

# MAKE YOUR FOOD DOLLARS COUNT

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## Back to School

Fall is upon us and as the children return to school the cooler days invite us to turn our ovens on and get cooking!



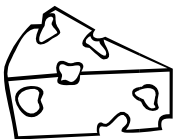
### **Mozzarella Meatloaf**

- 1 lb. hamburger
- ½ cup breadcrumbs
- 1 egg
- 1 cup spaghetti sauce, divided
- 8 oz. (2 cups) mozzarella cheese, divided
- Parmesan cheese
- 1 Tablespoon parsley

Lightly oil cookie sheet and place waxed paper over outer thirds of cookie sheet. Combine hamburger, breadcrumbs, egg, and ¾ cup spaghetti sauce. Pat out, like a pizza, over waxed paper. Then sprinkle into center: 6 oz. (1½ cups) mozzarella, parmesan to taste and parsley. Pick up one end of the wax paper and fold meatloaf to the center over cheese filling. Repeat with other side, overlapping slightly. Pinch closed along center seam and edges. Cover and refrigerate up to 24 hours.

Remove cover and bake 350° about 30 minutes. Spread top with remaining ¼ cup spaghetti sauce and 2 oz. (½ cup) cheese. Return to oven and bake 5-10 minutes more until cheese is melted.

Fat reduced variation:  
Use ground round, part skim mozzarella cheese, and 2 egg whites instead of whole egg. Also, omit parmesan cheese.



One

Step

### **Macaroni and Cheese**

- 2 cups uncooked elbow macaroni
- 3½ cups milk (low fat)
- 1 teaspoon Worcestershire sauce
- 2½ cups shredded cheddar cheese
- Paprika

In a lightly oiled 12X8X2" baking dish,

stir uncooked macaroni, milk, Worcestershire sauce, and 1½ cups cheese until well blended. Cover tightly with foil.

Bake in 350° oven 50 minutes. Uncover, top with remaining 1 cup cheese and sprinkle with paprika.

Bake 10 minutes more, or until cheese is melted. Let stand 10 minutes before serving. Makes 6 to 8 servings.

### **Susie's Turkey Kick**

- 1 loaf Italian bread (unsliced)
- ¾ pound turkey, sliced thin
- ½ of 8-ounce jar of roasted peppers, drained
- 4 ounce can of mushrooms, drained
- 4 ounces Monterey Jack cheese, sliced thin (with jalapeno peppers if desired)

Slice Italian bread lengthwise so you have 2 halves. Place turkey slices, mushrooms, peppers, and cheese on bottom half of bread. Cover with top half of bread. Wrap in foil and bake at 350°F (approximately 10-15 minutes), until cheese melts. Serve.

### School Snacks

#### **Pumpkin Bars**

- ½ cup margarine
- ¾ cup sugar
- 2 eggs
- 1 teaspoon vanilla
- ½ cup dates or raisins
- 1½ cups pumpkin, cooked or canned
- 1 teaspoon cinnamon
- 2 cups flour
- 1½ teaspoons baking soda

Beat margarine, sugar, eggs and vanilla. Add raisins. Mix dry ingredients and add alternately with pumpkin. Pour into a lightly oiled 9X13" pan. Bake at 350° for 30 minutes.

#### **Flavored Popcorn \***

Measure 8 cups of popped popcorn. Try one of the following seasonings:

**Cheese Popcorn:** Add 1 (1¼-ounce) envelope cheese sauce mix or 2 tablespoons macaroni-and-cheese topping.

**Mexican Popcorn:** Add 1 tablespoon taco seasoning mix.

**Ranch Popcorn:** Add 2 teaspoons Ranch-style dressing mix.

**Oriental Popcorn:** Add 1 (5-ounce) can chow mein noodles, 1 cup dry-roasted peanuts, and ¾ teaspoon ground ginger.



#### **Toasted Pumpkin Seeds \***

Wash the seeds from the pumpkin and remove the strings. Soak the seeds in lightly salted water overnight if desired. Drain and place seeds on a cookie sheet. Bake at 300° for 20 minutes. Do not brown. Eat with or without removing the shells.

\* Remember not to serve to children under the age of 3 as choking may occur.



## Food Safety

### Did you know:

- Bleach is a powerful disinfectant.
- It is a handy and economical cleaner.
- It helps eliminate household odors and the germs that cause them.
- Used as directed, it will not harm the environment.

### Indoor Cleaning Solution

¾ cup bleach  
1 gallon warm water  
1 tablespoon powdered laundry detergent

**Important Tips:** To protect sensitive skin, wear gloves when cleaning with bleach solutions. Avoid splashing or spilling on clothing, furniture, hardwood floors, and rugs.

**Bleach Sanitizing Solution:** 1 tablespoon regular bleach per gallon of water

Wash with soapy, clean water; rinse. Then let item soak in bleach sanitizing solution for 2 minutes. Drain and air dry.

### Solutions:

- Use bleach to eliminate refrigerator odors. Wash your refrigerator inside and out with the indoor cleaning solution to kill the germs that cause odors. Keep surface wet for 5 minutes. Rinse and let dry.
- Keep your sink smelling fresh. Those kitchen odors that occur even when the kitchen looks clean could be coming from your sink drain. Just fill your sink with the indoor cleaning solution. Drain and let the water run for a minute to really rinse your pipes.
- To keep garbage odors away, deodorize your trash can. A quick wash with the indoor cleaning solution does the trick. Let stand 5 minutes. Rinse and air dry.
- Bleach disinfects and cleans floors easily and economically. For vinyl, linoleum, no wax, or ceramic tile floors, mop with a solution of ¾ cup bleach with 1 gallon of water. Keep surface wet for at least 5 minutes. Rinse with clear water and air dry.
- Bleach is a great disinfectant for your baby's nursery. It kills germs found in baby's play areas, toys and baby bottles-germs that cause everything from odors to colds and flu.



## Kid's Corner

Cover your children's art work with clear self-adhesive paper and use as place mats. You can also give these great works of art to their grandparents and family as gifts!



## Stretching Your Food \$\$\$

This is a great time of the year to go to the Farmer's Markets and local produce stands. Seasonal items such as apples, pumpkins and squashes are abundant. Tomatoes, sweet corn and melons will be available until the first frost. Prices are very reasonable, with many varieties available. Maybe this is the year to learn more about food preservation. Call Cornell Cooperative Extension at 866-7920 for more information.



## Household Helper

To freshen carpeting and neutralize odors, liberally sprinkle with baking soda, let stand over night, then vacuum.

## 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 homes or worksites as well as 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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