














Southern University and A&M College System
AGRICULTURAL RESEARCH AND EXTENSION CENTER
NUTRITION NIBBLES

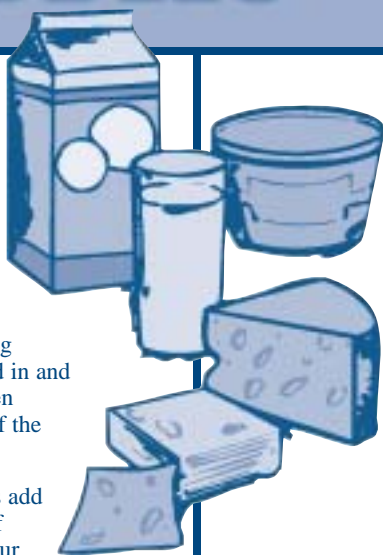
FAMILIES FIRST: NUTRITION EDUCATION WELLNESS SYSTEM

Nutrition Nibbles

Cooking Tips 101

Do you sometimes get into the kitchen and say now what? Here are some great tips to not only help you be a cooking success but to also be a food and money stretcher for your family.

-  Can't remember if an egg is fresh or hard-boiled? Just spin the egg. If it wobbles, it's raw, if it spins easily, it's hard-boiled.
-  A fresh egg will sink in water, a stale egg will float
-  For light fluffy scrambled eggs, add a little water while beating the eggs
-  To avoid "onion eyes", peel under cold water or refrigerate (or freeze) before chopping. You can also use sunshades to shield your eyes from the watery fumes of onions.
-  To perk up soggy lettuce, add a small amount of lemon juice to a bowl of cold water and soak lettuce for an hour in the refrigerator.
-  Sun light does not ripen tomatoes, it softens them. Leave them with stems pointed down in a warm place that is not in direct sunlight.
-  Remove fat from soups and stews by dropping ice cubes into the pot. The fat will cling to the cubes as you stir. Take out the cubes before they melt. Or you can also wrap the ice cubes in a paper towel and skim over the top of the pot.
-  When making mashed potatoes save some of the water (cooking liquid) the potatoes were boiled in and use powdered milk for use when mashing. This restores some of the nutrients lost in the boiling.
-  For extra flavoring for potatoes add low fat cream cheese instead of butter. Or substitute low-fat sour cream for milk when making mashed potatoes.
-  Put vegetables in water after the water boils to preserve essential vitamins.
-  When cooking dried beans, add salt after cooking. When adding salt in the beginning you may over salt because you are trying to bring out the flavor of a raw bean. Also adding salt after cooking will reduce cooking time.
-  Buy ice cream in bulk and repack in small margarine containers for smaller family servings.
-  To add extra flavor and nutritive value to rice, cook it in vegetable cooking water from cooked vegetables.



Food Substitutes in a Pinch

- Have you ever started cooking and find out that you do not have that ingredient. Have no fear- you probably have a food item that you can use instead.
- For bread crumbs- use any unsweetened dry cereal like crushed corn flakes or wheat flakes.
- For white sugar- use brown sugar
- For cake flour- use 1 cup less 2 teaspoons of all purpose flour
- For honey- use 1 1/2 cups of sugar plus 1/2 cup water (or other liquid used in recipe) to equal 1 cup of honey
- For tomato sauce (15 ounce can)- use one 6 ounce can of tomato paste and 1 cup water
- For sour cream- use plain yogurt
- For milk, whole (1 cup)- use 1/2 cup evaporated milk plus 1/2 cup water



What's Cooking?

Bread Pudding

Using Day Old-Bread for a Great Tasting Dessert

Serves 8

- 1/2 cup brown sugar
- 1 tablespoon cinnamon
- 1/2 teaspoon of nutmeg
- 1/2 teaspoon salt
- 2 eggs
- 4 cups reconstituted nonfat dry milk (1 cup and 4 tablespoons of dry milk and 4 cups of water)
- 8 slices bread, cubed
- 2 tablespoons margarine, melted
- 1/2 cup raisins (optional)
- 1 teaspoon vanilla

1. Mix brown sugar, cinnamon, nutmeg, and salt in bowl
2. Add eggs to sugar mixture and beat well
3. Gradually stir milk into mixture
4. Add bread cubes, melted margarine, raisins, vanilla and mix well.
5. Pour mixture into 2 quart greased or sprayed with vegetable spray baking dish
6. Bake in a 325 degree oven for 1 hour or until a knife inserted in the center comes out clean.

Nutrition Facts

Serving Size (99g)		Servings Per Container	
Amount Per Serving			
Calories 330	Calories from Fat 50		
		% Daily Value*	
Total Fat 6g			9%
Saturated Fat 1g			5%
Cholesterol 50mg			17%
Sodium 440mg			18%
Total Carbohydrate 53g			18%
Dietary Fiber 1g			4%
Sugars 41g			
Protein 16g			
Vitamin A 20%	Vitamin C 4%		
Calcium 50%	Iron 10%		
*Percent Daily Values 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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

References:

Health and Wellness Center, Bolling Air Force Base, DC
 Centsible Nutrition Cook Book, University of Wyoming Cooperative Extension



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