

MAKE YOUR FOOD DOLLARS COUNT

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Spring is Here

With thoughts of opened windows, soft breezes, and birds chirping, here are some easy meals to get us out of the kitchen and on to other projects.



Lazy Cabbage Dish

1 cup raw rice (brown preferred)
1 pound ground beef or turkey
1 medium onion, chopped
1 small head cabbage, shredded
2 cans condensed tomato soup

Stove Top: Brown meat with onion in large pot. Drain off fat. Add cabbage and rice. Stir gently. Dilute soup with 2 soup cans of water. Pour tomato soup over top. Lower heat. Cover. Cook just until cabbage is done (about 45 minutes).

Oven: Cook rice. Brown meat and onion in fry pan, drain fat. Mix with cabbage in large casserole - top with soup, cover. Bake 325°F oven for 1 1/2 hour.

Crock Pot: Brown meat and drain off fat. Put rice in bottom of pot. Add soup (plus 1 can of water), onion, and cabbage. Cover and cook on high for 2-3 hours and then on low for 4-5 hours.

Enchilada Casserole

2 cans mild enchilada sauce
1 lb. hamburger
1 onion, chopped
1 lb. cheese - Monterey Jack, cheddar, or combination
1 package corn tortilla * (approx. 10)
1 can refried beans

Brown hamburger with onion. Drain fat. Mix in 3/4 can enchilada sauce. Set aside. Mix refried beans with 3/4 can sauce. Set aside. In a casserole dish, pour in remaining sauce. Make a layer of tortillas, cutting to fit casserole. Layer 1/2 of hamburger, tortillas, 1/2 of the beans, tortillas, 1/2 cheese. Repeat. Bake at 350°F for 30 minutes until hot and bubbly. Garnish with shredded lettuce, chopped tomato, chopped onion, and black olives.

*flour tortillas can also be used but will be softer in recipe.

Macaroni Casserole

1 box macaroni and cheese mix
1 pound hamburger
2 cups spaghetti sauce
1 onion, chopped
1 can corn, drained and liquid reserved

Cook macaroni until tender. Drain and set aside. Brown hamburger and onion. Drain. Mix macaroni, hamburger, spaghetti sauce, cheese mix (dry) and corn, adding some of the reserved corn liquid if mixture seems dry. Pour into lightly oiled baking dish. Cover and refrigerate up to 24 hours - OR - bake at 350°F until bubbly, about 30 minutes.

Mushroom Cheeseburger

Pizza

1/2 lb. ground beef or turkey
1 cup prepared pizza sauce
1 can mushrooms, drained
1 bag pizza dough *
8 oz. (2 cups) shredded Cheddar cheese

Heat oven to 425°F. Lightly oil cookie sheet or 13x9 inch pan. Pat pizza dough in pan. Starting at center, press out with hands. Bake at 425°F for 10 to 15 minutes or until golden brown.

Brown ground beef or turkey in medium skillet; drain. Stir in pizza sauce and mushrooms. Spoon hamburger mixture over partially baked crust; sprinkle with cheese. Bake at 425°F for 10 to 15 minutes or until deep golden brown.

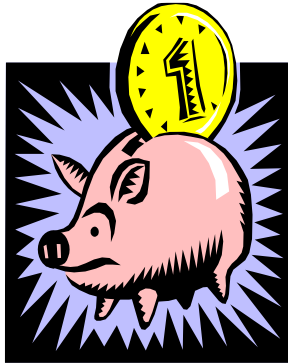
* One loaf of prepared bread dough can be used or a one prepared pizza crust substituted.

Carrot Cake

1 cup shredded carrot
1 8 oz. can crushed pineapple - with juice
1-1/2 cups flour
3/4 cup sugar
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
2/3 cup applesauce
2 eggs
1 teaspoon vanilla

Mix all ingredients. Pour into lightly oiled 9x9x2 pan. Bake 350°F about 35 minutes. Cool and frost if desired. Store in refrigerator.

Stretching Your Food \$\$\$



Place a layer of oatmeal on cookie sheet and bake until medium brown in oven. Use toasted oatmeal in place of walnuts in a recipe. Tastes just as "nutty", is healthier for you, and cheaper too!

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Keep soft cookies moist by keeping a slice of bread with the cookies in a tightly covered container.

* * * * *

Store extra pancakes or waffles in the freezer wrapped individually to prevent sticking together. Just pop in toaster or microwave to reheat.

Kid Corner

"Bananacicle Pops"



Freeze bananas in skins. Cut each banana in half. Peel and put popside stick in end of each banana that you cut. Place vanilla

yogurt on a plate and toppings on other plates, (example: ground granola/crushed graham crackers, raisins, dried fruit, etc.) Role each banana in vanilla yogurt first and then into toppings. Serve.

Food Safety

Raw foods like meats and poultry can carry bacteria such as Salmonella and E. coli, that may cause food poisoning. Clean and sanitize surfaces exposed to raw meats before using surface to prepare other foods. This will prevent bacteria from transferring to foods that will be eaten raw. To sanitize cutting boards, wash first with hot soapy water and rinse. Apply a solution of 3 tablespoons regular bleach per gallon of water. Keep wet 2 minutes. Rinse, drain, and air dry.

Household Helpers



When you don't have time to finish that paint job - wrap brush tightly in plastic wrap and then put in a plastic freezer bag. Put in freezer. Remove from freezer just

before you start painting and you can pick up where you left off.

Free Nutrition Education Programs are also available



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

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.

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