracked wheat)

**Refined grains** are **milled** — a process that removes the bran and germ. This gives the grains a finer texture and they stay fresh longer. Because refining removes fiber, iron and B vitamins, most refined grains are **enriched**. This means that some B vitamins and

**Bran:** outer shell  
contains fiber and  
B vitamins

**Endosperm:**  
provides  
carbohydrates for  
energy and protein

**Germ:** provides  
vitamins



## 2

iron are added back after processing. Fiber is not added back to enriched grains. Some examples of refined grain products are:

- White all-purpose flour
- White bread
- White rice

### Why Choose Whole Grains?

Eating whole grains helps keep your body healthy. People who eat whole grains as part of their daily diet may reduce their risk of developing some chronic diseases, such as heart disease and some types of cancer. Whole grains contain fiber. **Fiber** is the part of the plant (grain) that human bodies can't digest or absorb. Some types of fiber help prevent constipation, and other kinds may help lower blood cholesterol.

It's easy to add whole grains to your cooking. Try whole wheat pasta, brown rice, and whole grain breads in place of the refined products you may be using.

## Rice

**Rice** is used in many different ways for cooking — in main dishes, side dishes, and even desserts! It's really quite easy to prepare rice once you know how. Let's learn a little about rice so you know what type you need for the recipes you prepare.

### Types of Rice

- **Brown rice** is a whole grain and brown in color because it still has the bran layer and germ. All rice starts out as brown rice. It has a chewy, nutty flavor and when cooked, the grains keep their shape. It takes longer to cook than white rice.
- **White rice** has been milled to remove the **husk, bran,** and **germ.** Milling helps prevent spoilage and extends the storage life of the grain. After milling, the rice is polished, giving it a bright, white, shiny appearance.

Brown rice and white rice are separated into three categories by size and texture — long grain, medium grain, and short grain.

**Long grain** rice is slender and long. Cooked long grain rice is light, fluffy, firm, and the grains keep their shape. Basmati and Jasmine are two types of specialty long grain rice.

**Medium grain** rice is fatter and shorter than long grain rice. Cooked medium grain rice is tender, a bit sticky and the grains clump together. Arborio and Valencia are two types of specialty medium grain rice.

**Short grain** rice is almost round. This is the softest and stickiest when cooked.

## 2

- **Converted** rice has been soaked and steamed under pressure before removing the bran and germ. This forces some of the nutrients into the remaining part of the grain so they are not all lost. Converted rice has a pale beige cast and takes slightly longer to cook than regular white rice, but cooks more quickly than brown rice.
- **Instant** or **quick** rice has been fully or partially cooked before being dehydrated and packaged. It is usually enriched and has most of the nutrients, but a more bland texture. Instant white rice cooks in about five minutes; instant brown rice takes about 10 minutes to cook.

### Cooking Rice

Rice may be cooked on top of the range or in the oven. For instant or converted rice, follow cooking directions on the package.

**Range top cooking** — Combine rice, water, and salt in a heavy saucepan with a tight fitting lid. Bring to boil over medium-high heat. Reduce heat to low and **simmer**, covered, until rice is tender. Don't start checking for doneness until near the end of the recommended cooking time. Each time the lid is removed moisture is lost. Remove from heat and let stand, covered for 10 to 15 minutes. Fluff with a fork and serve.

**Oven cooking** — Preheat oven to 375 degrees F. Combine rice, boiling water, and salt in a baking dish. Cover tightly with lid or double layer of aluminum foil. Bake until rice is tender. Let stand five minutes, uncover, fluff with a fork and serve.

### Cooking Rice (Range top or oven) — Use 1 cup of uncooked rice

Rice	Water*	Salt	Cooking time	Yield
Long grain	1 1/2 cups	1/2 teaspoon	18-20 minutes	3 cups
Medium grain	1 1/3 cups	1/2 teaspoon	16-18 minutes	3 cups
Short grain	1 1/4 cups	1/2 teaspoon	16-18 minutes	2 3/4 cups
Brown rice	1 1/2 cups	1/2 teaspoon	45-50 minutes	2 1/2 to 3 cups

\*For more flavor, substitute broth for water.



## 2

## Pasta

Pasta is usually made from coarse white wheat flour called **semolina**, which gives pasta a firm texture. Whole wheat pasta has a stronger flavor and a chewier texture than pasta made with refined wheat flour.

Pasta comes in many shapes and sizes. One type of pasta may be substituted for another in a recipe. Use the same amount by weight. For example, if the recipe calls for 8 ounces of macaroni, you can substitute 8 ounces of spaghetti. Noodles differ from other pasta in that they contain eggs and tend to absorb less water during cooking.

### Cooking Pasta

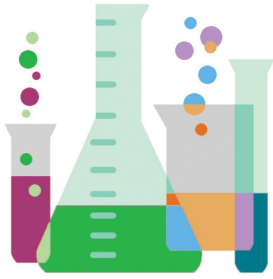
In a large saucepan bring water (about 3 quarts of water for 4 to 8 ounces of pasta) and 1 teaspoon salt to boiling. Add the pasta a little at a time so the water does not stop boiling. Reduce the heat and boil, uncovered, stirring occasionally until the pasta is *al dente*. Drain in a colander.

***Al dente***, meaning “to the tooth” in Italian, is a term for pasta indicating it is cooked just enough to maintain a firm, chewy texture.





2



# EXPERIMENT WITH RICE

As you have learned, there are several different types of rice and ways that rice can be prepared. For this experiment, you will prepare different types of rice and use range top or oven cooking methods to prepare them. After preparing the rice, do a taste test to compare the taste and texture of the rice, and then answer the questions provided. You may want to ask your family to join in the taste testing. After taste testing the rice, you can use the remaining rice in one of the recipes in this book.

To begin your experiment, select the types of rice or cooking methods you will compare. Following is a list of suggestions for the comparisons. You may choose one or more of these suggestions, or create your own comparison.

- Compare white rice to brown rice — both cooked on the range top.
- Compare white rice cooked in the oven to white rice cooked on the range top.
- Compare instant rice and regular rice.
- Compare converted rice to regular rice — both cooked in the oven.

Prepare the rice using the instructions outlined in the section on Cooking Rice. When the rice is cooked, taste each and judge which type of rice or cooking method produces the rice that you like best. Answer the following questions about your experiment.

1. What type of rice does your family usually eat? \_\_\_\_\_  
Which method does your family use most often to cook rice? \_\_\_\_\_
2. For this experiment, which cooking methods did you use? \_\_\_\_\_  
Which types of rice did you compare? \_\_\_\_\_
3. Were there any differences in taste or texture of the rice between the cooking methods? Explain: \_\_\_\_\_
4. Were there any differences in taste or texture between the different types of rice? Explain: \_\_\_\_\_
5. Which type of rice did you like best? \_\_\_\_\_
6. What will you do differently the next time you cook rice? \_\_\_\_\_  
\_\_\_\_\_
7. How will you include rice in your family meals in the future? \_\_\_\_\_  
\_\_\_\_\_



## 2

## ◆ Barbara's Chicken and Rice Casserole

*Yield: 4 servings*

**Ingredients**

- 1 cup low-fat milk
- 1 cup chicken broth
- 4 tablespoons butter or margarine
- 4 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1 1/2 to 2 cups cooked chicken, chopped
- 1 cup frozen peas
- 2 cups cooked rice (brown or white)
- 3 tablespoons dry breadcrumbs
- 2 teaspoons butter or margarine, melted
- 1 tablespoon grated Parmesan cheese

**Equipment**

- 8" x 8" baking dish
- Nonstick cooking spray
- Measuring cups and spoons
- Saucepan
- Mixing spoon
- Small mixing bowl

**Order of Work**

1. Preheat oven to 400 degrees F.
2. Lightly coat baking dish with nonstick cooking spray.
3. Make medium white sauce using the milk, chicken broth, butter, flour, and salt following the directions on page 77 .
4. Add cooked chicken and peas to sauce and bring to a simmer.
5. Remove from heat and stir in cooked rice. (See page 39 for directions on cooking rice.)
6. Pour into prepared baking dish.
7. Mix together the breadcrumbs, melted butter, and cheese. Sprinkle on top of casserole.
8. Bake for 25 to 30 minutes, until brown on top and bubbly.

**Nutrition Facts per Serving:** 538 calories, 19 g fat, 682 mg sodium, 52 g carbohydrate, 2 g fiber, 35 g protein, 128 mg calcium.



## 2

## ◆ Broccoli and Rice Casserole

*Yield: 8 servings*

**Ingredients**

3 cups cooked rice  
 3/4 cup onion, chopped  
 16 ounces frozen chopped broccoli  
 2 cups milk  
 2 tablespoons butter or margarine  
 2 tablespoons flour  
 1/2 teaspoon salt  
 1 cup grated cheddar cheese  
 1/2 teaspoon pepper  
 1 cup croutons, optional

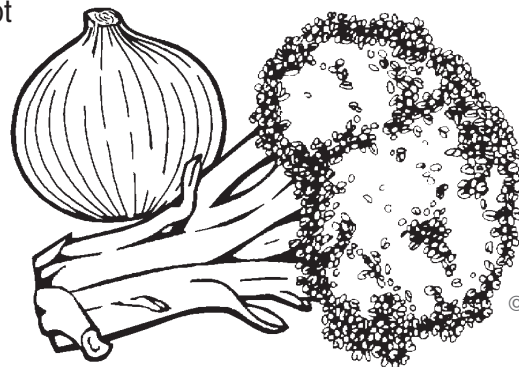
**Equipment**

2 saucepans  
 Cutting board  
 Knife  
 Microwave-safe bowl with cover  
 Colander  
 Medium mixing bowl  
 Measuring cups, dry and liquid  
 Measuring spoons  
 Mixing spoon  
 Rubber scraper  
 2-quart casserole dish  
 Nonstick cooking spray

**Order of Work**

1. Preheat oven to 350 degrees F.
2. Cook 1 1/2 cups of rice to make 3 cups of cooked rice. Use your favorite method of cooking rice. (See page 39.)
3. Chop onion. Place onion and frozen broccoli in the microwave-safe bowl. Add 2-4 teaspoons water. Cover and microwave 6-8 minutes until vegetables are hot and partially cooked.
4. Remove from microwave and drain excess liquid from vegetables. Place vegetables in mixing bowl.
5. Place cooked rice in mixing bowl with vegetables.
6. Use the milk, butter, flour, salt, and cheese to make a cheese sauce using the instructions on page 79. Add cheese sauce to mixing bowl.
7. Add pepper to mixture. Stir gently until ingredients are evenly distributed.
8. Lightly coat the casserole dish with nonstick cooking spray. Place casserole mixture in the prepared casserole dish.
9. Bake for 25 minutes or until casserole is hot and slightly bubbly on the edges.
10. Top with the croutons, if desired. Return to oven and bake another 5-10 minutes until croutons are brown.

**Nutrition Facts per Serving:** 221 calories,  
 9 g fat, 326 mg sodium, 25 g carbohydrate,  
 3 g fiber, 9 g protein, 181 mg calcium.



## 2

## ◆ Creamy Rice Pudding

*Yield: 8 servings*

### Ingredients

- 1 1/2 cups cooked white rice
- 2 cups milk, divided
- 1/3 cup white sugar
- 1/4 teaspoon salt
- 1 egg, beaten
- 2/3 cup raisins
- 1 tablespoon butter
- 1/2 teaspoon vanilla extract
- 1 teaspoon cinnamon

### Equipment

- Heavy saucepan
- Measuring cups and spoons
- Mixing spoon
- 8 small serving bowls

### Order of Work

1. In a heavy saucepan, combine 1 1/2 cups cooked rice, 1 1/2 cups milk, sugar, and salt.
2. Cook over medium heat and bring to a simmer.
3. Stirring frequently, simmer until thick and creamy, about 15 minutes.
4. Stir in remaining 1/2 cup milk, beaten egg, and raisins.
5. Cook 2 minutes more, stirring constantly.
6. Remove from heat, and stir in butter and vanilla.
7. Spoon pudding equally into 8 serving bowls. Lightly sprinkle cinnamon over each serving. Serve warm or cold.

**Nutrition Facts per Serving:** 157 calories, 3 g fat, 122 mg sodium, 29 g carbohydrate, 1 g fiber, 4 g protein, 85 mg calcium.



## 2

## ◆ Macaroni or Pasta Salad

*Yield: 12 - 1/2-cup servings*

**Ingredients**

2 cups uncooked pasta  
(elbow macaroni, small shells, or rotini)  
2 stalks celery  
1/2 cup onion, chopped  
2 cups frozen peas, thawed  
1/2 cup shredded cheddar cheese  
1/4 cup sweet pickle relish  
1 1/4 cups salad dressing or mayonnaise  
(light may be used)  
1 tablespoon vinegar or lemon juice  
1 tablespoon sugar  
1/2 teaspoon salt  
1/4 teaspoon pepper

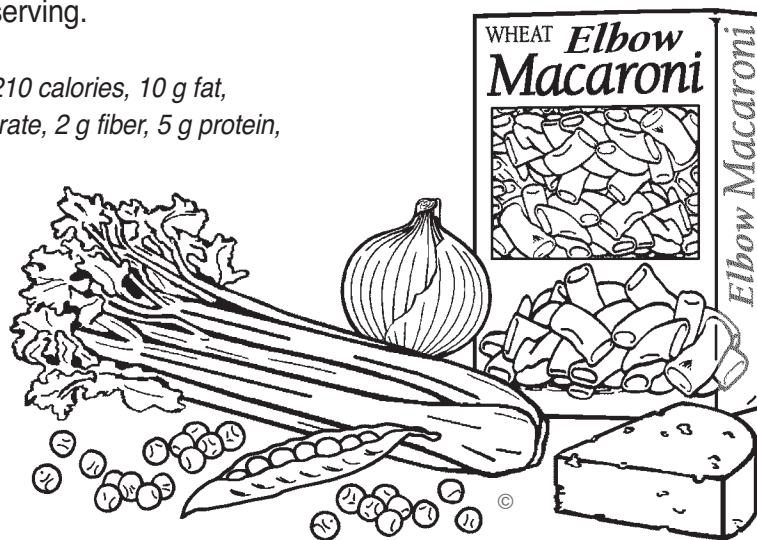
**Equipment**

Large saucepan  
Colander  
Mixing bowls, large and small  
Knife  
Cutting board  
Measuring cups and spoons  
Whisk  
Mixing spoon

**Order of Work**

1. Cook pasta following directions on the package. Place colander in sink with open drain. Pour cooked pasta and water in colander to drain. Rinse with cold water and drain completely. Place cooked pasta in a large mixing bowl.
2. Chop the onion and celery. Add to pasta.
3. Pour thawed peas into colander. Rinse and drain. Add to pasta mixture.
4. Add cheese and pickle relish to pasta mixture.
5. Make the dressing by mixing the mayonnaise, vinegar, sugar, salt, and pepper in a small bowl. Use a whisk or spoon to blend until smooth.
6. Pour dressing over ingredients in large bowl. Stir gently to combine.
7. Cover and chill before serving.

**Nutrition Facts per Serving:** 210 calories, 10 g fat,  
335 mg sodium, 25 g carbohydrate, 2 g fiber, 5 g protein,  
46 mg calcium.



## 2

## Quick Breads

Quick breads — like the name implies — are quick and easy to make. But, did you know that when making quick breads, you are using science? These breads use a chemical reaction between the ingredients to make them light and fluffy. Let's learn a little more about what happens when you combine the ingredients to make quick breads.

Quick breads use baking powder and/or baking soda as a **leavening agent**. A leavening agent makes breads, cookies, and cakes rise. When a leavening agent is added to a batter, carbon dioxide (CO<sub>2</sub>) bubbles are released in the batter and create “lift” to make the cake, cookie, or bread light with air pockets.

**Baking soda** is also known by its chemical name — sodium bicarbonate. This chemical will react with any type of **acid**, either liquid or dry, to produce carbon dioxide gas (CO<sub>2</sub>). Yes, there are acids in foods! Common sources of acids used in making quick breads are buttermilk, fruit juices, molasses, or cream of tartar. Carefully measure baking soda before adding it to a recipe because too much baking soda will give food an off-flavor.

Baking soda is used in recipes that have ingredient(s) that are acidic. If there is not an acidic ingredient, then only baking powder is called for.

**Baking powder** is a mixture of baking soda and acid. One type of baking powder is “double acting” — which means it “acts twice.” The baking powder starts working right away when liquids are added to the batter. It acts again when heated in the oven. The baking powder produces bubbles in the batter to make the bread light.

For best results  
do not use baking powder past  
the expiration date printed on the can.

## Quick Bread Tips

To make quick breads, combine the dry ingredients in one bowl and the liquid ingredients in a second bowl. When combining the two mixtures, it is important not to overmix the batter. Overmixing produces a tough or coarse bread. Following are some tips to produce a good quality quick bread.

- Stir just enough to moisten dry ingredients. Overmixing causes bread to be tough.
- Bake quick bread as soon as the mixing is complete. Place the baking pan in the center of a preheated oven.
- If using a glass pan, reduce the oven temperature by 25 degrees F.
- If bread browns too quickly, cover loosely with aluminum foil and finish baking.
- A large crack running down the center of the bread is normal. The inside of the crack should not look wet.
- The edges will begin to pull away from the sides of the pan when it is done.
- To test for doneness, insert a toothpick in the center of the bread. When the bread is done, the toothpick will come out clean or with only a few crumbs clinging to it. If there is uncooked batter or many damp crumbs on the toothpick, return the bread to the oven and continue baking. Remember to set the timer again! Check after 3-4 minutes.
- Cool quick breads in the pan for 10 minutes on a cooling rack. Remove from pan, place on rack and allow to cool before slicing.
- After the bread has cooled completely place it in a plastic bag or wrap in plastic wrap and store at room temperature for 1-2 days. Freeze for longer storage.

## How Does Your QUICK BREAD Rate?

Use the following guidelines to evaluate your quick bread.

### **Look at the outside**

- Is the top evenly rounded?
- Does it have a uniform color?
- Is it evenly browned?
- Does it have a center crack? (varies with type of bread)

### **Look at the inside**

- Does it have a uniform grain, free of large tunnels?
- Does it slice without crumbling?

### **Now taste it**

- Does it have a pleasing, well-blended flavor?



## 2

## ◆ Basic Nut Bread

*Yield: 1 loaf, 18 servings*

**Ingredients**

1 cup sugar  
 1/4 cup butter or margarine, softened  
 2 eggs  
 1 1/2 cups milk  
 3 cups all-purpose flour  
 3 1/2 teaspoons baking powder  
 1 teaspoon salt  
 3/4 cup nuts, chopped

**Equipment**

9" x 5" x 3" loaf pan  
 Nonstick cooking spray  
 Mixing bowls, large and small  
 Measuring cups and spoons  
 Mixing spoon  
 Toothpick  
 Cooling rack

**Order of Work**

1. Preheat oven to 350 degrees F. Lightly coat the loaf pan with nonstick cooking spray.
2. Mix sugar, butter or margarine, and eggs thoroughly in large mixing bowl.
3. Add milk and stir. Set aside.
4. Measure flour and place in separate mixing bowl. Add baking powder and salt. Stir until blended.
5. Add flour mixture to liquid mixture. Stir just until dry ingredients are moist.
6. Blend in nuts.
7. Pour batter into prepared pan. Bake 55-60 minutes or until toothpick comes out clean.
8. Cool on cooling rack for 10 minutes. Remove from pan and place on cooling rack.

**Nutrition Facts per Serving:** 193 calories, 7 g fat, 273 mg sodium, 29 g carbohydrate, 1 g fiber, 4 g protein, 50 mg calcium.

**Variations of Nut Bread**

**Apple Bread** — Follow Basic Nut Bread recipe; add 1 teaspoon vanilla and 1 cup apples, peeled, cored, and shredded.

**Banana Nut Bread** — Follow Basic Nut Bread recipe, except use only 3/4 cup milk. Add 1 cup very ripe, mashed bananas.

**Carrot-Orange Bread** — Follow Basic Nut Bread recipe except use 1 cup of milk. Add 1/2 cup orange juice, 1 cup grated carrots, 1 teaspoon ground cinnamon, 1 teaspoon grated orange peel, 1 teaspoon ground nutmeg, and 1/2 cup raisins.

**Orange Nut Bread** — Follow Basic Nut Bread recipe except use only 3/4 cup milk. Add 4 teaspoons grated orange peel and 3/4 cup orange juice.

**Whole Grain** — Follow Basic Nut Bread recipe and replace 1 cup of all-purpose flour with 1 cup of whole wheat flour.



## 2

## ◆ Cheese Muffins

*Yield: 12 muffins*

**Ingredients**

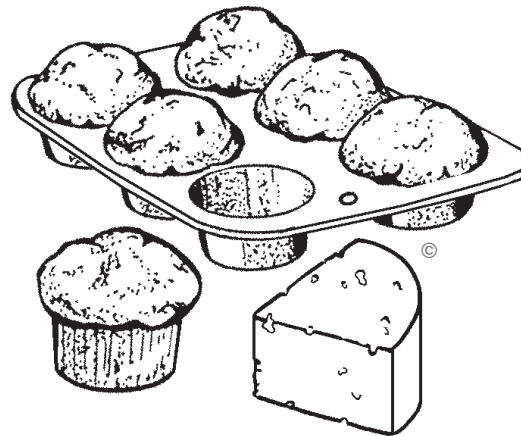
2 cups flour  
 1 tablespoon baking powder  
 1 tablespoon sugar  
 1/2 teaspoon salt  
 1 teaspoon powdered mustard  
 1/2 teaspoon garlic powder  
 1 egg, slightly beaten  
 1 cup milk  
 1/4 cup oil  
 1/2 cup shredded cheddar cheese

**Equipment**

Muffin pan  
 Baking cup liners, optional  
 Nonstick cooking spray  
 Flour sifter  
 Mixing bowls, large and small  
 Measuring spoons  
 Measuring cups  
 Mixing spoon  
 Rubber scraper

**Order of Work**

1. Preheat oven to 375 degrees F. Lightly coat muffin pan with nonstick cooking spray or place a baking liner in each muffin cup.
2. Place flour sifter in mixing bowl. Measure flour and pour into sifter. Add baking powder, sugar, salt, mustard, and garlic powder to the flour in the sifter. Sift together into the mixing bowl.
3. Combine slightly beaten egg, milk, and vegetable oil in the small mixing bowl.
4. Add liquid ingredients to dry ingredients. Stir together until dry ingredients are just moist, but the batter is still lumpy. Stir in shredded cheese.
5. Fill muffin cups 1/2 full.
6. Bake for 20 minutes. Remove from oven. Best when served slightly warm.



**Nutrition Facts per Muffin:** 157 calories, 7 g fat, 278 mg sodium, 18 g carbohydrate, 1 g fiber, 4 g protein, 86 mg calcium.

**Variation**

**With Bacon** — Cook 6 slices bacon. Crumble into small pieces. Add to muffin batter along with shredded cheese.

**Nutrition Facts per Muffin:** 208 calories, 13 g fat, 372 mg sodium, 18 g carbohydrate, 1 g fiber, 6 g protein, 86 mg calcium.



## 2

## ◆ Rolled Biscuits

*Yield: 12 biscuits*

**Ingredients**

2 cups all-purpose flour  
1 tablespoon baking powder  
3/4 teaspoon salt  
1/3 cup butter or margarine, chilled  
3/4 cup low-fat milk  
Extra flour for kneading

**Equipment**

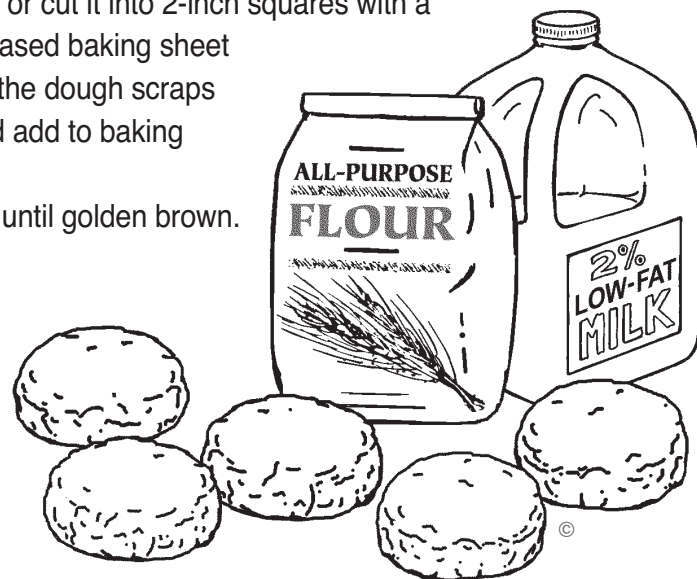
Flour sifter  
Mixing bowl  
Measuring cups, dry and liquid  
Measuring spoons  
Pastry blender or fork  
Baking sheet  
Biscuit or cookie cutter

**Order of Work**

1. Preheat oven to 450 degrees F.
2. Sift flour once and then measure it. Add to mixing bowl. Add baking powder and salt. Stir.
3. Measure the fat and add to flour mixture. Cut the fat into the flour mixture with the fork or pastry blender until well mixed.
4. Make a hole in the center of the flour. Slowly add milk and stir, using just enough to make dough soft but not sticky. Stir just enough to wet the flour.
5. Sprinkle 3-4 tablespoons of flour on a clean, dry surface and spread the flour with your hand. Turn dough onto the floured surface. Knead dough a few times. To knead the dough, rub some flour onto your hands. Use the heel of your hand, to push the dough away from you, and then fold it back over itself. Give the dough a little turn, push and turn again. Repeat 6-8 more times. Over-kneading the dough or adding too much flour will make the biscuits tough.
6. Roll or pat dough to 3/4-inch thickness. Dip the biscuit cutter into the flour. Use the biscuit cutter to cut the dough or cut it into 2-inch squares with a knife. Place biscuits on ungreased baking sheet about 2 inches apart. Gather the dough scraps and reshape. Cut biscuits and add to baking sheet.
7. Bake about 10-12 minutes or until golden brown.

**Nutrition Facts per Biscuit:**

128 calories, 5 g fat, 331 mg sodium,  
17 g carbohydrate, 1 g fiber,  
3 g protein, 43 mg calcium.



## 2

## ◆ Scones

*Yield: 12 scones*

**Ingredients**

2 cups all-purpose flour  
 1/4 cup sugar  
 1 tablespoon baking powder  
 3/4 teaspoon salt  
 1/3 cup butter or margarine, chilled  
 1/2 cup of raisins or dried cherries, if desired  
 1/2 cup milk  
 1 egg, slightly beaten  
 Extra flour for kneading  
 1 tablespoon milk  
 1 tablespoon sugar

**Equipment**

Flour sifter  
 Mixing bowl  
 Measuring cups, dry and liquid  
 Measuring spoons  
 Pastry blender or fork  
 Baking sheet  
 Knife  
 Pastry brush

**Order of Work**

1. Preheat oven to 450 degrees F.
2. Sift flour once and then measure it. Add to mixing bowl. Add sugar, baking powder, and salt. Stir.
3. Measure the fat and add to flour mixture. Cut the fat into the flour mixture with the fork or pastry blender until well mixed. Add the raisins or dried cherries and stir.
4. Mix milk and egg together. Make a hole in the center of the flour. Slowly add milk mixture and stir just enough to wet the flour. The dough should be soft but not sticky.
5. Sprinkle 3-4 tablespoons of flour on a clean, dry surface and spread the flour with your hand. Turn dough onto the floured surface. Knead dough a few times. To knead the dough, rub some flour onto your hands. Use the heel of your hand, to push the dough away from you, and then fold it back over itself. Give the dough a little turn, push and turn again. Repeat 6-8 more times. Over-kneading the dough or adding too much flour will make the scones tough.
6. Divide the dough in half. Roll or pat one-half of the dough into a circle about 3/4-inch thick. If desired, brush with milk and lightly sprinkle with sugar. Dip the knife into the flour. Use the knife to cut the dough into 6 sections. Place the scones on ungreased baking sheet about 2 inches apart. Repeat with second half of dough.
7. Bake about 10-12 minutes or until golden brown.

**Nutrition Facts per Scone:** 165 calories, 6 g fat, 336 mg sodium, 26 g carbohydrate, 1 g fiber, 3 g protein, 44 mg calcium.



## JUDGING BISCUITS

To get the best looking and tasting biscuits, bake them on an ungreased baking sheet in an oven preheated to 450 degrees F. For a golden crust, use a shiny baking sheet. Dark baking sheets cause the biscuits to over-brown on the bottom.

If you like crusty sides, place the biscuits 1-2 inches apart. For soft sides, place them close together. Bake biscuits on the center rack of the oven for even browning.

### How do your biscuits rate?

After baking your biscuits, use these questions to see if they look and taste the way they should. If you enter your biscuits in the fair, judges will evaluate your biscuits this way.

#### ***Look at the outside***

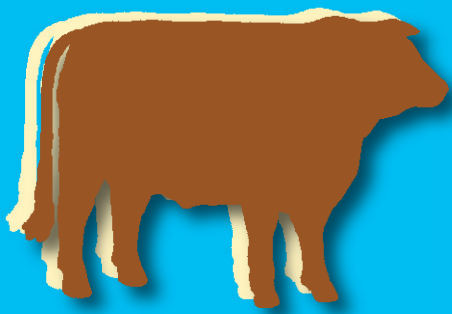
- Is the top golden brown?
- Do the biscuits have a round, even shape?
- Are the biscuits about the same size?
- Do they have a smooth, level top?
- Are the biscuits too hard or too brown on the top or bottom?

#### ***Look at the inside***

- Is the inside creamy white?
- Does the inside look moist rather than dry and crumbly?
- Is the biscuit light and flaky rather than hard and flat?
- Does the biscuit have a medium to fine grain and not too doughy?

#### ***Now taste it***

- Does the biscuit have a pleasing flavor? It should not taste strongly of any one ingredient such as fat or baking powder.
- Does it taste as though it has baked for the right length of time?



# PROTEIN FOODS GROUP

The Protein Foods Group includes meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds. Because of the variety of foods in the Protein Foods Group, servings are listed in ounces. Most young people should eat 5 1/2 ounces (2 to 3 servings) from the Protein Foods Group each day. Two to three ounces of cooked lean meat, poultry, or fish count as one serving. One-fourth cup of cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or 1/2 ounce of nuts and seeds count as 1 ounce of protein.

The Protein Foods Group provides the body with

**Protein** — which acts as building blocks for bones, muscles, skin, and blood.

**B vitamins** — which make red blood cells and build tissue.

**Iron** — which carries oxygen in the blood.

Some meats can be high in fat. That can mean extra calories, but meat fat also contains **cholesterol**. Cholesterol is a waxy substance that the liver naturally produces and is found in all foods that come from animals. The body needs cholesterol, but too much cholesterol can lead to serious health problems like heart disease. You can still eat from the Protein Foods Group and have a healthy diet just by making a few smart food choices:

- Choose extra lean ground beef. The label should say at least “90% lean”.
- Buy skinless chicken or turkey, or cook with skin and remove before eating.
- Choose lean turkey, roast beef, ham, or low-fat deli meats.
- Trim away all of the extra fat from meats and poultry before cooking.
- Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying.
- Drain off any fat that accumulates during cooking.
- Choose dry beans or peas as a main dish or part of a meal in place of meat.

Meat, fish, poultry, and eggs may contain **bacteria** that can cause foodborne illness. You should practice good food safety habits to avoid getting sick. (See Food Safety information on pages 8-11.)



## 2

## Cooking with Ground Beef

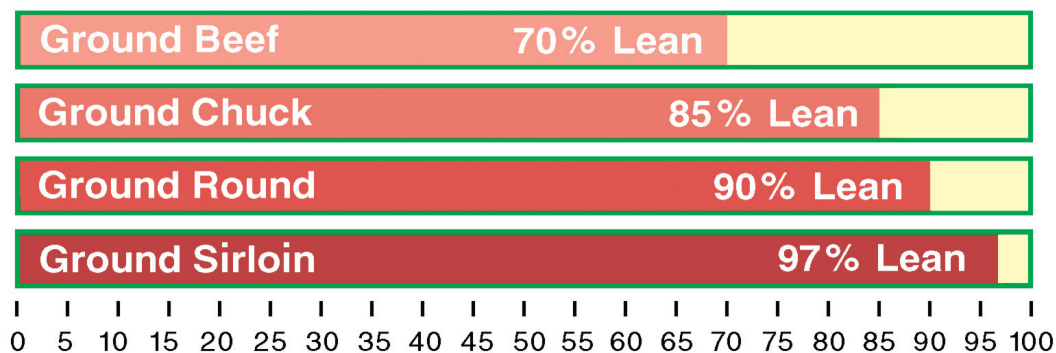
Ground beef, commonly called “hamburger,” is used in a variety of dishes at restaurants and at home because it is less expensive than other cuts of meat. Ground beef is made from less tender cuts of beef, which keeps the price lower. Grinding tenderizes the meat, and fat may be added to reduce dryness and give the meat more flavor. The meat is usually ground and packaged at your local grocery store. There are several different types of ground beef including ground chuck, ground round, or ground sirloin.

The name varies based on the fat content. The following chart shows the fat content of each type of ground beef.

Product Name	% Lean	% Fat
Ground beef	70	30
Ground chuck	85	15
Ground round	90	10
Ground sirloin	97	3

### Purchasing Ground Beef

When purchasing ground beef, you will find a difference in the price of these products. Usually the higher the amount of fat in the ground beef, the lower the cost will be. While all meat will shrink in size and weight during cooking, the amount of shrinkage depends on its fat content and the cooking process. The higher the fat content, the more the meat will shrink. Even though you may save money by purchasing ground beef with a higher fat content, you will have less meat in the end. It is recommended that you purchase the leanest ground beef that you can afford. The leaner meat is healthier for you.

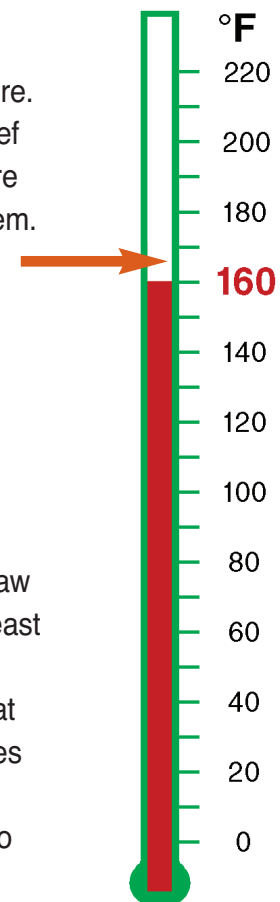


## 2

## Food Safety and Ground Beef

Grinding meat introduces bacteria into the meat, while larger cuts of meat like steak and roast only have bacteria on the surface. Because grinding introduces bacteria into the meat, food safety is important when handling ground beef.

- Refrigerate the ground beef as soon as possible after purchasing. Cook or freeze it within two days to maintain quality and keep the meat from spoiling.
- After handling raw ground beef, wash your hands thoroughly with soap and warm water for at least 20 seconds.
- Use soap and hot water to wash utensils and surfaces that came in contact with raw meat.
- Do not eat raw or undercooked ground beef.
- Do not reuse any of the packaging materials from the raw meat.
- Do not put cooked beef on the plate that held raw meat — use a clean plate. This will help avoid cross-contamination. **Cross-contamination** can occur when bacteria from the raw meat transfers to the cooked meat.
- Cook ground beef to 160 degrees F or above to destroy any harmful bacteria. Use a food thermometer to test the temperature. Insert an instant-read thermometer into the side of a ground beef patty or the center portion of the ground beef mixture. Make sure you have inserted the thermometer to the indentation on the stem. If the meat is thoroughly cooked, the thermometer should read 160 degrees F or higher. If the temperature is less than 160 degrees F, remove the thermometer and continue cooking the beef patty or meat product.



## Making Ground Beef Patties

To make ground beef patties, start with a one-pound package of raw ground beef. Wash your hands with warm water and soap for at least 20 seconds. Divide the meat into four equal parts. Form each part into a ball. Flatten the ball with your hand to form a round patty that is about 1/2-inch thick and about 4 inches in diameter. Place patties on a clean plate. You are now ready to cook the patties. Refer to *Cooking Meat with Electric Grills* (page 56) for directions on how to cook the meat using an electric counter-top grill.



## 2

## Cooking with Electric Grills

Counter-top electric grills are great for preparing meats and sandwiches for quick meals. Use them to prepare ground beef patties, frankfurters, steaks, chicken breasts, turkey filets, sandwiches, vegetables, and even fruit!

The grills are made of nonstick material that is “ribbed” to help foods cook more quickly. Because they have top and bottom grids that are hinged together, they are called “clamshell” grills. Both the top and bottom grids heat to cook food. A drip pan is provided to catch any liquids that drain from the foods. Some grills have removable grid plates for easier clean-up. Check your owners' manual to see if your grid plates are removable and can be washed in the dishwasher.

Most clamshell grills do not have a temperature control. To use them, plug the grill into an electrical outlet to preheat. An indicator light comes on when the grill is ready to use. Open the preheated grill and place the food on the grid.

**To grill meat, poultry, or fish:** The thickness of the meat, poultry, or fish will determine how long it needs to cook. Since the grill heats from both the top and bottom, it will cook about twice as fast as other cooking methods. Place the meat, poultry, or fish onto the grill. Cook for 3 to 5 minutes and then open the clamshell. Using a heat proof spatula, move the food to a clean plate and check for doneness by inserting an instant-read thermometer into the side of the meat. Make sure you have inserted the thermometer to the indentation on the stem. Use the following temperatures to determine if the food is done. If the food has not reached the minimum temperature and needs additional cooking time, remove the thermometer and return it to the grill using the spatula. (For additional information on food thermometers see pages 9-10.)

**Ground beef** — 160 degrees F

**Steaks** — 145 degrees F for rare; 155 degrees F for medium

**Boneless chicken breasts or turkey** — 165 degrees F

**Fish** — 160 degrees F

(Refer to the chart on page 10 for cooking temperatures for other foods.)

After you have finished using the grill, unplug it and allow it to cool. Once the grill is cool, use a paper towel to remove any fat or other debris from the cooking grids. You may also use a soapy dishcloth to wash the surface, followed with a clean dishcloth to remove any soap residue. Allow the grill to dry.

**Never submerge a clamshell grill in water.**

Remove any fat drippings from the drip pan by pouring them into an empty food can and discarding when the fat becomes solid. Do not pour the drippings down the drain as they may clog the drain. Wash the drip pan in warm soapy water. Rinse well and allow to air dry.



## 2

## ◆ Easy Monte Cristo Grilled Sandwich

*Yield: 1 sandwich***Ingredients**

2 slices bread  
 1/2 teaspoon prepared mustard  
 1 slice Provolone cheese  
 1 slice of deli ham  
 1 slice of deli turkey or chicken  
 1 egg, beaten  
 2 teaspoons milk  
 1 teaspoon oil  
 1/4 cup finely crushed crispy rice cereal  
 Powdered sugar, optional  
 Strawberry jam, optional

**Equipment**

Knife  
 Shallow bowl and plate  
 Measuring cups and spoons  
 Fork or whisk  
 Electric counter-top grill  
 Spatula

**Order of Work**

1. Spread one side of each bread slice with mustard.
2. Make sandwiches by layering the cheese and deli meat slices.
3. In shallow bowl, combine egg, milk, and oil. Beat well.
4. Place crushed cereal on a shallow plate.
5. Dip sandwich briefly into egg mixture, then into cereal mixture to coat.
6. Grill sandwich in an electric counter-top grill or waffle iron until crisp and brown, about 3-4 minutes. Remove sandwich from grill with heat-proof spatula.
7. Serve warm.
8. If desired, sprinkle hot sandwich with powdered sugar and serve with strawberry jam for dipping.

**Nutrition Facts per Serving:** 441 calories, 20 g fat, 861 mg sodium, 34 g carbohydrate, 2 g fiber, 32 g protein, 271 mg calcium.



## 2

## ◆ Easy Vegetable Soup

*Yield: 8 servings***Ingredients**

1 pound ground beef  
 2 tablespoons dried minced onion  
 1 can (28 oz.) condensed tomato soup  
 3 cups water  
 1 bag (16 oz.) frozen mixed vegetables  
 Salt and pepper to taste

**Equipment**

Skillet  
 Mixing spoon  
 Colander  
 Glass or metal container  
 Stockpot

**Order of Work**

1. Place ground beef in skillet. Stir meat and break it apart while it is cooking. Cook until meat is lightly browned and thoroughly cooked. Remove skillet from heat.
2. Place colander over a glass or metal container to catch drippings. Pour cooked ground beef into the colander to drain.
3. Place meat in stockpot. Add onion, tomato soup, and water. Mix thoroughly and bring to a boil.
4. Add vegetables and reduce heat to simmer. Add salt and pepper, to taste. Simmer for 20 minutes, or until vegetables are tender.

**Nutrition Facts per Serving:** 216 calories, 6 g fat, 704 mg sodium, 25 g carbohydrate, 2 g fiber, 14 g protein, 25 mg calcium.



## 2

## ◆ Hamburger Skillet Casserole

*Yield: 6 servings*

### Ingredients

1 cup onion, chopped  
 1 cup celery, chopped  
 1 pound ground beef  
 1 can (15 oz.) chopped tomatoes or tomato sauce  
 2 cups uncooked noodles or other pasta  
     (rotini or macaroni)  
 1/2 teaspoon salt  
 1/2 teaspoon pepper  
 1 tablespoon brown sugar  
 2 cups water  
 1/2 - 1 cup shredded cheddar cheese

### Equipment

Cutting board  
 Knife  
 Large skillet with lid  
 Large mixing spoon  
 Colander  
 Glass or metal container  
 Measuring cups, dry and liquid

### Order of Work

1. Chop onion and celery. Set aside.
2. Place ground meat in skillet. Stir meat and break it apart while it is cooking. Cook until meat is lightly browned and thoroughly cooked. Remove skillet from heat.
3. Place colander over a glass or metal container to catch drippings. Pour cooked meat into the colander to drain.
4. Return meat to skillet. Add onion and celery. Cook until vegetables are partially cooked and tender.
5. Add tomatoes, noodles, salt, pepper, brown sugar, and water.
6. Bring mixture to a boil and then lower heat to medium low, until mixture simmers. Cover the skillet with the lid and cook for 10-15 minutes or until noodles are cooked and tender. Add additional water, 1/2 cup or less, during cooking time if mixture becomes dry before noodles are done.
7. When noodles are done, remove from heat.
8. Sprinkle cheese on top of casserole, cover and allow to sit for a few minutes until cheese is melted.

**Nutrition Facts per Serving:** 336 calories, 11 g fat, 518 mg sodium, 35 g carbohydrate, 2 g fiber, 23 g protein, 139 mg calcium.



## 2

## ◆ Meat Loaf

*Yield: 8 servings*

### Ingredients

2 pounds ground beef\*  
 2 eggs  
 1 cup milk  
 1 cup dry bread crumbs  
 2 teaspoons salt  
 1/4 cup chopped onion

### Equipment

Loaf pan or 2-quart baking dish  
 Nonstick cooking spray  
 Mixing bowls, large and small  
 Whisk or fork  
 Mixing spoon

\*You may substitute 1 1/2 pounds ground beef and 1/2 pound ground pork

### Order of Work

1. Preheat oven to 350 degrees F.
2. Lightly coat loaf pan or baking dish with nonstick cooking spray.
3. Place meat in a large bowl. Use spoon to make a hole in center of meat.
4. Add eggs one at a time to small mixing bowl. Use whisk or fork to beat eggs.
5. Add milk, bread crumbs, salt, and onion to eggs. Mix well.
6. Pour ingredients into hollow of meat. Mix well.
7. Place mixture in pan or dish and shape mixture into a loaf.
8. Bake about 1 1/2 to 2 hours, depending upon thickness of loaf.
9. To test for doneness, insert cooking thermometer in center of loaf. Wait 15-20 seconds to read temperature. When done, internal temperature of meatloaf should be 160 degrees F.

**Nutrition Facts per Serving:** 290 calories, 14 g fat, 791 mg sodium, 12 g carbohydrate, 1 g fiber, 27 g protein, 77 mg calcium.

## 2

## ◆ Taco Bake

*Yield: 6 servings***Ingredients**

1 pound ground beef or turkey  
 1/2 cup chopped onion  
 1 envelope taco seasoning  
 1 can (15 oz.) tomato sauce  
 1 can (15 oz.) whole kernel corn, drained  
 1 cup shredded reduced-fat sharp cheddar cheese  
 1 1/2 cups reduced-fat biscuit mix  
 1 egg, slightly beaten  
 3/4 cup skim milk

**Equipment**

Skillet  
 Mixing spoon  
 Colander  
 Glass or metal container  
 13" x 9" x 2" baking dish  
 Medium mixing bowl

**Order of Work**

1. Preheat oven to 350 degrees F.
2. Place ground meat and chopped onion in skillet. Stir meat and break it apart while it is cooking. Cook until meat is lightly browned and thoroughly cooked. Remove skillet from heat.
3. Place colander over a glass or metal container to catch drippings. Pour cooked ground meat into the colander to drain.
4. Return meat to skillet. Stir in taco seasoning, tomato sauce, and corn.
5. Spoon into ungreased baking dish.
6. Sprinkle with cheese.
7. In medium bowl, combine biscuit mix, egg, and milk; pour over meat mixture.
8. Bake for 35 minutes, until lightly browned.
9. May serve with shredded lettuce, chopped tomatoes, and reduced-fat sour cream.

**Nutrition Facts per Serving:** 404 calories, 14 g fat, 1388 mg sodium, 39 g carbohydrate, 3 g fiber, 27 g protein, 221 mg calcium.



## 2

## ◆ Oven-Baked Chicken

*Yield: 4 to 5 servings*

**Ingredients**

6-8 chicken pieces  
 1/2 cup all-purpose flour  
 1 teaspoon salt  
 1/4 teaspoon pepper  
 1/4 cup melted butter or margarine

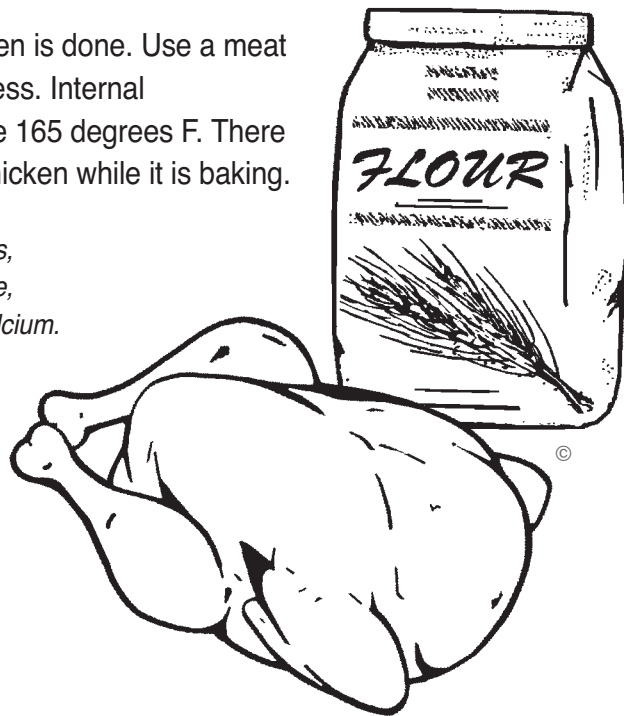
**Equipment**

Shallow baking pan  
 Aluminum foil  
 Measuring cups and spoons  
 Gallon size plastic food storage bag  
 Tongs  
 Microwave-safe bowl

**Order of Work**

1. Preheat oven to 400 degrees F.
2. Line a shallow baking pan with aluminum foil.
3. Measure the flour, salt, and pepper into plastic bag.
4. Place a piece of chicken in the bag. Gather the top of the bag in one hand and hold it tightly. Shake the bag. Remove piece of chicken and place it in the prepared pan. Put the skin side up. Do this with every piece of chicken. Do not crowd pieces together in the pan. Use kitchen tongs to handle the chicken to keep your hands from getting messy and reduce the spread of germs.
5. Place the butter or margarine in a microwave-safe bowl and melt in the microwave. Carefully drizzle melted butter or margarine over the pieces of the chicken.
6. Bake for 1 hour or until the chicken is done. Use a meat thermometer to check for doneness. Internal temperature of chicken should be 165 degrees F. There is no need to cover or turn the chicken while it is baking.

**Nutrition Facts per Serving:** 345 calories,  
 22 g fat, 601 mg sodium, 9 g carbohydrate,  
 less than 1 g fiber, 27 g protein, 17 mg calcium.



## 2

## ◆ Shirley's Chicken and Rice Casserole

*Yield: 6 servings*

### Ingredients

- 6 boneless skinless chicken breasts
- 1 can (10 3/4 oz.) condensed cream of chicken soup
- 1 can (10 3/4 oz.) condensed cream of mushroom soup
- 2 soup cans of water
- 1 cup uncooked rice (not instant)

### Equipment

- 9" x 13" baking dish
- Nonstick cooking spray
- Medium mixing bowl
- Aluminum foil

### Order of Work

1. Preheat oven to 350 degrees F.
2. Lightly coat baking dish with nonstick cooking spray.
3. Combine soups, water, and rice in mixing bowl.
4. Pour rice mixture into prepared baking dish.
5. Place raw chicken on top of rice mixture. **Note:** Wash hands before and after touching the raw chicken.
6. Cover baking dish with aluminum foil.
7. Bake for 60 minutes.
8. Remove foil and continue baking for 15 minutes. Use a food thermometer to check chicken for doneness (165 degrees F) and bake longer if needed.
9. Serve while hot.

**Nutrition Facts per Serving:** 323 calories, 8 g fat, 817 mg sodium, 31 g carbohydrate, 1 g fiber, 31 g protein, 25 mg calcium.



## 2

## Eggs

Are you surprised to see information on eggs in the Meat and Beans Food Group? If you have used MyPyramid, you know that eggs are part of the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. Eggs provide protein, vitamins, and minerals we need for good health.

### Buying Eggs

When purchasing eggs, open the carton and check for cracked eggs. Do not purchase cracked eggs because bacteria can enter eggs through cracks in the shell. (See additional information in Food Safety, page 12.) Also, look on the carton for the USDA grade shield. This seal indicates that inspectors have graded the eggs for quality and size. Most of the eggs you purchase will be Grade A eggs. This means that eggs have thick, firm whites; high, round yolks that are free from defects; and clean, unbroken shells.



Eggs are packaged by size. If you compare a large egg to an extra-large egg, you may not see much difference in the size of the eggs. That is because size is not determined by how big the eggs are, but by the weight of the eggs. The most common egg sizes are extra-large, large, and medium.

Most stores now offer both brown and white eggs. While many people think that brown eggs are more nutritious and better for you, that is not true. Different breeds of hens lay different color eggs. The color of the egg does not influence the nutritional value of the egg.

### Cooking Eggs

There are five basic methods for cooking eggs — baked, cooked in the shell or boiled, fried, poached, and scrambled.

The secret to cooking eggs is to use medium to low temperatures and carefully time how long you cook the eggs. When eggs are cooked at too high a temperature or for too long at a low temperature, the whites shrink and become tough and rubbery; the yolks become tough and they may turn gray-green.

When eggs are heated, the whites begin to **coagulate**. That means the liquid whites begin to thicken. To keep them from getting tough and rubbery, cook the eggs only until the whites are completely coagulated and the yolks are firm, but not hard.

#### Sources:

American Egg Board available on-line at <http://www.aeb.org/>

The Incredible Egg Web Site available on-line at <http://www.incredibleegg.org/>



## 2

## ◆ Scrambled Eggs

*Yield: 1 serving***Ingredients**

2 eggs  
 2 tablespoons milk  
 Salt and pepper to taste  
 2 teaspoons butter or margarine

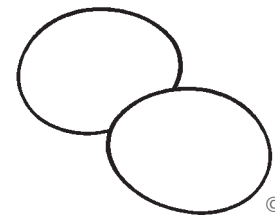
**Equipment**

Small bowl  
 Whisk or fork  
 Small skillet  
 Pancake turner

**Order of Work**

1. Break eggs into a small bowl. Add milk and seasonings.
2. Use a whisk or fork to beat the eggs until they are well blended.
3. Heat a small skillet over medium heat. Melt the butter in the skillet.
4. Test the skillet to see if it is hot. When it is hot, the skillet will sizzle when a drop of water is placed in the pan.
5. Pour the egg mixture into the skillet. As the mixture begins to set, gently stir with a pancake turner to form large soft curds. Continue until the eggs are thick and no uncooked egg remains, about 2-3 minutes. Do not stir constantly.

**Nutrition Facts per Serving:** 226 calories, 18 g fat, 495 mg sodium, 2 g carbohydrate, less than 1 g fiber, 14 g protein, 90 mg calcium.



## ◆ Microwave Scrambled Eggs

*Yield: 1 serving***Ingredients**

2 eggs  
 2 tablespoons milk  
 Salt and pepper to taste

**Equipment**

Small microwave-safe bowl  
 Plastic food wrap

**Order of Work**

1. Beat together eggs, milk, salt, and pepper.
2. Cook on full power, stirring once or twice, about 1 to 1 1/2 minutes. Stir again.
3. If eggs are not completely cooked, cover bowl with plastic food wrap. Let the eggs stand until they are thick and no visible liquid egg remains, about 1 minute. Microwave cooking times vary. Cook eggs the minimum time. Add more time if needed.

**Nutrition Facts per Serving:** 159 calories, 11 g fat, 432 mg sodium, 2 g carbohydrate, less than 1 g fiber, 14 g protein, 90 mg calcium.



## 2

## ◆ Oven-Scrambled Eggs

*Yield: 8 servings*

### Ingredients

12 eggs  
3/4 cup milk  
1 teaspoon salt, optional  
1/4 teaspoon pepper, optional

### Equipment

Large mixing bowl  
Whisk or fork  
13" x 9" x 2" baking pan  
Pancake turner  
Nonstick cooking spray

### Order of Work

1. Preheat oven to 350 degrees F. Lightly coat a baking pan with nonstick cooking spray.
2. In a large mixing bowl, use a whisk or fork to beat the eggs and milk until they are well blended. Add salt and pepper, if desired.
3. Pour egg mixture into the prepared baking pan. Bake for 7 minutes.
4. Gently stir the eggs with a pancake turner to form large soft curds.
5. Return the pan to the oven and continue baking for 12 to 15 minutes. Stir the eggs about every 5 minutes. Eggs are done when they are firm and no liquid egg remains.

**Nutrition Facts per Serving:** 119 calories, 8 g fat, 405 mg sodium, 2 g carbohydrate, less than 1 g fiber, 10 g protein, 67 mg calcium.

## ◆ Fried Eggs

*Yield: 1 serving*

### Ingredients

2 eggs  
1 tablespoon butter or margarine

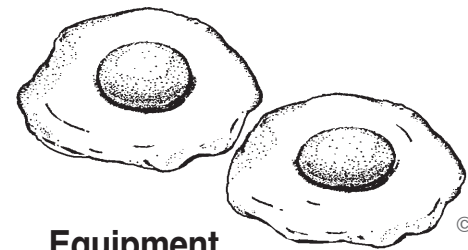
### Equipment

Small skillet with lid  
Spatula

### Order of Work

1. Heat butter or margarine in a small skillet over medium heat. The butter should be just hot enough to sizzle when a drop of water is placed in the pan.
2. Gently break one egg and slide it into the skillet. Repeat with second egg.
3. Immediately reduce heat to low. Cook eggs until whites are completely set and yolks are firm but not hard. Cover pan so eggs will cook faster and more evenly.
4. Eggs may be turned over part way through the cooking time to cook both sides.

**Nutrition Facts per Serving:** 243 calories, 21 g fat, 235 mg sodium, 1 g carbohydrate, 0 g fiber, 13 g protein, 53 mg calcium.



## 2

## ◆ Baked Eggs

*Yield: 1 serving***Ingredients**

2 eggs  
1 tablespoon milk

**Equipment**

Custard cup or shallow baking dish  
Nonstick cooking spray  
Measuring spoons

**Order of Work**

1. Preheat oven to 325 degrees F.
2. Lightly coat custard cup(s) or baking dish with nonstick cooking spray.
3. Gently break one egg and slide it into a greased custard cup or shallow baking dish. Repeat with second egg. Spoon 1 tablespoon milk over eggs.

**Note:** Repeat Step 3 for additional servings.

4. Bake in preheated oven until whites are completely set and yolks are firm but not hard, about 12 to 18 minutes.
5. When using a shallow baking dish, baking time will increase depending on the number of eggs baked. Continue baking until whites are completely set and yolks are firm but not hard.

**Nutrition Facts per Serving:** 151 calories, 10 g fat, 146 mg sodium, 1 g carbohydrate, 0 g fiber, 13 g protein, 71 mg calcium.

## ◆ Hard Cooked Eggs

*Yield: 1 serving***Ingredients**

2 eggs  
Cold water

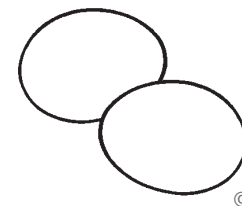
**Equipment**

Saucepan with tight fitting lid

**Order of Work**

1. Place a single layer of eggs in saucepan and cover with cold water about one inch above the tops of the eggs. Place lid on pan. Heat water until it just begins to boil.
3. Carefully remove the pan from heat. Let the eggs stand covered for 15 minutes.
4. Immediately run cold water over eggs until completely cooled. Drain and refrigerate.
5. To peel a hard-cooked egg, gently tap the egg on a hard surface then roll the egg between hands until the shell is cracked. Start peeling at the large end of the egg. If the egg is hard to peel, hold it under slowly running cold water. This helps ease the shell off.

**Nutrition Facts per Serving:** 143 calories, 10 g fat, 140 mg sodium, 1 g carbohydrate, 0 g fiber, 13 g protein, 53 mg calcium.



## 2

## ◆ Poached Eggs

*Yield: 1 serving*

Poached eggs are cooked out of the shell in hot water, milk, broth, or other liquid.

**Ingredients**

2 eggs  
Water

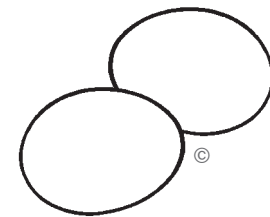
**Equipment**

Saucepan  
Custard cup or small dish  
Slotted spoon  
Paper towels

**Order of Work**

1. In a saucepan, bring 1 to 3 inches of water to a boil. Reduce the heat, but keep the water gently simmering.
2. Break cold eggs, one at a time, into a custard cup or small dish. Hold the dish close to the water and slide the egg(s) into the water, one at a time.
3. Cook until the whites are completely set and the yolks are firm but not hard, about 3 to 5 minutes.
4. Use a slotted spoon to lift eggs out of the water. Drain them on paper towels, if desired.
5. **Note:** Poached eggs can be made in a special egg-poaching pan. A poaching pan contains a rack that holds egg-sized cups over simmering water.

**Nutrition Facts per Serving:** 143 calories, 10 g fat, 140 mg sodium, 1 g carbohydrate, 0 g fiber, 13 g protein, 53 mg calcium.



## 2

## Omelets

Omelets are beaten eggs cooked in a pan then rolled or folded. They are easy to make and cook quickly. Because omelets cook quickly, you should select and prepare the filling before starting the eggs. You can use one or more filling ingredients. For each omelet, you need 1/3 to 1/2 cup of filling. For extra flavor, add about 1/8 to 1/4 teaspoon of your favorite herb or spice.

### ◆ Basic Plain Omelet

*Yield: 1 serving*

#### Ingredients

2 eggs  
2 tablespoons water  
1/8 teaspoon salt, optional  
Dash of pepper, optional  
1 teaspoon butter or margarine  
1/3 - 1/2 cup filling

#### Equipment

Small bowl  
Whisk or fork  
Measuring spoons  
Omelet pan or small skillet  
Pancake turner

#### Order of Work

1. Break eggs into a small bowl. Add the water to the eggs.
2. Use a whisk or fork to beat the eggs until blended. Add salt and pepper, if desired.
3. Heat the butter in a 7- to 10-inch omelet pan or skillet over medium-high heat. The butter should be just hot enough to sizzle when a drop of water is placed in the pan.
4. Pour the egg mixture into the pan. The mixture should immediately set at the edges.
5. Carefully use an inverted pancake turner to push the cooked portions at the edges of the pan toward the center.
6. Tilt the pan so the uncooked portions can reach the hot pan surface. Repeat until the top of the omelet is thick and no visible liquid egg remains.
7. Spoon the desired fillings on half of the omelet. With a pancake turner, fold the omelet in half or roll it. Slide the omelet from the pan onto a serving plate.

**Nutrition Facts per Serving with ham (1/2 cup):** 247 calories, 16 g fat, 1240 mg sodium, 3 g carbohydrate, less than 1 g fiber, 21 g protein, 60 mg calcium.

### Filling Variations

You may choose from these ingredients to fill your omelet. Precook meats and vegetables, if desired, before you begin cooking the omelet. Add ingredients when eggs are done and just before folding omelet.

#### Meats

ham, chopped  
bacon, cooked  
sausage, cooked

#### Vegetables

onions, chopped  
green peppers, chopped  
mushrooms

#### Cheese (your choice)

shredded  
sliced



## 2

## ◆ Breakfast Burritos

*Yield: 8 burritos*

**Ingredients**

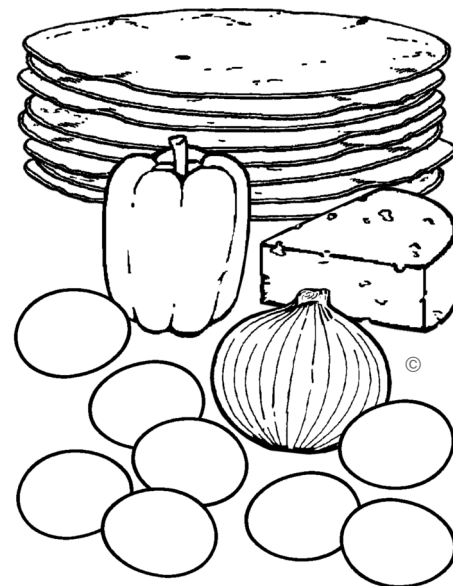
16 ounces pork sausage  
 1 cup onion, coarsely chopped  
 1 cup green pepper, coarsely chopped  
 1 can (4 oz.) diced green chilies, optional  
 8 eggs  
 1 cup shredded cheddar cheese  
 8 (8-inch) flour tortillas  
 1/2 cup chopped fresh cilantro, optional  
 Salsa  
 Sour cream

**Equipment**

Aluminum foil  
 10-inch nonstick skillet  
 Spatula  
 Colander  
 Knife  
 Cutting Board  
 Measuring cups  
 Mixing bowl  
 Whisk or fork  
 Spoon  
 Serving plate

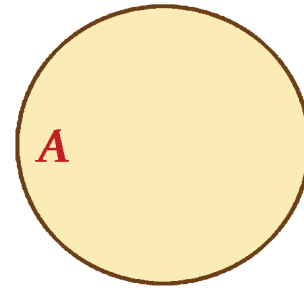
**Order of Work**

1. Preheat oven to 350 degrees F. Wrap tortillas in aluminum foil. Place in oven to warm while preparing ingredients for filling.
2. Place sausage in nonstick skillet and cook over medium heat. Stir meat and break it apart while it is cooking. Cook until meat is lightly browned and thoroughly cooked.
3. Place colander over a glass or metal container to catch drippings. Pour cooked sausage into the colander to drain.
4. Return empty skillet to the stove and place onion and green pepper in skillet. Cook over medium heat until vegetables are soft.
5. If using chilies, drain liquid from chilies. Add to vegetables in skillet and stir.
6. While vegetables are cooking, crack eggs into mixing bowl. Beat with a whisk or fork until well mixed.
7. Pour eggs into skillet with vegetables. Return sausage to skillet with eggs.
8. Cook egg mixture over medium heat. Gently lift portions of egg with spatula so uncooked portion flows underneath, until eggs are set (3 to 5 minutes). Be careful to not overcook eggs or they will be tough.
9. Gather ingredients to fill the tortillas; remove tortillas from oven.
10. Fold burritos. See page 71 for directions.

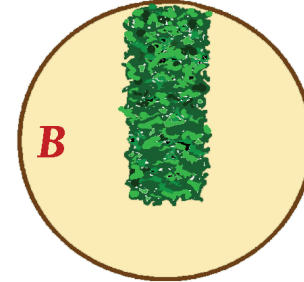


## How to Fold a Burrito

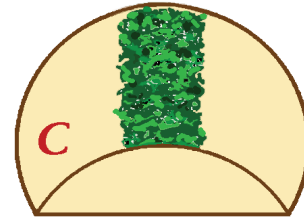
A. Lay tortilla on clean work surface.



B. Place 2 tablespoons of shredded cheese on tortilla. Divide egg mixture evenly among the eight tortillas. Add cilantro, if desired.



C. Fold bottom edge of tortilla over filling mixture.



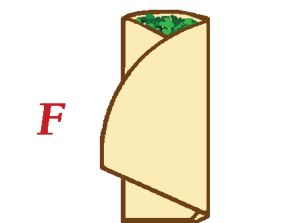
D. Fold left side of tortilla over filling mixture.



E. Fold bottom right corner up to seal the flap in place.



F. Tightly wrap remaining side of tortilla around filling mixture to form the burrito.



**Nutrition Facts per Burrito:** 381 calories, 23 g fat, 497 mg sodium, 20 g carbohydrate, 3 g fiber, 24 g protein, 141 mg calcium.



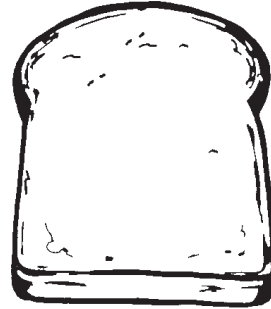
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## ◆ Make-Your-Own Breakfast Sandwich

No need to travel to a fast food restaurant to grab your favorite breakfast sandwich — you can make your own. Choose from the ingredients listed below to prepare breakfast sandwiches.

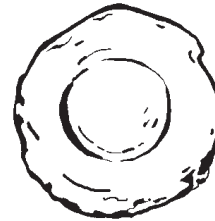
### **Choose a bread**

Biscuit  
English muffin  
Bagel  
Sliced bread  
Tortilla



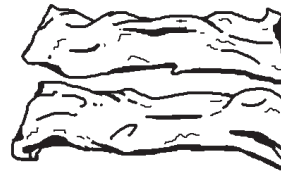
### **Choose an egg**

1 egg, scrambled  
1 egg, poached  
1 egg, fried



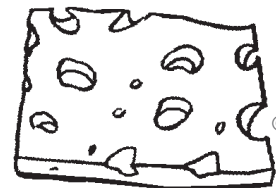
### **Choose a meat**

Canadian bacon  
Bacon, cooked  
Sausage patty, cooked  
Deli meat (ham, turkey, etc) sliced



### **Choose a slice of cheese**

Cheddar  
Colby  
American  
Swiss  
Monterey Jack  
Pepper Jack



### **Order of Work**

1. Cook the eggs using the cooking method you prefer. See section on Cooking Eggs for directions.
2. While the eggs are cooking, heat the meat in the microwave. Heat the meat for a short time on 50% power. Add additional time if needed.
3. Toast bread of choice, if desired.
4. Layer egg, meat, and cheese on one-half of the bread. Top with second half.
5. If desired, microwave sandwich for 30 to 60 seconds on 50% power until cheese melts and sandwich is hot.
6. Serve warm.

### **Nutrition Facts per Serving using biscuit, egg, Canadian bacon, and cheddar cheese:**

283 calories, 17 g fat, 972 mg sodium, 10 g carbohydrate, less than 1 g fiber, 22 g protein, 180 mg calcium.



2



# EXPERIMENT WITH BACON

Bacon is cured and smoked meat that comes from the side of the pig. Bacon can be purchased uncooked, pre-cooked, and in bits for salads or seasoning.

There are three main ways to cook bacon. Every cook has his or her preferred way to cook bacon. Try each method described below and decide which is your favorite. Do you like bacon extra crispy, soft, or somewhere in between? Keep in mind that bacon will become crisper as it cools. It may take some practice to get the bacon just the way your family prefers.

Before you get started, remember that bacon contains a large amount of fat and when it is cooked, it produces liquid fat. **Do not** pour bacon drippings down the drain. The fat will solidify and cause a clogged drain. It is best to pour the cooled bacon fat in an empty can and discard once the fat is solid. If you don't have a container, line a small bowl with aluminum foil and pour the bacon fat into the bowl. When the fat cools and is solid, fold the foil around the fat and throw it away.

To conduct your experiment, purchase a one-pound package of uncooked bacon. Divide the strips of uncooked bacon into three equal groups. Prepare each group using one of the methods listed below. Be sure to keep the cooked bacon grouped by cooking method so you can compare the results when you are finished. When the bacon is cooked, taste each group and judge for yourself which method produces the bacon that you like best.

## To Pan-broil

1. Place separated pieces of bacon side-by-side in a heavy frying pan or nonstick frying pan.
2. Do not add water or extra fat.
3. Do not cover the pan.
4. Cook bacon over medium heat, turning frequently.
5. Cook bacon to desired degree of doneness. Use tongs to pick up the pieces then place them on a plate covered with paper towels.
6. Blot bacon with additional paper towels to remove fat, if desired.



## 2

**To Bake**

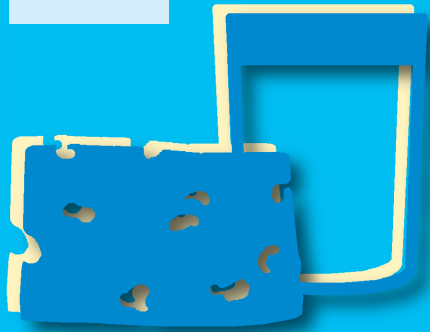
1. Preheat oven to 400 degrees F.
2. Line a baking pan with foil.
3. Lay bacon strips in a single layer in pan.
4. Bake uncovered, 10-15 minutes, depending upon thickness of strips.

**To Microwave**

1. Line a microwave-safe plate with microwave-safe paper towels (plain white paper towels).
2. Arrange slices of bacon on the paper towels, sides not touching.
3. Cover with another layer of paper towels.
4. Microwave the bacon on high 1 minute per slice.
5. Rotate plate half-way through cooking.
6. Remove bacon from plate and place on fresh paper towels for 2-3 minutes.

Answer the following questions about your experiment.

1. Which method does your family use most often to cook bacon?  
\_\_\_\_\_
2. Which method required the most clean-up? \_\_\_\_\_
3. Was there any difference between the three methods in terms of taste or crispness?  
Explain: \_\_\_\_\_
4. Which method was your favorite? \_\_\_\_\_  
  
Was it prepared the same way your family usually prepares bacon? \_\_\_\_\_
5. What will you do differently the next time you cook bacon? \_\_\_\_\_  
\_\_\_\_\_



# DAIRY GROUP

You probably know that Milk Group foods give our bodies the nutrients we need for strong bones and teeth. Do you know other ways that Milk Group foods help keep you healthy? Milk Group foods provide calcium that helps blood clot and bones stay strong. Dairy foods also provide the protein our bodies use to build and repair muscles. Even if you don't like to drink milk, it is important to get at least three servings of Milk Group foods each day. The suggested recipes in this section will help you reach that goal while you enjoy every bite!

The milk you buy in grocery stores is **pasteurized** to destroy any bacteria that may be in the milk. During pasteurization, the milk is heated to a high temperature, and then cooled very quickly. This process doesn't change the taste of the milk, but it does make it safe for you to drink and allows you to store it longer in your refrigerator.

Most milk is also **fortified**. That means vitamins or minerals are added to make it healthier for you. Vitamin D is added to help the body absorb the calcium in the milk and keep the right amount of calcium in the blood. When some or all of the fat is removed from milk, that also removes most of the vitamin A, so reduced-fat and fat-free milk must be fortified with vitamin A.

Some people believe that they should avoid milk and milk products because they are fattening. Actually, many different milk products contain reduced amounts of fat, but provide the same nutrients as the full fat variety. These low-fat dairy products are readily available in most grocery stores. By eating low-fat dairy products you get the nutrients you need without the extra fat. Let's look at some types of milk you can choose.

## Types of Milk

**Whole milk** contains 150 calories per 8-ounce serving and 7.7 grams of fat. Children younger than two years old need the higher fat content of whole milk to help meet their nutritional needs.

**Reduced-fat milk** has some of the fat removed to make it healthier for you. Because vitamin A is removed with the fat, it is added to the milk along with vitamin D. You can



## 2

choose milk with different amounts of fat. For each 8-ounce serving —

- **Reduced-fat milk** contains 120 calories and 5 grams of fat.
- **Skim milk**, or fat-free milk, contains 90 calories and 0 grams of fat.

**Nonfat dry milk** is powdered milk that contains no fat or water. Dry milk is most often used in cooking and baking. It can be added to boost the calcium content of many baked goods and main dishes, such as meat loaf.

**Chocolate milk** is usually made from whole, reduced-fat, or low-fat milk with chocolate or cocoa and sweetener added. Chocolate milk is just as nutritious as other milk.

**Evaporated milk** is made by removing about half of the water from whole milk. Then the milk is heated and canned. Evaporated milk is most often used in cooking and baking.

### Benefits of Calcium

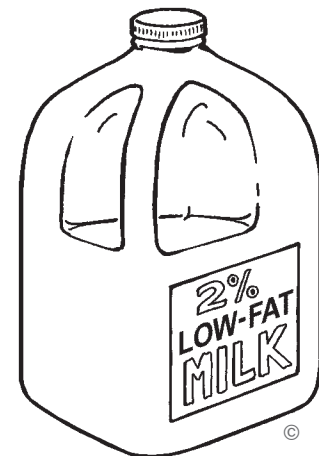
Your body stores calcium in the bones. Daily exercise helps your body efficiently use the calcium. This is a good example of how a healthy diet and exercise work together to promote good health.

If your body does not get enough calcium, as you age your bones can become brittle and easily break; a disease called **osteoporosis**. This is especially true for young and adult women who may not get enough calcium in their diets. Eating the recommended servings from the Milk Group provides the calcium your body needs and helps prevent osteoporosis.

## Cooking with Milk

Follow these suggestions when cooking with milk:

- Use a low temperature when heating milk. This prevents the milk from scorching or burning, and developing an off-flavor.
- Constantly stir milk while gradually adding flour or cornstarch to prevent lumps or scorching.



## 2

## White Sauce

Every cook should know how to make a basic white sauce. White sauce is used in a variety of dishes and is the base for other sauces. Once you learn the basics of making a white sauce, you can easily prepare some of your favorite foods. The recipes in this section show you how to use white sauce to make soup, cheese sauce, macaroni and cheese, and sausage gravy.

Recipes may call for a **thin, medium, or thick white sauce**. The basic ingredients are the same for each consistency, but the amount of butter and flour vary. Flour thickens the white sauce. The more flour in the sauce, the thicker the sauce will be. Compare the amounts of ingredients in the White Sauce recipe listed on page 78.

The White Sauce recipe yields one cup of sauce. If a recipe calls for additional cups of white sauce, you will need to increase the ingredients equally. For example, if a recipe calls for 3 cups of **thin** white sauce, you must multiply each ingredient in the first column by 3 to produce a yield of 3 cups of thin white sauce. If you need 3 cups of **thick** white sauce, you would multiply each ingredient in the last column by 3.

A good white sauce does not have lumps. If you add flour directly to liquids, the flour forms small balls or lumps, which remain doughy. It is easy to prevent lumpy white sauce by following some basic practices.

### Tips for Making White Sauce

- Use a whisk and stir mixture constantly while gradually adding flour or milk.
- Use medium temperature to heat the sauce. Lower temperatures prevent the milk from scorching (burning) or developing off-flavors.
- Stir the sauce constantly with a whisk or spoon until mixture comes to a boil. Reduce heat immediately.
- If white sauce cooks too long, it may become too thick. To thin the sauce add 1 tablespoon of milk and stir. Repeat as needed until sauce reaches desired consistency.



## 2

## ◆ White Sauce

*Yield: 1 cup***Ingredients**

	<b>Thin Sauce</b>	<b>Medium Sauce</b>	<b>Thick Sauce</b>
Butter, margarine, or other fat	1 tablespoon	2 tablespoons	3 tablespoons
All-purpose flour	1 tablespoon	2 tablespoons	3 tablespoons
Salt	1/4 teaspoon	1/4 teaspoon	1/4 teaspoon
Milk	1 cup	1 cup	1 cup

**Equipment**

Measuring cups and spoons  
Heavy saucepan  
Mixing spoon or whisk

**Order of Work**

1. Melt fat in saucepan over medium heat. Remove from heat.
2. Blend in flour with whisk or mixing spoon until smooth.
3. Continue stirring and slowly add milk. Stir until mixture is smooth.
4. Cook over medium heat until mixture boils. Stir constantly. Reduce heat. Add salt and cook 1 minute longer while stirring constantly. Remove from heat.

**Thin — Nutrition Facts per Cup:** 250 calories, 16 g fat, 776 mg sodium, 17 g carbohydrate, less than 1 g fiber, 9 g protein, 286 mg calcium.

**Medium — Nutrition Facts per Cup:** 377 calories, 27 g fat, 871 mg sodium, 23 g carbohydrate, 1 g fiber, 10 g protein, 286 mg calcium.

**Thick — Nutrition Facts per Cup:** 505 calories, 38 g fat, 966 mg sodium, 29 g carbohydrate, 1 g fiber, 10 g protein, 286 mg calcium.

## 2

## ◆ Cheese Sauce

*Yield: 2 to 2 1/2 cups*

Use for sauce over vegetables or in rice, macaroni, or egg dishes.

**Ingredients**

2 cups thin white sauce  
1 cup grated sharp-flavored cheese

**Equipment**

Heavy saucepan  
Whisk or mixing spoon

**Order of Work**

1. Pour white sauce into heavy saucepan and place over low heat.
2. Add cheese slowly while stirring constantly with whisk or spoon. Stir until cheese melts. Remove from heat. Serve immediately or refrigerate.

**Nutrition Facts per Cup:** 477 calories, 35 g fat, 1127 mg sodium, 18 g carbohydrate, less than 1 g fiber, 23 g protein, 693 mg calcium.

## ◆ Sausage Gravy

*Yield: 4 servings*

**Ingredients**

16 ounces pork or turkey sausage  
3 tablespoons flour  
2 cups milk  
Salt and pepper to taste

**Equipment**

10-inch nonstick skillet  
Spatula  
Colander  
Glass or metal container  
Measuring cups and spoons  
Whisk or spoon

**Order of Work**

1. Place sausage in skillet and cook over medium heat. Stir meat and break it apart while it is cooking. Cook until meat is lightly browned and thoroughly cooked.
2. Place colander over a glass or metal container to catch drippings. Pour cooked sausage into the colander to drain.
3. Return meat to skillet. Place skillet over low heat and gradually add flour to the meat while stirring constantly with a whisk or spoon. Mix until flour is well blended.
4. Slowly add milk to skillet mixture while stirring constantly. Increase heat to medium. Stir constantly until mixture begins to thicken. Add salt and pepper to taste.
5. Reduce heat to low and cook until sauce is thick and bubbly, about 5 minutes.
6. Serve over biscuits (See page 50 for Rolled Biscuits).

**Nutrition Facts per Serving:** 344 calories, 24 g fat, 770 mg sodium, 10 g carbohydrate, less than 1 g fiber, 22 g protein, 154 mg calcium.



## 2

## ◆ Baked Macaroni and Cheese

*Yield: 6 servings*

**Ingredients**

8 ounces elbow macaroni  
 1 teaspoon salt, optional  
 4 tablespoons butter or margarine  
 4 tablespoons flour  
 2 cups milk  
 1/2 teaspoon salt  
 Pepper, to taste  
 2 cups shredded American cheese  
 1 cup dry bread crumbs

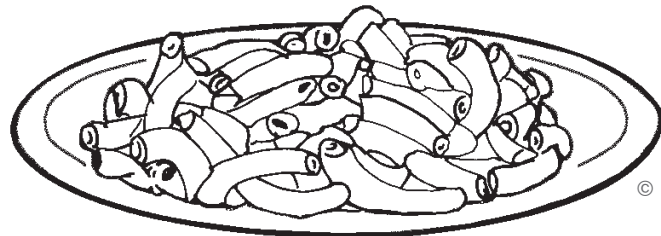
**Equipment**

Saucepans, large and small  
 Measuring cups and spoons  
 Mixing spoons and fork  
 Colander  
 2-quart baking dish  
 Nonstick cooking spray

**Order of Work**

1. Preheat oven to 350 degrees F. Lightly coat baking dish with nonstick cooking spray.
2. Cook the macaroni. You may follow cooking directions on the package; or add 1 teaspoon salt to 2 quarts of water and bring to boil in a large saucepan.
3. Add macaroni to the boiling water. Follow recommended cooking times on package or rapidly boil macaroni until tender.
4. Pour the cooked macaroni into a colander to drain.
5. Add macaroni to prepared baking dish.
6. Use butter, flour, milk, 1/2 teaspoon salt, and pepper to make a white sauce. Follow directions in the White Sauce recipe. (See page 78.)
7. Add 1 1/2 cups cheese to the white sauce, and stir until the cheese melts.
8. Pour the cheese sauce over the macaroni in the baking dish.
9. Sprinkle the rest of the cheese on top of the mixture. Top with bread crumbs.
10. Bake for about 30 minutes or until bubbly.

**Nutrition Facts per Serving:** 473 calories,  
 23 g fat, 1434 mg sodium, 50 g carbohydrate,  
 2 g fiber, 19 g protein, 330 mg calcium.





## 2

## ◆ Basic Cream Soup

*Yield: 4 servings***Ingredients**

4 cups thin white sauce  
 2-4 cups cooked vegetables, cooled  
 1 tablespoon dried minced onion  
     or 1/2 teaspoon onion powder  
 1/4 teaspoon pepper  
 1 teaspoon dried parsley flakes  
 Oyster crackers or croutons, optional

**Equipment**

Cutting board  
 Knife  
 Potato masher  
 Heavy saucepan  
 Mixing spoon

**Order of Work**

1. Dice or lightly mash cooked vegetables. Mashed vegetables will give soup a smoother texture.
2. Pour white sauce into heavy saucepan. (See page 78 for White Sauce recipe.) Add prepared vegetables, onion, pepper, and parsley. Stir until well mixed.
3. Place saucepan over medium heat and heat sauce until warm. Stir frequently.
4. If desired, garnish with croutons or oyster crackers.
5. Serve immediately and refrigerate leftovers.

**Nutrition Facts per Serving:** 320 calories, 16 g fat, 799 mg sodium, 31 g carbohydrate, 3 g fiber, 11 g protein, 312 mg calcium.

**Variations**

**Cream of Broccoli Soup** — Prepare Basic Cream Soup recipe. Chop 2 to 3 cups fresh or frozen broccoli. Cook until tender. Add broccoli to soup. Stir; warm over medium heat.

**Cream of Mushroom Soup** — Prepare Basic Cream Soup recipe. Cook 12 to 16 ounces of sliced or diced fresh mushrooms in a small amount of butter or margarine until tender. (Or substitute two 8-ounce cans of drained mushroom stems and pieces.) Add to soup. Stir; warm over medium heat.

**Cream of Spinach Soup** — Thaw one 10-ounce package frozen chopped spinach in colander. Use plain white paper towels to press water out of spinach. Prepare Basic Cream Soup recipe. Add drained spinach to soup. Stir; warm over medium heat.

**Corn Chowder** — Prepare Basic Cream Soup recipe. Add one 16-ounce can of creamed corn to soup. Stir; warm over medium heat.

**Chicken Curry Soup** — Prepare Basic Cream Soup recipe, but reduce amount of cooked vegetables to 1 to 2 cups. Add 1 cup of diced cooked chicken to soup. Add 1 teaspoon curry powder for flavor. Stir; warm over medium heat.



## 2

## ◆ Grilled Apple Cheese Sandwich

*Yield: 1 sandwich*

For more information see *Cooking with Electric Grills* on page 56.

**Ingredients**

2 slices raisin bread  
 2 teaspoons butter or margarine  
 2 slices reduced-fat cheddar cheese  
 3 thin slices of apple, cored, and peeled  
 or unpeeled

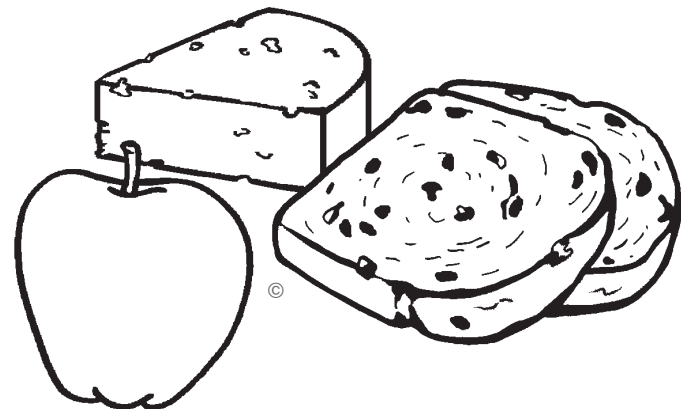
**Equipment**

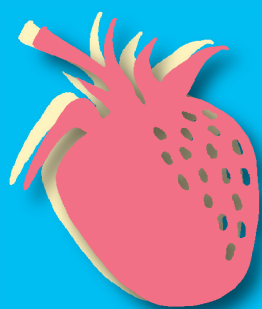
Electric counter-top grill  
 Knife

**Order of Work**

1. Plug in the grill and let it preheat.
2. Butter one side of raisin bread slices.
3. Place one slice of bread, butter side down, on the grill. Top with one slice cheese, then apple slices.
4. Top with second slice of cheese, then other slice of raisin bread — butter side up.
5. Close grill and cook until light brown and cheese melts, about 1 to 2 minutes.

**Nutrition Facts per Serving:** 363 calories, 16 g fat, 854 mg sodium, 40 g carbohydrate, 4 g fiber, 14 g protein, 504 mg calcium.





# DESSERTS

## ◆ Peach Dumplings with Glaze

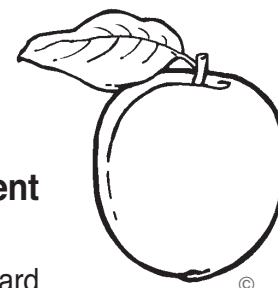
*Yield: 8 servings*

### Ingredients

- 8 fresh peaches
- 1 package refrigerated piecrust

### Equipment

- Knife
- Cutting board
- Nonstick baking sheet



### Order of Work

1. Preheat oven to 350 degrees F. Wash, but do not peel fresh peaches.
2. Separate piecrusts and cut each piecrust into 4 pieces. Wrap each peach in a piece of piecrust. Pinch edges to seal. Place seam side down on baking sheet.
3. Bake for 30 to 45 minutes, until brown and juices begin to run.
4. Drizzle powdered sugar glaze over peaches. Serve warm. Be careful to eat around the peach pit.

## *Powdered Sugar Glaze*

*Yield: 1/2 cup*

### Ingredients

- 1 tablespoon butter or margarine
- 1 cup powdered sugar
- 1/2 teaspoon vanilla
- 2 tablespoons milk

### Equipment

- Microwave-safe bowl
- Measuring cups and spoons
- Mixing spoon

### Order of Work

1. Put butter in microwave-safe bowl. Cook on high for 30 seconds, or until melted.
2. Add sugar, vanilla, and 1 1/2 tablespoons milk. Stir until smooth. Add more milk if needed to get glaze consistency. Drizzle over baked peaches.

**Nutrition Facts per Dumpling with Glaze:** 378 calories, 19 g fat, 250 mg sodium, 45 g carbohydrate, 1 g fiber, 4 g protein, 11 mg calcium.



## 2

## ◆ Baked Peaches

*Yield: 6 servings*

Try this recipe after the fresh peaches are gone for the season. Peaches can bring a little summer to your table even during the long days of winter.

**Ingredients**

2 cans (15 oz.) peach halves, drained  
4 tablespoons butter or margarine, melted  
1 cup granola cereal

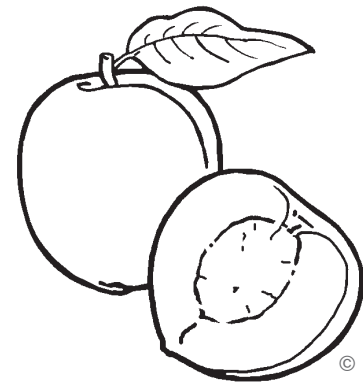
**Equipment**

2-quart microwave-safe dish  
Measuring spoon  
Small bowl

**Order of Work**

1. Arrange peach halves in a microwave-safe dish.
2. Spread 2 tablespoons melted butter evenly over top of peach halves. Microwave on 50% power until peaches are warm.
3. Blend together 2 tablespoons melted butter and granola. Remove peaches from oven and sprinkle with granola mix. Serve warm.

**Nutrition Facts per Serving:** 229 calories, 10 g fat, 91 mg sodium, 33 g carbohydrate, 2 g fiber, 2 g protein, 20 mg calcium.



## 2

## ◆ Banana Snack Cake

*Yield: 9 servings*

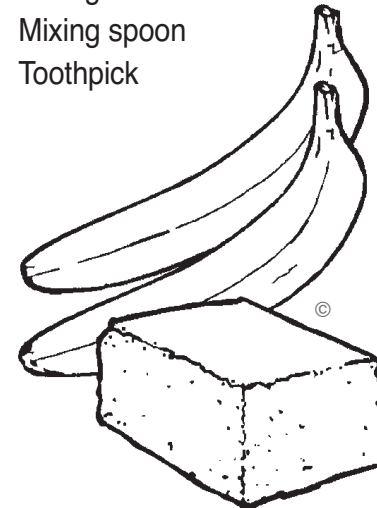
Depending on the type and amount of spices you like, you may want to adjust this recipe to your taste.

**Ingredients**

3/4 cup whole wheat flour  
 3/4 cup all-purpose flour  
 1/2 cup sugar  
 1 teaspoon baking powder  
 1/2 teaspoon baking soda  
 1/2 teaspoon ground nutmeg  
 1 teaspoon ground cinnamon  
 1/4 teaspoon salt  
 1 cup ripe bananas, mashed  
 1/4 cup plain, low-fat yogurt  
 1/4 cup oil  
 1 egg, slightly beaten  
 1 teaspoon vanilla

**Equipment**

9" x 9" baking pan  
 Nonstick cooking spray  
 Mixing bowls  
 Mixing spoon  
 Toothpick

**Order of Work**

1. Preheat oven to 350 degrees F. Spray baking pan with nonstick cooking spray.
2. Mix flours, sugar, baking powder, and baking soda in mixing bowl.
3. Add nutmeg, cinnamon, and salt. Mix thoroughly.
4. In separate bowl, thoroughly mix mashed bananas, yogurt, oil, egg, and vanilla. Add to flour mixture. Stir until dry ingredients are barely moistened.
5. Pour into prepared baking pan.
6. Bake 20 minutes or until toothpick inserted in center comes out clean.

**Nutrition Facts per Serving:** 197 calories, 7 g fat, 209 mg sodium, 31 g carbohydrate, 3 g fiber, 4 g protein, 30 mg calcium.

Look back to *4-H Cooking 101*, page 74, for “**How does your cake rate?**” Use the questions to rate the quality of your cake.



## 2

## ◆ Fruit Pizza

*Yield: 12 servings*

**Crust Ingredients\***

1/2 cup butter, softened  
 3/4 cup white sugar  
 1 egg  
 1 1/4 cups all-purpose flour  
 1 teaspoon cream of tartar  
 1/2 teaspoon baking soda  
 1/4 teaspoon salt

**Equipment**

14" -16" pizza pan  
 Nonstick cooking spray  
 Mixing bowls, large and medium  
 Measuring cups and spoons  
 Mixing spoon  
 Knife  
 Cutting board  
 Small saucepan

**Topping Ingredients**

1 (8-oz.) package cream cheese, room temperature  
 1/3 cup sugar  
 1/2 teaspoon vanilla or other flavoring (almond, orange, or lemon)  
 Fresh blueberries, banana slices, mandarin orange sections, seedless grapes,  
 strawberry halves, kiwi fruit slices, (or any other fruit you want), well drained  
 1/2 cup orange, peach, or apricot preserves  
 1 tablespoon water

**Order of Work (Crust)**

1. Preheat oven to 350 degrees F. Spray pizza pan with nonstick cooking spray.
2. In a large bowl, cream together the butter and sugar until smooth. Mix in egg. Blend until mixture is creamy.
3. Combine the flour, cream of tartar, baking soda, and salt in small mixing bowl; add to the creamed mixture and stir until just blended.
4. Press dough into pizza pan. Bake for 8 to 10 minutes, or until lightly browned. Cool.

**Order of Work (Topping)**

1. In a medium bowl, combine cream cheese, sugar, and vanilla or other flavoring.
2. Spread over cooled cookie crust. Arrange fruit over cream cheese mixture.
3. Make a glaze by heating preserves and water in a small saucepan over very low heat. Drizzle glaze over fruit. Refrigerate until ready to serve.

**Nutrition Facts per Serving:** 314 calories, 15 g fat, 227 mg sodium, 44 g carbohydrate, 2 g fiber, 4 g protein, 22 mg calcium.

\* **Note:** 1 (16.5 oz.) roll of refrigerator sugar cookie dough may be substituted for the crust. Slice cookie dough 1/8-inch thick and place slices close together in a 12-inch pizza pan. Bake 12 minutes in a preheated 350 degree F oven or until lightly browned. Cool.

## 2

## ◆ Funny Cake

*Yield: 9 servings*

**Ingredients**

- 1 1/2 cups all-purpose flour
- 1 cup sugar
- 1/4 cup cocoa
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon vinegar
- 1 teaspoon vanilla
- 1/3 cup oil, melted butter or margarine
- 1 cup cold water

**Equipment**

- Flour sifter
- 8" x 8" x 2" baking pan
- Measuring cups and spoons
- Mixing spoon
- Rubber scraper

**Order of Work**

1. Preheat oven to 350 degrees F.
2. Sift flour with sugar, cocoa, baking soda, and salt into the ungreased baking pan.
3. Use mixing spoon to make three holes in the dry mixture in the pan.
4. Into one hole put the vinegar, into another hole put the vanilla, and into the last hole place the oil or melted fat.
5. Pour the cold water gradually over the mixture in the pan.
6. Stir the mixture with the mixing spoon until there are no lumps in the mixture. Be sure to mix ingredients in the corners of the pan.
7. Spread the mixture evenly in the pan.
8. Bake for about 35 minutes. The cake will begin to pull away from the edge of the pan when it is done.
9. Put the cake, still in the pan, on a rack to cool. When cooled, frost it with your favorite frosting.

**Note:** If preferred, mix the ingredients in a bowl and pour the batter into the baking pan.

**Nutrition Facts per Serving:** 206 calories, 9 g fat, 270 mg sodium, 33 g carbohydrate, 1 g fiber, 2 g protein, 4 mg calcium.

Look back to *4-H Cooking 101*, page 74, for “**How does your cake rate?**” Use the questions to rate the quality of your cake.



## 2

## ◆ Snickerdoodles

*Yield: 3 dozen cookies*

**Ingredients**

- 1 1/2 cups sugar
- 1 cup butter or margarine, softened
- 1 teaspoon vanilla
- 2 eggs
- 2 3/4 cups all-purpose flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons sugar
- 2 teaspoons cinnamon

**Equipment**

- Measuring cups and spoons
- Mixing bowls, large and small
- Cookie sheet
- Spatula
- Cooling rack

**Order of Work**

1. Preheat oven to 400 degrees F.
2. In large bowl, cream together sugar, butter, vanilla, and eggs.
3. Add flour, cream of tartar, baking soda, and salt to creamed mixture; blend well.
4. Combine 2 tablespoons sugar and 2 teaspoons of cinnamon in a small bowl.
5. Shape dough into 1-inch balls.
6. Roll balls in sugar mixture.
7. Place balls 2 inches apart on ungreased cookie sheet.
8. Bake for 8 to 10 minutes or until cookies spring back when lightly touched with the fingers.
9. Use a spatula or turner to remove the hot cookies from the sheet. Place them on a rack to cool. When cool, store cookies in a container with a tight lid.

**Nutrition Facts per Cookie:** 118 calories, 5 g fat, 97 mg sodium, 16 g carbohydrate, less than 1 g fiber, 1 g protein, 3 mg calcium.





2

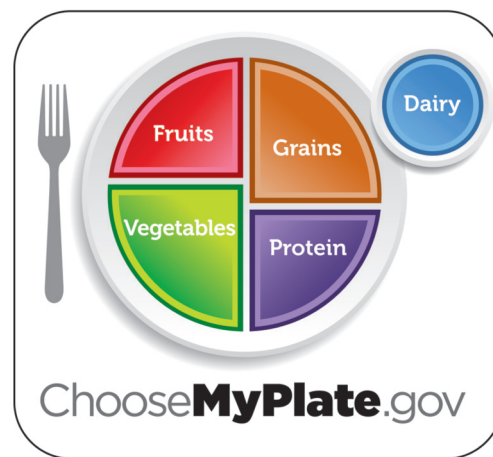


# YOU'RE READY TO PREPARE A MEAL

After you have prepared several different recipes for your family and friends to taste and enjoy, you are ready to start planning and preparing meals. It may seem overwhelming at first to plan an entire meal, but you have already practiced many of the skills you will need. There are also helpful tools you can use to make meal planning easier.

## Start with MyPlate

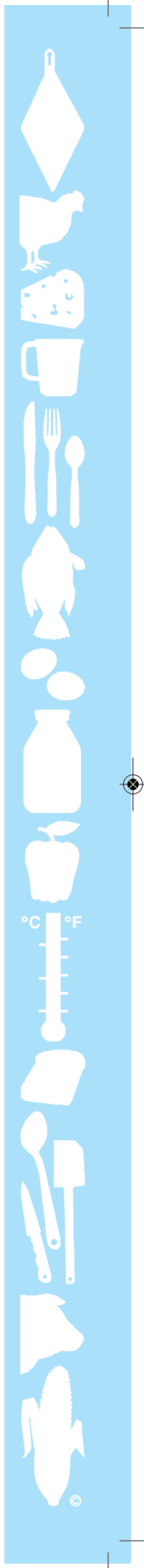
Planning a meal is easy when you base it on **MyPlate** (see *4-H Cooking 101*, pages 8-12). MyPlate helps you determine how much food you should eat daily from each of the food groups. You simply divide the total amount of food you should eat each day among three meals and one or two snacks.



<b>GRAINS</b> 
<b>VEGETABLES</b> 
<b>FRUITS</b> 
<b>DAIRY</b> 
<b>PROTEIN</b> 
<b>PHYSICAL ACTIVITY</b> 

For a 2,200 calorie a day diet — an average amount for most young people, the MyPlate plan suggests the following amounts from each food group. From MyPlate, you can begin to plan a menu.

<b>Grains</b>	7 ounces
<b>Vegetables</b>	3 cups
<b>Fruits</b>	2 cups
<b>Dairy</b>	3 cups
<b>Protein Foods</b>	6 ounces
<b>Fats and Oils</b>	6 teaspoons
<b>Extra Calories</b>	270
<b>Physical Activity</b>	60 minutes



## 2

### Extra Effort:

To personalize your menu plan for yourself or your family, go to the **MyPlate** web site at [ChooseMyPlate.gov](http://ChooseMyPlate.gov). Click on the “Super Tracker” on the menu bar at the left of the screen. After you enter your information, the program will calculate how much food you should eat daily to maintain a healthy weight. You can do this for each member of your family.

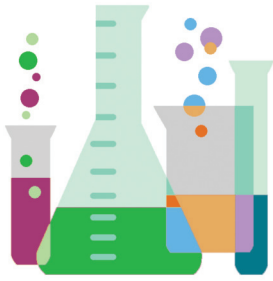
## Make Your Meals Fun and Interesting

This is easy to do. Just try to include:

- A variety of foods to make the meal interesting and healthy.
- Different colors and shapes that make foods appealing when served together.
- Different textures and flavors — balance crunchy foods with soft foods; chewy texture with liquids; or spicy foods with mild foods.
- Hot and cold foods.
- Foods from at least three or four of the five food groups at each meal.



2



# EXPERIMENT WITH MEAL PLANNING

Plan a meal for your family. You can use recipes from this project manual or use family favorites. Following the suggestions on page 90, list the meal you planned and determine the food group for each item. Add a dessert for special occasion meals.

Dishes Planned for the Meal	Food Group
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Now, check your meal.** Did you include foods from all five food groups?

- Grains   
  Vegetables   
  Fruit   
  Dairy   
  Protein Foods

What colors and shapes of food did you include in your menu? \_\_\_\_\_

\_\_\_\_\_

What textures did you include? \_\_\_\_\_

\_\_\_\_\_

Which foods are hot and which are cold? \_\_\_\_\_

\_\_\_\_\_

How can you use what you have learned about planning a meal when preparing a meal for your family? \_\_\_\_\_

\_\_\_\_\_

**Challenge yourself.** If you want another challenge, plan all the meals for a day, including snacks. Rate the meals using the above questions. When finished, compare the meals to **MyPlate** to see if you have provided the recommended number of servings for each food group.



## 2

# EQUIPMENT



**Cooling rack** — a flat grid of metal wires used to cool baked goods.

**Custard cup** — a small round, flat-bottomed dish with tall sides.

**Electric grill** — a counter-top grill used to quickly cook food. Also called a clamshell grill because the top and bottom are hinged together.

**Omelet pan** — a pan with shallow sloping sides, a flat bottom, and long handle designed to easily cook, turn, and remove omelets.

**Pancake turner** — a flat and wide plastic or metal utensil used to lift or turn food.

**Pastry brush** — a small brush used to apply melted butter or other glazes to food, especially baked products.

**Slotted spoon** — a metal or plastic spoon with open lines or holes in it.

**Stockpot** — a tall, large pot with a lid and two handles used to make soup or boil large amounts of water.

**Thermometer** — an instrument used to measure temperatures.

**Tongs** — a utensil used to grasp food. The handles are shaped like scissors and the bottoms are flat to grasp food.

2



# GLOSSARY

**Acid** — ingredients that have a low pH level. Examples of these include vinegar, oranges, grapefruits, and baking powder.

**Al dente** — an Italian term meaning “to the tooth,” used to indicate pasta that is cooked just enough to maintain a firm, chewy texture.

**Ascorbic Acid** — the chemical name for vitamin C.

**Bacteria** — germs that can cause illness.

**Bran** — the nutritious outer shell of a whole grain kernel or grain of rice that provides fiber and B vitamins to foods.

**Carbohydrates** — a source of energy received from food.

**Cholesterol** — a waxy substance produced by the liver. Also found in meat and other foods that come from animals.

**Coagulate** — to cause a liquid to thicken.

**Cross-contamination** — the transfer of harmful bacteria to food from other foods, objects, or people.

**Danger Zone** — a range of food temperatures between 40 and 140 degrees F which allow bacteria to multiply rapidly.

**Endosperm** — the inner part of a whole grain kernel or grain of rice that provides energy, carbohydrates, and protein to foods.

**Enriched** — replacing or adding back vitamins and iron which is removed from foods during processing.



## 2

**Fiber** — the part of the plant that human bodies can't digest or absorb. It helps keep the body's digestive system working regularly.

**Fortified** — the addition of vitamins and minerals to make food healthier.

**Germ** — the small inner part of a whole grain kernel that provides nourishment for the seed and B vitamins and vitamin E to foods.

**Husk** — the tough outer part, or hull, of a grain of rice which must be removed.

**Leavening agent** — an ingredient used to make breads, cookies, and cakes rise.

**Milled** — a process that removes the bran and germ from the grain kernel.

**Nutrition Facts Label** — a government required label placed on a food product which provides nutritional information about the product.

**Osteoporosis** — a condition where bones become brittle and break easily.

**Oxidation** — a chemical reaction that causes soft, light colored fruit to darken and lose vitamin C.

**Pasteurized** — a process to destroy bacteria that may be harmful in milk.

**Semolina** — coarse white wheat flour used to make pasta.

**Simmer** — to cook food over low heat in a liquid just below the boiling point; bubbles form slowly.

2



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## *4-H Pledge*

I Pledge  
my **Head** to clearer thinking,  
my **Heart** to greater loyalty,  
my **Hands** to larger service,  
and my **Health** to better living,  
for my club, my community,  
my country, and my world.



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