

MAKE YOUR FOOD DOLLARS COUNT

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Fall Harvest

Enjoy the great variety of Fall vegetables and fruits to help stretch your food dollars and provide tasty meals for your family.

Impossible Vegetable Pie

- 2 cups chopped fresh broccoli OR sliced fresh cauliflower (thawed, frozen is OK)
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1 cup shredded cheddar cheese
- 1 1/2 cups milk
- 3/4 cup biscuit mix
- 3 eggs
- 1/4 teaspoon pepper

1. Heat oven to 400°F. Lightly oil 10" pie pan.
2. Heat 1 inch water to boiling. Add broccoli. Cover and heat to boiling. Cook until almost tender, about 5 minutes; drain well.
3. Mix broccoli, onion, green pepper and cheese in pie pan.
4. Beat remaining ingredients until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Pour in pie pan.
5. Bake until golden brown and knife inserted in the center comes out clean, about 35-40 minutes. Let stand 5 minutes. Refrigerate any leftover pie. Serves 6.

Mystery Pudding

- 1 package instant vanilla pudding
- 1 cup low fat milk
- 1 cup canned pumpkin [or fresh cooked]
- 1 teaspoon pumpkin pie spice

Mix all ingredients, chill and serve. Also can be poured into a baked pie shell or graham cracker crust.

Easy Apple Crisp

8-10 apples* (about 3 lbs.) peeled and sliced into lightly oiled baking dish
1/2 cup juice -any kind- pour over apples.

Cinnamon - sprinkle to taste over apples.

Topping:

- 1/4 cup margarine
- 3/4 cup flour
- 1/2 cup sugar

Mix until crumbly and sprinkle over apples. Bake at 350 °F about 45 minutes until brown.

* 1 pound of apples = 4 small or 3 medium or 2 large apples or 3 cups sliced or 1 1/2 cups grated apples.

Microwave Applesauce

- 5 Macintosh apples, cored
- 1/4 cup water
- 3 tablespoons sugar (or to taste)

Place apples in a microwave dish. Add water, cover. Microwave on high 10-12 minutes. Let stand covered, 10 minutes. Remove skins and mash with fork. Mix in sugar.

* Other apples may need more water and sugar; larger apples need more cooking time.

Pumpkin Muffins

- 2 1/2 cups all purpose flour
- 1/2 tsp. nutmeg
- 1/2 cup apple juice concentrate
- 1 egg
- 1/2 cup canned pumpkin
- 2 tsp. baking powder
- 1/2 tsp. cinnamon
- 1/2 cup skim milk
- 1/4 cup canola oil
- 3/4 cup raisins

Combine flour, baking powder, nutmeg, and cinnamon in large bowl. Mix apple juice concentrate, milk, egg, oil, and pumpkin in medium bowl. Add wet ingredients to dry ingredients. Stir until moistened. (Batter will be slightly lumpy). Fold in raisins. Pour batter into 12 lined muffin tin cups. Bake at 400°F for 20 minutes. Makes 12 muffins.



HOUSEHOLD HELPERS



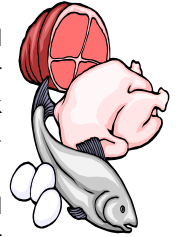
To get that mustiness odor out of drawers, closets or rooms, place a small container of scented cat litter in the affected area. Refresh the litter every few days until the odor is gone. Be sure to keep this away from children.

To eliminate freezer odors place a cup of coffee grounds inside, close the door, and let it sit overnight. If the odor isn't completely gone repeat with fresh coffee grounds. Don't forget to tell your family members what you are doing and keep children away.

FOOD SAFETY TIPS

Refrigerate foods quickly because cold temperatures keep harmful bacteria from growing and multiplying. So, set your refrigerator no higher than 40°F and the freezer unit at 0°F. Check these temperatures occasionally with an appliance thermometer. Then, follow these steps:

- Refrigerate or freeze perishables, prepared foods and leftovers within two hours or sooner.
- Never defrost food at room temperature. Thaw food in the refrigerator, under cold running water or in the microwave.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- Don't pack the refrigerator. Cool air must circulate to keep food safe.



Free Nutrition Education Programs

Nutrition Teaching Assistants are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely

Contact:

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KIDS CORNER

Fall Bagel Snack

Cut a cinnamon raisin bagel in half, lightly butter cut side, and sprinkle with brown sugar. Broil until sugar melts. Then top each bagel with thinly sliced apples and mild cheddar cheese slices. Place under broiler once more just until cheese is melted. Serve.



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