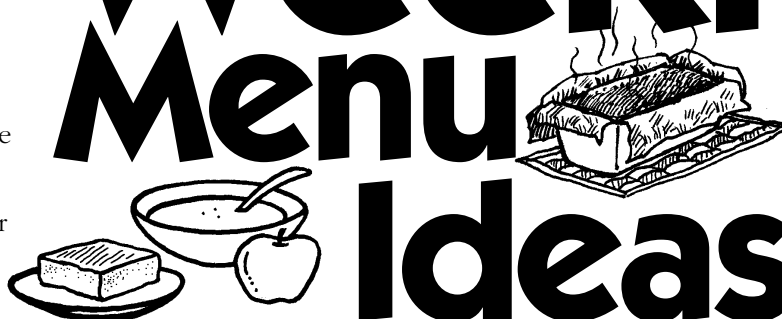


Weekly Menu Ideas for the Family



Nutritious, economical foods are the basis for the four weeks of menu suggestions in this publication. Each menu shows you how to serve your family good meals for less money.

Menus are planned for a family of four—two adults, one teenager, and one child. Both children are considered to be in school and participating in the school lunch program, receiving at least one serving each of protein, vegetable or fruit, milk, and bread. Weekday lunches are planned for only two adults. Saturday and Sunday lunches include the children.

The menus are simple, but they provide the nutrition an average family of four needs. The amount of food is not planned for extra servings or second helpings. If you have a teenage athlete, an adult involved in strenuous activity, or frequent visitors at meals, you will need to increase the amount of food suggested.

You'll find the recipes for many of the easy, money-saving dishes used in the menus. Most of the recipes serve four people. If your family is larger, double the recipes and freeze the leftovers to use for a potluck dinner or lunch for one or two.

After using these ideas, you'll see how helpful a week's menu and a shopping list can be. Planning your family meals ahead allows you to feed your family better for less money. Planning helps you take advantage of specials, turn leftovers into planned-overs, and make out a complete shopping list, which eliminates many extra and costly visits to the market. It is also possible to see at a glance the entire week's foods and to better manage your time.

The great news about these menus is that they were designed to help you use energy more efficiently. Most of the food can be prepared on your surface units, which require less energy than your oven.

If you own a microwave oven, you can cook many of these recipes in it. Find similar microwave recipes or consult your oven directions for guidelines on converting these recipes.

This four-week menu can be used again by making your own cycle of menus. Be sure to keep your meals nutritionally balanced. Use the menus in this publication as a pattern. Each day is planned to include the following:

Breads, Cereals, Rice, and Pasta — enough for six to eleven servings a day. This includes any type of bread, cereal, rice, or pasta. These complex carbohydrates are an important source of energy, and they provide vitamins, minerals, and fiber.

Vegetables — three to five servings a day. Vegetables provide vitamins such as vitamins A and C and folate and minerals such as iron and magnesium. If the menus are followed, there will be one good source of vitamin C a day and three to four servings of foods rich in vitamin A per week.

Fruits — two to four servings a day. Fruits and fruit juices provide important amounts of vitamins A and C and potassium. The menus use fresh and canned fruits and juices.

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts — five to seven ounces of cooked lean meat, poultry, or fish a day for an adult. Meat, poultry, and fish supply protein, B vitamins, iron, and zinc. The other foods in this group—dry beans, eggs, and nuts—are similar to meats in providing protein and most vitamins and minerals. Portion sizes vary with the type of food and meal.

Milk, Yogurt, and Cheese — enough for two to three servings for children and two servings for adults. This includes cheese and milk used in recipes as well as the milk beverages. Milk and cheese supply calcium needed for strong bones and teeth and other important body functions.

STORING FOODS PROPERLY

Try to go directly home after grocery shopping. Perishable foods should be stored as soon as possible.

Chicken

Each week you will divide chickens to make various main dishes. One chicken is used as the main dish for one meal. You may want to save a bony piece to cook with the other chicken. The rest of the chicken can be refrigerated or frozen for later use in another recipe for that week.

Read through the menus and recipes for each week to know how to divide and package the chickens. If you do not plan to use a package of chicken within two days, freeze it.

Ground Beef

Menus for three of the four weeks use ground beef. Not all of the meat will be used at the same time. Separate the ground beef according to the individual recipes. Then put the meat into separate containers and store for later use. Packages of ground beef that will not be used within two days should be frozen.

Sausage

The suggested menus call for 12 ounces of sausage each week. Freeze sausage if it will not be used within two or three days.

Wieners and Luncheon Meats

One week a package of wieners is used for two meals. When you open a package of wieners or luncheon meats, be sure to wrap the remaining pieces or place them in a plastic bag to help retain freshness.

SHORT-TIME EMERGENCY PACKAGING FOR THE FREEZER

1. Wrap each package of chicken, ground beef, or sausage in plastic wrap or wax paper.
2. Put each package in a plastic bag or a clean bread bag.
3. Twist the top of the bag, starting at the top of the meat; twist all the way to the end.
4. Bend the top over and fasten with a twist tie or rubber band.
5. Label the package with name of food and date.

Milk

Nonfat dry milk is less than half the cost of fresh fluid milk. When reconstituted and served very cold, this milk has the same quality and nutritional value as fluid milk. To make fluid milk last longer as a beverage, mix half fluid milk and half reconstituted nonfat dry milk. Keep it cold. Use reconstituted nonfat dry milk in all recipes calling for milk. Use nonfat dry milk crystals for making hot cocoa.

Cheese and Eggs

Keep cheese and eggs refrigerated. When cheese has been opened, wrap it well and put it in a clean plastic bag.

Bread

Days-old breads will be best if stored in the freezer.

Potatoes and Onions

Examine potatoes and onions when you get home from the market. Throw out any bad ones; store others in a cool, dry place.

Scrub potatoes well and cook them in their skins to conserve nutrients. Always remove all green spots from the potatoes before cooking.

Store potato chips in the freezer to keep them fresh.

Apples, Oranges, and Fresh Vegetables

Open bags and examine fresh fruits. Remove bad ones. Store fresh fruits and vegetables in the refrigerator to prevent spoiling. Use any bruised ones first.

CHECKING THE SHOPPING LIST

A list of all foods needed to prepare the suggested menus is included. Check the items that you have at home to know which ones you need to purchase. If you have foods that are not included in the menus, substitute them for similar foods, such as one vegetable for another or noodles for macaroni.

When checking your shopping list, read the menu and recipes to look for ways to use similar foods that are on sale. For example, if a recipe calls for ½ pound ground beef and 1 cup (¼ pound) grated cheese, it may be cheaper to use 1 pound of ground beef and no cheese, if the beef is on sale.

Shop Carefully:

- Always use a shopping list.
- Check the food specials for the week.
- Shop alone.
- Take time to compare prices.
- Shop as few times as possible.
- Don't shop when you are hungry. Everything looks good then and you may be tempted to impulse buy.
- Learn the prices of items you buy and compare prices at different stores.
- Compare brands. Store brands and generic brands usually cost less than national brands.
- Use unit pricing tags on the grocery shelves to find the cost per unit, such as cost per ounce. This helps you compare different-sized packages and different brands to determine the best buy.
- If you have storage space and extra money, purchase larger-sized packages than suggested, especially when they are on sale.
- Don't be misled by false bargains in meats. It takes a pound of meat with a lot of bone and fat, such as spare ribs, soup bones, or chicken wings and backs, to make a single 3-ounce serving of lean meat. You can get two servings from a pound of meat with some bones and three to five servings from boneless cuts and ground meats. Wieners and luncheon meats are convenient but are not as good a buy as ground beef because their protein content may not be as high.

OTHER TIPS

Read through the menus and recipes for each week. This will give you an overview of the foods you will be preparing. Look for ways to personalize meals for your family. Substitute a food for one your family dislikes. Be sure it is a similar food so that the meal will still provide adequate nutrition.

Cook ahead to save time and energy. Most of these recipes freeze well. If you have the extra ingredients on hand or money to buy them, double the recipes and freeze half. This does not take much more time or energy than preparing a single recipe. Chili, casseroles, and spaghetti sauce are good examples of this timesaving technique.

Start a soup pot to save even more money. Place a large plastic container in your freezer or a large glass jar in your refrigerator. Put all your liquids left from canned and cooked vegetables in this container as well as bones and lean trimmings from meat and those leftovers you don't feel like storing for a later meal. Mix it all in this container. When you have enough for soup, simmer and add what's needed: a bouillon cube for flavor, tomatoes if you need

liquid, or rice, macaroni, or potatoes for bulk. Keep your soup pot in the freezer until you are ready to make soup. Don't save gravy in your soup pot.

Use herbs and spices to make low-cost meals more interesting. Several herbs and spices have been used in these recipes. You may want to add others that are favorites with your family or substitute ones you have on hand.

Check the amount spent on beverages. Milk and milk drinks are the only beverages included in the shopping list. You may need to add coffee and tea (and sugar for these beverages) if your family drinks them. Water is still the least expensive beverage for meals. Carbonated drinks are expensive beverages. Dry, fruit-flavored mixes, which you mix with your sweetener, are cheaper than premixed ones. Canned fruit drinks and juices cost more but are more nutritious. Cold, nonfat dry milk makes an excellent, nutritious, and inexpensive between-meal beverage.

Keep staples on hand. When times get tough, it's always good to have staples around for an emergency. Foods to keep available for easy, inexpensive meals include cans of beans, bouillon cubes, noodles, rice, cans of mushroom soup, dry milk, and canned tuna.

The Food Guide Pyramid and You



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein
Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day	Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens	Eat a variety of fruit	Go low-fat or fat-free when you choose milk, yogurt, and other milk products	Choose low-fat or lean meats and poultry
1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal, or pasta	Eat more orange vegetables like carrots and sweet potatoes	Choose fresh, frozen, canned, or dried fruit	If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages	Bake it, broil it, or grill it
	Eat more dry beans and peas like pinto beans, kidney beans, and lentils	Go easy on fruit juices		Vary your protein routine — choose more fish, beans, peas, nuts, and seeds

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov

Eat 6 oz. every day	Eat 2½ cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5½ oz. every day
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Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

Suggested Menus for First Week

Monday	Breakfast Tomato Juice Egg Toast & Jelly Milk/Coffee	Lunch Tuna Sandwich* Pretzels Fruit Cocktail Tea	Dinner Hoppin' John* Green Beans Onion Slices Carrot Sticks Cornbread* Milk/Tea	Snack Banana & Graham Crackers
Tuesday	Breakfast Orange Juice Cheese Grits* Toast & Jelly Milk/Coffee	Lunch Minestrone Soup Cheese Slices & Crackers Apple Wedges Tea	Dinner Chicken with Fresh Herbs* Lima Beans English Peas Cornbread* Milk/Tea	Snack Oatmeal Cookies*
Wednesday	Breakfast Orange Juice Oatmeal with Milk and Cinnamon Toast & Jelly Coffee	Lunch Turkey Sandwich Pretzels Carrot Sticks Peaches Tea	Dinner Chili & Cheese* Rice Coleslaw* Crackers Milk/Tea	Snack Tomato Juice
Thursday	Breakfast Tomato Juice Egg Grits Toast & Jelly Milk/Coffee	Lunch Grilled Cheese Sandwich Pretzels Carrot Sticks Banana Tea	Dinner Baked Pork Chops* Sweet Potatoes Green Beans Bread Milk/Tea	Snack Popcorn Orange Juice
Friday	Breakfast Orange Juice Oatmeal with Milk and Raisins Toast & Jelly Coffee	Lunch Beef Vegetable Soup Crackers Apple Wedges Tea	Dinner Chicken & Rice* Stewed Tomatoes* Corn on the Cob Milk/Tea	Snack Chocolate Pudding*
Saturday	Breakfast Orange Juice Sausage Egg Grits Toast & Jelly Milk/Coffee	Lunch Turkey Sandwich Potato Chips Fruit Cocktail Carrot Sticks Chocolate Milk	Dinner Beef Vegetable Skillet* Coleslaw* Biscuits* Apple Wedges Milk/Tea	Snack Leftover Toasted Biscuits with Jelly Kool-Aid
Sunday	Breakfast Orange Juice Cornflakes with Milk Toast & Jelly Coffee	Dinner Skillet Meat Loaf* Mashed Potatoes* English Peas Apple-Raisin Salad* Quick Light Rolls* Collards Milk/Tea	Supper Meat Loaf Sandwich Leftover Apple-Raisin Salad Chocolate Pudding* Milk/Tea	Snack Popcorn Kool-Aid

* Recipe is included.

Shopping List for First Week's Menus

To prepare the menus for the first week, you will need the following foods in the approximate amounts listed:

Fresh Produce

Onions 1 5-pound bag
Carrots..... 1 3-pound bag
Bananas 6
Apples 2 5-pound bags
Cabbage..... 1 head
Sweet potatoes..... 4
Corn on the cob..... 4 ears
Potatoes 1 10-pound bag
Celery..... 1 bunch

Breads and Cereals

Loaf bread 2
Grits..... 1 5-pound bag
Oatmeal 1 42-ounce container
Pretzels..... 1 1-pound bag
Rice 1 5-pound bag
Cornmeal 1 5-pound bag
All-purpose flour..... 2 5-pound bags
Graham crackers..... 1 16-ounce box
Crackers 1 16-ounce box
Cornflakes 1 12-ounce box
Dry bread crumbs..... 1 10-ounce container

Canned Fruits and Vegetables

Tomato juice..... 2 46-ounce cans
Orange juice (frozen) 2 16-ounce cans
Tomatoes 3 16-ounce cans
Peaches 1 16-ounce can
Green beans 1 15-ounce can
Minestrone soup 1 10.5-ounce can
Beef vegetable soup..... 1 10.5-ounce can
Fruit cocktail..... 1 30-ounce can
Creamed corn 1 15-ounce can
Collards..... 2 14-ounce cans

Protein Foods

Eggs..... 2 dozen
Dry black-eyed peas..... 1 2-pound bag
Dry English peas..... 2 16-ounce bags
Beans (kidney, pinto)..... 2 15-ounce cans
Dry lima beans..... 1 16-ounce bag
Luncheon meat 1 pound
Pork chops 18 ounces
Sausage 12 ounces
Tuna 1 6.5-ounce can
Ground beef..... 2 pounds
Whole chicken 1
Lean ham..... 1 1/4 pounds

Dairy Foods

1% fluid milk..... 4 gallons
Cheese (cheddar, American) 28 ounces
Nonfat dry milk crystals 1 box
(5 3.2-ounce envelopes)

Miscellaneous

Jelly 1 32-ounce jar
Coffee..... 1 13-ounce container
Salt..... 1 26-ounce container
Tea 1 24-ounce bag
Cocoa 1 8-ounce container
Sugar 1 5-pound bag
Chocolate syrup 1 18.5-ounce bottle
Vanilla 1 8-ounce bottle
Lemon juice..... 1 10-ounce bottle
Vegetable oil..... 1 48-ounce jar
Margarine..... 1 1-pound stick
Light mayonnaise..... 1 32-ounce jar
Popcorn 1 32-ounce bag
Raisins..... 1 24-ounce bag
Potato chips..... 1 1-pound bag
Kool-Aid 2 2-quart packages
Fast-rising active dry yeast 1 package of three
Cooking spray 1 6-ounce can
Shortening 1 42-ounce can
Baking powder 1 7-ounce box
Baking soda 1 16-ounce box

Optional

Green peppers
Worcestershire sauce
Ketchup
Pickles

Suggested Menus for Second Week

Monday	Breakfast Orange Juice Cheese Grits* Toast & Jelly Milk/Coffee	Lunch Split Pea Soup Crackers Carrot Sticks Onion Slices Tea	Dinner Beef Macaroni* Greens with Turkey Wings* Quick Light Rolls* Apple Wedges Milk/Tea	Snack Peanut Butter Snacks* with Celery Crackers
Tuesday	Breakfast Orange Juice Cornflakes with Milk Cheese Toast Coffee	Lunch Chicken Noodle Soup Leftover Quick Light Rolls Apple Wedges Tea	Dinner Skillet Supper* English Peas Fried Okra Fruit Salad* Milk/Tea	Snack Hard-Boiled Egg Toast & Jelly
Wednesday	Breakfast Orange Juice Cornflakes with Milk Peanut Butter Toast Coffee	Lunch Turkey Sandwich Leftover Fruit Salad Carrot Sticks Tea	Dinner Baked Chicken* Corn Coleslaw* Quick Light Rolls* Apple Crisp* Milk/Tea	Snack Apple Pretzels
Thursday	Breakfast Tomato Juice Grits Toast & Jelly Milk/Coffee	Lunch Navy Bean Soup Crackers Leftover Coleslaw Apple Wedges Tea	Dinner Baked Pork Chops* Mashed Potatoes* with Gravy* Corn Bread Oatmeal Cookies* Milk/Tea	Snack Popcorn
Friday	Breakfast Tomato Juice Egg Biscuit* & Jelly Milk/Coffee	Lunch Tuna-Apple Salad* Crackers Carrot Sticks Leftover Oatmeal Cookies Tea	Dinner Creamed Chicken* Seasoned Rice* Stewed Tomatoes* Quick Light Rolls* Milk/Tea	Snack Graham Crackers Milk
Saturday	Breakfast Orange Juice Sausage Egg Toast & Jelly Milk/Coffee	Lunch Grilled Cheese Sandwich Potato Chips Apple Tomato Slices Leftover Oatmeal Cookies	Dinner Beef & Potato Burgers* Corn on the Cob Green Beans Bread Milk/Coffee	Snack Rice Pudding*
Sunday	Breakfast Orange Juice Oatmeal with Milk and Raisins Cinnamon Toast Milk/Coffee	Dinner Chicken with Gravy* Mashed Potatoes* English Peas Bread & Jelly Fruit Cocktail Milk	Supper Scrambled Eggs Grits Toast & Jelly Hot Cocoa	Snack Popcorn Tomato Juice

* Recipe is included.

Shopping List for Second Week's Menus

To prepare the menus for the second week, you will need the following foods in the approximate amounts listed:

Fresh Produce

Bananas 2
Apples 2 5-pound bags
Cabbage 1 head
Corn on the cob 4
Tomatoes 3
Okra 1 pound
Oranges 2
Greens 2 bunches

Breads and Cereals

Loaf bread 2
All-purpose flour 2 5-pound bags
Macaroni 16-ounce bag
Herb bread crumbs 1 15-ounce container
Spaghetti 1 pound bag

Canned Fruits and Vegetables

Tomato juice 2 46-ounce cans
Orange juice (frozen) 2 16-ounce cans
Tomatoes 1 16-ounce can
Corn 2 15-ounce cans
Split pea soup 1 10.5-ounce can
Cream of mushroom soup 1 10.5 ounce can
Chicken noodle soup 1 10.5-ounce can
Navy bean soup 1 10.5-ounce can
Fruit cocktail 1 16-ounce can
Jalapeno peppers 1 12-ounce jar

Dairy Foods

1% fluid milk 4 gallons

Protein Foods

Eggs 3 dozen
Dry English peas 3 16-ounce bags
Luncheon meat 6 ounces
Pork chops 18 ounces
Sausage 12 ounces
Tuna 1 6½-ounce can
Ground beef 2½ pounds
Whole chicken 2
Peanut butter 1 40-ounce jar
Smoked turkey wings 1 2.5-pound package

Miscellaneous

Potato chips 1 1-pound bag
Fast-rising active dry yeast 2 packages of three
Sour cream 1 2-pound tub
Evaporated milk 1 12-ounce can
Chicken bouillon cube 1 jar

Optional

Green peppers
Nutmeg

Suggested Menus for Third Week

Monday	Breakfast Tomato Juice Oatmeal with Milk Banana Coffee	Lunch Peanut Butter & Jelly Sandwich Pretzels Refrigerator Slaw* Tea	Dinner Chicken & Dressing* Tossed Green Salad Bread Milk/Tea	Snack Cheese Slice Banana Pudding*
Tuesday	Breakfast Tomato Juice Sausage Grits Toast & Jelly Milk/Coffee	Lunch Leftover Chicken & Dressing Bread Carrot Sticks Banana Tea	Dinner Black-Eyed Peas* Okra & Tomatoes* Southern Cornbread* Milk/Tea	Snack Apples & Graham Crackers
Wednesday	Breakfast Orange Juice Egg Grits Biscuits* & Jelly Milk/Coffee	Lunch Apple-Raisin Salad* with Lettuce Wedge Cornbread Tea	Dinner Stewed Chicken* Sweet Potato Casserole* Panned Cabbage* Bread Milk/Coffee	Snack Pretzels Carrot Sticks
Thursday	Breakfast Grapefruit Juice Cornflakes with Milk Toast & Jelly Coffee	Lunch Leftover Chicken Sandwich Pretzels Carrot Sticks Peaches Tea	Dinner Mac-Tuna Casserole* Tossed Green Salad Stewed Tomatoes* Milk/Coffee	Snack Leftover Toasted Biscuits
Friday	Breakfast Orange Juice Egg Grits Biscuits* Milk/Coffee	Lunch Leftover Mac-Tuna Casserole Crackers Sliced Tomatoes Celery Tea	Dinner Italian Spaghetti* Refrigerator Slaw* Garlic Toast* Tossed Green Salad Apple Crisp* Milk/Tea	Snack Peaches & Graham Crackers
Saturday	Breakfast Grapefruit Juice Pancakes* Milk	Lunch Hot Dog Potato Chips Leftover Refrigerator Slaw Apple Milk	Dinner Beef Kabobs* Buttered Noodles Peas Jell-O with Pineapple* Bread White Cake* with Chocolate Butter Frosting* Milk/Coffee	Snack Popcorn Lemonade
Sunday	Breakfast Orange Juice Cornflakes with Milk Biscuits* & Jelly Coffee	Dinner Barbecue-Style Pork Ribs* Potato Salad* Green Beans Leftover Biscuits Leftover Cake Milk/Tea	Supper Hot Dog Leftover Potato Salad Leftover Green Beans Leftover Jell-O with Pineapple	Snack Peanut Butter & Crackers Lemonade

* Recipe is included.

Shopping List for Third Week's Menus

To prepare the menus for the third week, you will need the following foods in the approximate amounts listed:

Fresh Produce

Onions	1 5-pound bag
Carrots	1 3-pound bag
Bananas	18
Apples	1 5-pound bag
Cabbage	5 heads
Sweet potatoes	4 pounds
Potatoes	1 10-pound bag
Celery	1 bunch
Lettuce	2 heads

Breads and Cereals

Loaf bread	2
Pretzels	1 1-pound bag
Cornflakes	1 24-ounce box
Dry bread crumbs	3 10-ounce bags
Spaghetti	1 3-pound bag
Hot dog buns	1 package

Canned Fruits and Vegetables

Tomato juice	1 46-ounce can
Grapefruit juice	1 46-ounce jar
Orange juice (frozen)	2 16-ounce cans
Tomatoes	2 16-ounce cans
Tomato sauce	2 8-ounce cans
Peaches	1 29-ounce can
Green beans	1 15-ounce can
Cream of celery soup	1 10 ¹ / ₂ -ounce can
Pineapple	1 20-ounce can

Dairy Foods

1% fluid milk	4 ¹ / ₂ gallons
Cheese (cheddar, American)	3 8-ounce blocks

Protein Foods

Eggs	2 dozen
Sausage	12 ounces
Tuna	2 6.5-ounce cans
Whole chicken	1
Hot dogs	1 package
Lean beef	1 ¹ / ₂ pounds
Pork ribs	3 pounds

Miscellaneous

Sugar	1 5-pound bag
Margarine	1 1-pound stick
Light mayonnaise	1 32-ounce jar
Beef bouillon cubes	1 jar
Salad dressing	2 16-ounce bottles
Maple syrup	1 24-ounce bottle
Vinegar	1 64-ounce bottle
Packed brown sugar	1 2-pound bag
Jell-O	1 large box
Honey	1 12-ounce jar
Sifted powdered sugar	1 2-pound bag
Lemonade	2 packages
Worcestershire sauce	1 10-ounce bottle
Prepared mustard	1 6-ounce container

Optional

Celery seed
Nutmeg
Green pepper

Suggested Menus for Fourth Week

Monday	Breakfast Tomato Juice Egg Toast & Jelly Milk/Coffee	Lunch Turkey Sandwich Pretzels Apple Wedges Carrot Sticks Tea	Dinner Spaghetti with Meat Sauce* Tossed Green Salad Garlic Toast* Milk/Tea	Snack Pears & Graham Crackers
Tuesday	Breakfast Grapefruit Juice Grits Toast & Jelly Milk/Coffee	Lunch Black Bean Soup Crackers Carrot Sticks Tea	Dinner Chicken Cacciatore* Green Bean Salad* Buttered Noodles Biscuits* Milk	Snack Popcorn Apple
Wednesday	Breakfast Tomato Juice Cornflakes with Milk Cheese Toast Banana Coffee	Lunch Leftover Green Bean Salad Leftover Toasted Biscuits with Peanut Butter Apple Wedges Tea	Dinner Ground Beef Stroganoff* Stewed Tomatoes* Cornbread* Milk	Snack Popsicle Pretzels
Thursday	Breakfast Orange Juice Oatmeal with Milk & Raisins Toast & Jelly Coffee	Lunch Tostadas* Peaches Oatmeal Cookie* Tea	Dinner Chicken Broccoli Casserole* Baked Potato* Bread Vegetable Marinade* Milk/Tea	Snack Bananas & Graham Crackers
Friday	Breakfast Orange Juice Cornflakes with Milk Toast & Jelly Apple Wedges Coffee	Lunch Leftover Tostadas Leftover Vegetable Marinade on Lettuce Wedge Leftover Oatmeal Cookie Tea	Dinner Southwestern Beef Hash* Southern Cornbread* Green Beans Peaches Milk/Tea	Snack Chips & Salsa
Saturday	Breakfast Grapefruit Juice Egg Sausage Toast & Jelly Milk/Coffee	Lunch Baked Potato* with Broccoli & Cheese Leftover Southern Cornbread Carrot Sticks Leftover Oatmeal Cookie Milk/Tea	Dinner Goulash* Garlic Toast* Corn Banana Pudding* Milk/Tea	Snack Apple Pretzels
Sunday	Breakfast Tomato Juice Banana Cheese Grits* Toast & Jelly Milk/Coffee	Dinner Seasoned Chicken* Parslied Potatoes* Turnip Greens Fruit Salad* Biscuits* Leftover Oatmeal Cookie Milk/Tea	Supper Pancakes* Sausage Scrambled Eggs Milk/Coffee	Snack Leftover Fruit Salad Pretzels

* Recipe is included.

Shopping List for Fourth Week's Menus

To prepare the menus for the fourth week, you will need the following foods in the approximate amounts listed:

Fresh Produce

Bananas	20
Apples.....	1 5-pound bag
Lettuce	1 head
Green pepper.....	1
Broccoli.....	26 ounces

Breads and Cereals

Loaf bread	2
All-purpose flour.....	1 2-pound bag
Macaroni.....	1 16-ounce bag
Tortilla chips.....	1 11-ounce bag
Tostada shells.....	1 package

Canned Fruits and Vegetables

Tomato juice.....	2 46-ounce cans
Grapefruit juice	1 46-ounce jar
Orange juice (frozen)	2 16-ounce cans
Tomatoes	2 16-ounce cans
Tomato sauce	3 8-ounce cans
Pears.....	1 29-ounce can
Peaches.....	1 16-ounce can
Corn	1 15-ounce can
Cream of chicken soup.....	2 10 ¹ / ₂ -ounce cans
Black bean soup	1 10 ¹ / ₂ -ounce can
Green beans.....	2 15-ounce cans
Turnip greens.....	2 10-ounce cans
Tomato puree.....	1 10 ³ / ₄ -ounce can

Dairy Foods

1% fluid milk.....	4 ¹ / ₂ gallons
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Protein Foods

Eggs.....	2 dozen
Luncheon meat	6 ounces
Sausage	12 ounces
Ground beef.....	3 ¹ / ₄ pounds
Whole chicken.....	1
Refried beans	1 16-ounce can

Miscellaneous

Margarine.....	1 1-pound stick
Pimento.....	1 2-ounce jar
Ketchup	1 28-ounce bottle
Salsa	1 16-ounce jar
Popsicles.....	1 box

Optional

Radishes
Mushroom stems and pieces
Paprika
Raisins
Tomatoes
Cucumbers
Yellow squash

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Green Bean Salad.....	20
Mashed Potatoes.....	20
Okra and Tomatoes.....	20
Panned Cabbage.....	20
Parslied Potatoes.....	20
Pineapple Jell-O.....	20
Potato Salad.....	20
Refrigerator Slaw.....	20
Seasoned Rice.....	21
Stewed Tomatoes.....	21
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Main Dishes

Baked Chicken

4 slices (or more) of cooked chicken*
1/2 cup skim milk
3/4 cup herb-seasoned bread crumbs
1/2 teaspoon paprika

Preheat oven to 400 degrees F. Dip chicken in skim milk and roll in bread crumbs. Place chicken in baking pan. Sprinkle chicken with paprika. Bake for 30 to 35 minutes.

Servings: 4

* See Stewed Chicken.

Baked Pork Chops

6 3-ounce pork chops
3 garlic cloves
Dash salt
Dash pepper

Preheat oven to 350 degrees F. Rub chops with garlic; sprinkle with salt and pepper. Place chops in baking dish and bake for 40 to 45 minutes or until chops are done.

Servings: 6

Barbecue-Style Ribs

2 1/2 to 3 pounds country-style pork ribs
1 cup chopped onion
1 clove garlic, minced
1 tablespoon cooking oil
1 8-ounce can tomato sauce
1/4 cup packed brown sugar
3 tablespoons lemon juice
2 tablespoons Worcestershire sauce
1 tablespoon prepared mustard
1/2 teaspoon celery seed
1/2 cup water
1/4 teaspoon pepper

Place ribs bone side down on a rack in a shallow roasting pan. Bake at 350 degrees F for 1 hour. Drain. Meanwhile, prepare sauce. In a medium saucepan, cook onion and garlic in hot oil until tender. Stir in tomato sauce, brown sugar, lemon juice, Worcestershire sauce, mustard, celery seed, 1/2 cup water, and 1/4 teaspoon pepper. Simmer for 15 minutes, stirring occasionally. Spoon sauce over ribs. Bake ribs, covered, 30 to 60 minutes more or until well done, spooning sauce over ribs occasionally. Pass remaining sauce with ribs.

Servings: 4

Beef Kabobs

1 1/2 pounds lean beef, cut into 1-inch cubes
2 teaspoons minced garlic
1/4 cup minced onion
1/3 cup lemon juice
1/2 teaspoon dry mustard
3/4 teaspoon chili powder
1/8 teaspoon pepper
2 teaspoons honey
3/4 teaspoon ginger
1 teaspoon allspice

Place meat in mixing bowl. Combine remaining ingredients and pour over meat; mix thoroughly. Let stand for 1 hour. Put meat on skewers. Broil or grill, turning occasionally, to desired doneness.

Servings: 4

Beef Macaroni

1 teaspoon salt
1/2 teaspoon vegetable oil
1 quart water
6 ounces macaroni
3 tablespoons margarine
1 small onion, chopped
1/2 pound ground beef
1 10 3/4-ounce can cream of mushroom soup
3/4 cup water
1/4 teaspoon salt
1/2 cup grated cheese
1/3 cup dry bread crumbs

Add salt and vegetable oil to 1 quart water. Bring to a boil. Add macaroni gradually to boiling water so that boiling does not stop. Leave the container uncovered. Stir occasionally to keep from sticking. Cook until just tender. While macaroni cooks, melt margarine in large skillet. Add onions and cook over medium heat until tender but not brown. Add ground beef and cook until brown, stirring as it cooks. Add soup, 3/4 cup water, and 1/4 teaspoon salt. Stir well and remove from heat. Drain macaroni, add to skillet, and stir. Cover. Turn heat to low and cook for 15 to 20 minutes, stirring occasionally. Mix cheese with bread crumbs and sprinkle over top. Cover and continue cooking until cheese melts and forms a topping.

Servings: 4 to 6

Beef and Potato Burgers

1 large potato	1 16-ounce can tomatoes
1 small onion	2 tablespoons flour
1 pound ground beef	2 tablespoons cold water
1 teaspoon salt	Salt and pepper
2 tablespoons vegetable oil	

Scrub potato well and grate it on the coarse side of grater. Wash, peel, and chop onion. Put ground beef, potato, and onion in bowl. Add salt and mix well. Shape into patties. Heat oil in a skillet. Turn heat to medium and add patties. Brown; turn heat to low and cook 25 minutes. Remove patties from skillet; cover and keep them hot. In a saucepan, heat tomatoes over medium heat. Mix flour and cold water to make a smooth paste. Add to hot tomato mixture, stirring as you add. Cook until thick, stirring as it cooks. Add salt and pepper to taste. Pour tomato gravy over burgers or serve separately.

Servings: 8 (patties)

Beef Vegetable Skillet

½ pound ground beef
1 teaspoon salt
Pepper to taste
2 medium onions, chopped
1 16-ounce can tomatoes
1 16-ounce can creamed corn
2 tablespoons Worcestershire sauce (optional)
4 medium potatoes, cooked and sliced (you want firm slices, so don't overcook potatoes)
½ cup shredded cheese (optional)

In large skillet, brown meat and season with salt and pepper. Add onions; cook until tender, about 5 minutes. Drain excess fat. Add tomatoes, corn, and Worcestershire sauce; bring to a boil. Turn heat to low, add potatoes, mix well, and simmer 10 minutes. Sprinkle cheese on top. Cover and hold for 5 minutes or until cheese melts.

Servings: 4

Black-Eyed Peas

1 pound dry black-eyed peas	3 cups water
1 pound lean ham	1 chopped onion

Soak peas for 30 minutes. Let set overnight. Boil ham in water right before dish is to be prepared. Remove from heat; skim fat off water when cool. Add peas and onion to the meat and water. Boil 1 hour or longer.

Servings: 4

Cheese Grits

1 package grits
1 cup shredded cheese (cheddar, American, or other cheese)

Prepare 4 servings of grits according to directions on package. Stir in shredded cheese and serve.

Servings: 4

Chicken Broccoli Casserole

1 10-ounce package frozen broccoli spears
1 10¾-ounce can cream of chicken soup
1 cup low-fat sour cream
4 slices (or more) cooked chicken*
Paprika

Cook broccoli according to package directions and drain. Arrange broccoli in a shallow 2-quart casserole dish. Blend soup and sour cream and spread half of the mixture over the broccoli. Top with chicken slices and spread remaining soup mixture over chicken. Sprinkle paprika over top for garnish. Bake at 375 degrees F until top is lightly browned and sauce is bubbly, about 20 minutes.

* See Stewed Chicken.

Servings: 4

Chicken Cacciatore

½ cup onion, chopped	1 teaspoon oregano leaves
¼ cup boiling water	½ teaspoon celery seed
1 8-ounce can tomatoes	¼ teaspoon pepper
½ cup tomato puree	4 slices (or more)
1 clove garlic	of cooked chicken*

Cook onion in boiling water until tender. Do not drain. Add tomatoes, tomato puree, garlic, oregano, celery seed, and pepper. Simmer 10 minutes to blend flavors. Place breast halves in heavy frying pan. Pour tomato mixture over chicken. Cook, covered, over low heat until chicken is tender, about 60 minutes. Remove garlic clove before serving.

Servings: 4

* See Stewed Chicken.

Chicken and Dressing

6 cups bread crumbs (from corn bread, biscuits, or loaf bread)
1/2 cup chopped celery
1 onion, chopped
1 teaspoon poultry seasoning
1 teaspoon salt
1/4 teaspoon pepper
1 cup chicken broth*
1 cup (or more) chopped cooked chicken*
1 10³/₄-ounce can cream of celery soup
1/2 cup milk

Put bread crumbs in a large bowl. Add celery, onion, poultry seasoning, salt, and pepper. Stir. Add chicken broth and stir. Pour into greased baking pan. Spread chicken over top. Mix soup and milk; pour over chicken. Bake at 375 degrees F for 30 to 35 minutes.

Servings: 4 to 6

* See Stewed Chicken.

Chicken and Rice

Chicken broth*
1 cup uncooked rice
1 cup (or more) chopped cooked chicken*
Salt to taste

Measure broth. Add enough water to make 3 cups of liquid, and pour into a pot. Bring to a boil; add rice slowly while stirring. Turn heat to low, cover, and cook 20 minutes. Add chopped, cooked chicken. Cook mixture on low heat until chicken is heated through, 5 to 10 minutes. Add salt if necessary.

Servings: 4

* See Stewed Chicken.

Chicken with Fresh Herbs

4 pieces (or more) cooked chicken* 1/2 tablespoon basil
1/2 tablespoon tarragon
2 tablespoons margarine, melted

Place chicken in a shallow baking pan. Mix margarine and herbs together, pour over chicken and bake at 350 degrees F for 45 minutes.

Servings: 4

* See Stewed Chicken.

Chicken with Gravy

2 tablespoons margarine 1/4 teaspoon salt
4 slices (or more) of cooked chicken* 1/4 teaspoon black pepper

Melt margarine in a skillet. Sprinkle chicken with salt and pepper. Brown chicken on each side in margarine. Cook until chicken is done. Serve with gravy.**

Servings: 4

* See Stewed Chicken

** See Gravy Recipe.

Chili

2 tablespoons fat
3 small onions, chopped
1/2 pound ground beef
1 teaspoon salt
1 1/2 teaspoons chili powder
Dash of pepper
1 16-ounce can tomatoes
3 cups cooked dried beans (red kidney, pinto), drained
1/2 cup cheese, shredded

Heat fat and onions in skillet. Add beef. Cook until meat is brown, stirring as it cooks. Drain excess fat. Add salt, chili powder, and pepper. Stir. Add tomatoes and beans. Stir well. Turn heat to low. Cover. Cook 20 to 30 minutes. Stir occasionally. Sprinkle chili with cheese when serving.

Servings: 4

Creamed Chicken

4 tablespoons margarine
1/2 cup chopped celery
1 small onion, chopped
1/4 cup flour
2 cups chicken broth*
1 cup (or more) chopped chicken**
1 cup English peas
1 cup cooked sliced carrots, drained
Salt and pepper to taste
2 hard-boiled eggs, chopped

Melt margarine in large skillet; add celery and onion. Cook over medium heat until tender, stirring occasionally. Add flour and stir to make a smooth mixture. Gradually add broth, stirring as you add. Cook until thickened, stirring constantly. Add chicken, peas, and carrots; stir. Season with salt and pepper to taste. Turn heat to low and cook 10 to 15 minutes, stirring occasionally. Add eggs and stir.

Servings: 4

* If you do not have 2 cups of broth, add enough milk or liquid from peas to finish filling 2 cups. For broth, see Stewed Chicken.

** See Stewed Chicken.

Goulash

1 pound ground beef
1 8-ounce can tomato sauce
2 tablespoons ketchup
¼ teaspoon salt
¼ teaspoon pepper
1 7-ounce package macaroni noodles

In skillet, brown beef; pour off fat. Add tomato sauce, ketchup, salt, and pepper. Mix. Cook noodles according to package directions; drain. Stir noodles into beef mixture. Heat thoroughly. *Servings: 6*

Greens with Turkey Wings

2 bunches greens
2 smoked turkey wings
Jalapeno peppers

Pick, cut up, and wash greens. Boil smoked wings 1 hour. Add peppers and greens to meat; cook slowly for 2 hours. *Servings: 4*

Ground Beef Stroganoff

2 tablespoons margarine
1 small onion, chopped
1 pound ground beef
2 tablespoons flour
1 8-ounce can mushroom stems and pieces, drained (optional)
½ cup chopped celery
½ teaspoon salt
1 10¾-ounce can cream of chicken soup
1 cup low-fat sour cream

Melt margarine in a large skillet. Add onion and cook over medium heat until tender and transparent but not brown, stirring occasionally. Add meat and cook until it is brown and no red color is visible, stirring as it cooks. Add flour, mushrooms, celery, and salt. Stir until evenly blended. Cook 5 minutes. Add soup and stir. Turn heat to low and simmer for 10 minutes, stirring occasionally. Add sour cream; stir and heat until mixture reaches a good serving temperature. Do not boil. Serve over hot rice, noodles, or potatoes. *Servings: 4*

Hoppin' John

1 cup dried black-eyed peas ⅛ teaspoon pepper
6 cups water 3 cups cooked rice*
½ cup lean ham, chopped Salt to taste

Wash black-eyed peas and throw away any bad ones. Put peas in a large boiler and add water. Boil for 2 minutes. Remove from heat, cover, and let stand for 1 hour. Return peas to heat. Add lean ham and pepper. Stir. Let water boil. Cover. Turn heat to low. Cook until tender, about 45 minutes. Add rice and stir. Continue to cook on low until liquid is absorbed. Add salt to taste.

Servings: 4

*Cook 1 cup rice according to directions on package. This will make 3 cups of cooked rice.

Italian Spaghetti

½ pound ground beef
1 small onion, thinly sliced (optional)
½ green pepper, cut in thin strips (optional)
1 beef bouillon cube, dissolved in ¾ cup hot water
1 8-ounce can tomato sauce
½ teaspoon salt
½ teaspoon Worcestershire sauce (optional)
½ cup grated American cheese
¾ teaspoon vinegar
½ pound spaghetti, cooked
Pepper to taste

Cook beef in large skillet until red color just disappears, breaking it in small pieces and tossing with a fork as it cooks. Remove meat but leave drippings in the skillet. Add onion and pepper. Turn to low, cover, and cook 5 minutes. Add beef back to skillet. Add bouillon, tomato sauce, salt, Worcestershire sauce, cheese, and vinegar. Stir until evenly blended. Simmer for 10 minutes, stirring occasionally. Add spaghetti, stir, season with pepper to taste, and reheat. Serve hot. *Servings: 4*

Mac-Tuna Casserole

1½ cups elbow macaroni	1 can cream of celery soup
⅔ cup chopped carrots	¾ cup 1% (low-fat) milk
½ cup chopped celery	2 6½-ounce cans tuna in spring water, drained
½ cup chopped onions	¾ cup frozen peas, thawed

Cook macaroni according to package directions; drain. Cook carrots, celery, and onion to desired tenderness in a small amount of water; drain. In 2-quart casserole dish, combine cooked macaroni, vegetables, soup, and milk; blend. Fold in tuna and peas. Cover and bake at 375 degrees F for 30 minutes.

Servings: 6

Pancakes

1½ cups all-purpose flour
2½ teaspoons baking powder
¼ teaspoon salt
1 tablespoon sugar
1 egg
1 cup 1% (low-fat) milk
2 tablespoons vegetable oil
Butter-flavored nonstick cooking spray

Combine flour, baking powder, salt, and sugar and mix until well blended. Beat egg; add the milk and oil, stirring until blended. Gradually add milk mixture to flour mixture, stirring after each addition until the batter is smooth. Spray a cold griddle or skillet with cooking spray and heat. Drop batter onto hot griddle, using ¼ cup batter for each pancake. Cook until bubbles cover the pancake surface and edges look dry. Turn and brown other side. If more grease is needed on griddle, brush it lightly with vegetable oil. Do not spray a hot griddle.

Servings: 8 pancakes (1 per serving)

Seasoned Chicken

Seasoned salt or ½ cup flour mixed with
1½ teaspoons seasoned salt
4 slices (or more) of cooked chicken*
2 to 4 tablespoons butter or margarine

Sprinkle seasoned salt or seasoned flour on the chicken. Melt margarine in a heavy skillet or nonstick frying pan on medium heat. Add chicken and brown 3 to 5 minutes. Cover, reduce heat to low, and continue cooking about 10 minutes. Turn frequently until done.

Servings: 4 to 6

* See Stewed Chicken.

Skillet Meat Loaf

1 pound ground beef	¼ cup ketchup
½ cup uncooked rolled oats	(optional)
½ cup nonfat dry milk crystals	1 teaspoon salt
1 egg, beaten	¼ teaspoon pepper
1 onion, chopped	½ cup water

Combine ground beef, rolled oats, dry milk, egg, onion, ketchup, salt, and pepper. Mix well. Shape into 6 small loaves. Place in heavy skillet. Pour ½ cup water in skillet; cover and cook on low heat for 30 minutes. Turn loaves over; cover and cook another 30 minutes or until done. Serve 4 loaves for dinner; refrigerate 2 loaves for sandwiches for lunch.

Servings: 6

This meat loaf can be shaped into one loaf and baked in a loaf pan at 350 degrees F for 45 minutes.

Skillet Supper

1 pound ground beef	1 tablespoon sugar
1 medium onion, chopped	1 teaspoon salt
1/2 pound spaghetti, cooked	1 teaspoon chili powder
1 16-ounce can tomatoes	
1 cup low-fat sour cream (or mix 1 cup evaporated milk* with 1 tablespoon lemon juice or vinegar)	

Cook beef and onion in skillet over medium heat until meat is brown with no pink visible and onion is transparent. Stir as it cooks. Drain excess fat. Add cooked spaghetti, tomatoes, sugar, salt, and chili powder. Stir until well mixed. Cover, turn heat to low, and simmer about 15 minutes. Stir in sour cream; heat to serving temperature but do not boil. Serve at once.

Servings: 6

* To keep leftover evaporated milk, pour it into a clean container with a tight-fitting lid and store in the refrigerator. It will keep up to 10 days.

Southwestern Beef Hash

Nonstick cooking spray	3 cups fresh potatoes
3/4 pound lean ground beef	1/4 teaspoon pepper
1 small onion, chopped	1 cup prepared salsa
Green onion and ripe olive slices (optional)	

Spray large skillet with nonstick cooking spray. Brown ground beef and onion over medium heat 8 to 10 minutes or until no longer pink. Pour off drippings. Stir in potatoes and pepper. Increase heat to medium-high and cook 5 minutes, stirring occasionally. Stir in salsa. Continue cooking 8 to 10 minutes or until potatoes are lightly browned, stirring occasionally. Garnish with green onion and ripe olive slices, if desired.

Servings: 4

Spaghetti with Meat Sauce

1/2 pound ground beef	1 teaspoon salt
1 large onion, chopped	1/2 teaspoon pepper
1/2 teaspoon garlic powder	2 carrots, finely grated
1 16-ounce can tomatoes	1/2 pound spaghetti,
1 8-ounce can tomato sauce	cooked

Cook meat and onion until meat is no longer pink. Drain excess fat. Add garlic powder, tomatoes, tomato sauce, salt, pepper, and carrots. Stir well. Cover and turn heat to low. Simmer slowly about 1 hour, stirring occasionally. Serve over hot, cooked spaghetti.

Servings: 4

Stewed Chicken

(For use in making Creamed Chicken, Chicken and Rice, Chicken and Dressing, Chicken Broccoli Casserole, Chicken Cacciatore, Seasoned Chicken, Chicken and Fresh Herbs, Chicken with Gravy, and Baked Chicken.)

- 1 whole chicken, cut into pieces (add other bony pieces you may have)
- 1 teaspoon salt
- 1/2 teaspoon poultry seasoning (optional)
- 1 onion, chopped

Place ingredients in a deep pot. Add enough water to nearly cover the chicken pieces; bring to a boil. Cover pot and cook over low heat until the chicken is tender, 30 to 45 minutes. Remove chicken from broth and allow to cool enough to handle. Skin chicken, remove meat from bones, and chop. Divide chopped chicken in separate packages to be used in two recipes. Refrigerate in covered containers until ready for use. Divide broth equally for use in two recipes. Store in covered containers in refrigerator.

Tostadas

- 1 pound ground beef
- 1 package taco seasoning mix
- 3/4 cup water
- 1 16-ounce can refried beans
- 8-12 tostada shells
- 1 cup shredded cheese (cheddar or American)
- 1 cup shredded lettuce
- 2 medium tomatoes, diced
- 1 small jar salsa

Brown ground beef in skillet on medium heat. Drain excess fat. Add taco seasoning mix, water, and refried beans to ground beef. Cook and stir over medium heat 10-15 minutes. Separate tostada shells on baking sheet. Bake 5-7 minutes at 350 degrees F. Spread 1/4 cup beef and bean mixture on each tostada shell. Top with shredded cheese and lettuce, diced tomatoes, and salsa.

Servings: 4

Tuna Sandwich

- 1 6 1/2-ounce can tuna (packed in water)
- 1 stalk celery, chopped (optional)
- 2 pickles, chopped (optional)
- 1 tablespoon light mayonnaise
- 4 slices of bread

Drain tuna. Mix tuna and next three ingredients in a bowl. Spread tuna onto bread slices.

Servings: 2

FRUITS AND VEGETABLES

Apple-Raisin Salad

- 4 apples, cubed
- 2 celery stalks, chopped
- 1 1/2 cups raisins
- 2 1/2 tablespoons light mayonnaise

Combine all ingredients. Mix until apples, raisins, and celery are covered with mayonnaise. Chopped peanuts or sliced bananas can be used in place of raisins.

Servings: 6-8

Baked Potatoes

Scrub 4 medium-sized potatoes well. Dry and rub lightly with fat to keep peeling soft. Bake at 425 degrees F until soft, about 35 to 60 minutes. When done, remove from oven and pierce with fork to let out any steam and make potatoes more mealy. Wrap the 4 potatoes to keep hot until dinner.

Servings: 4

Coleslaw

- 1 quart finely shredded cabbage
- 1 tablespoon chopped onion
- 1/4 cup chopped green pepper (optional)
- 3/4 teaspoon salt
- 1/2 to 1 cup light mayonnaise
- 2 large carrots, grated (optional)

Mix cabbage, onion, and green pepper. Add salt to mayonnaise and stir. Add mayonnaise mixture to cabbage mixture and toss lightly until ingredients are coated. Grated carrots can be added.

Servings: 6

Fruit Salad

- 2 apples, chopped
- 2 oranges, peeled and split into segments
- 2 bananas, sliced
- 1/2 cup raisins, diced (optional)
- 1 stalk celery, diced (optional)
- lemon or orange juice

Mix fruit pieces together in a bowl. Toss with lemon or orange juice. Chill until served.

Servings: 8

Green Bean Salad

3 cups canned green beans	2 tablespoons chopped onion
4½ tablespoons vinegar	2 tablespoons chopped green pepper
4½ teaspoons sugar	2 tablespoons chopped pimiento
1½ teaspoons salt	2 tablespoons salad oil
½ teaspoon pepper	
3 radishes, sliced (optional)	

Drain green beans and save liquid. Combine liquid from beans with vinegar, sugar, salt, and pepper. Toss green beans with radishes, onion, green pepper, and pimiento. Pour seasoned bean liquid over bean mixture and marinate overnight or at least 3 hours in the refrigerator. Drain bean liquid from vegetables. Add salad oil and toss lightly until vegetables are covered. Serve plain or on lettuce.

Servings: 6

Mashed Potatoes

3 medium potatoes (1 pound)	Salt and pepper
2 tablespoons margarine	Milk

Peel and quarter potatoes. Cook, covered, in a small amount of boiling water, lightly salted, for 20 to 25 minutes or until tender. Drain. Mash with a potato masher or beat with an electric mixer on low speed. Add margarine, salt, and pepper to taste. Gradually beat in enough milk (2 to 4 tablespoons) to make light and fluffy.

Servings: 4

Okra and Tomatoes

2 cups sliced okra	1 16-ounce can tomatoes
1 small onion, chopped	½ teaspoon salt
2 tablespoons vegetable oil	Pepper

Lightly brown okra and onion in vegetable oil. Add tomatoes and salt. Cook over medium heat until mixture thickens, about 20 minutes. Stir occasionally to prevent sticking. Add salt; season with pepper to taste.

Servings: 4

Panned Cabbage

1 medium-sized head cabbage
2 tablespoons margarine
¼ teaspoon salt

Wash and finely shred cabbage. Heat margarine in large skillet or Dutch oven. Add cabbage and sprinkle with salt. Cover, turn heat to low, and cook 5 to 10 minutes, stirring occasionally to prevent sticking.

Servings: 4

Parslied Potatoes

2 to 3 potatoes per person (new potatoes if in season)
Salt
1 to 2 tablespoons chopped parsley

Scrub potatoes well with a vegetable brush. Cook covered in a small amount of water until tender, about 20 minutes. Remove the skins after cooking if you wish; season with salt and serve with chopped parsley. You can also season the potatoes with chopped mint or chives. If you don't have small potatoes, quarter medium or large potatoes to cook faster. Allow one medium potato per person.

Servings: 4

Pineapple Jell-O

Any flavor Jell-O
1 can crushed pineapple

Cook Jell-O according to package directions. Drain can of pineapple. Add to warm Jell-O. Pour into casserole dish or Jell-O mold. Refrigerate until set.

Servings: 8

Potato Salad

1 cup light mayonnaise	3 pounds potatoes, cooked, peeled, cubed (about 6 cups)
1 cup minced onion	
3 tablespoons white vinegar	
2 teaspoons salt	2 cups sliced celery
¼ teaspoon pepper	Paprika (optional)
2 hard-cooked eggs, chopped	

In large bowl, mix mayonnaise, onion, vinegar, salt, pepper, and eggs. Add potatoes and celery; toss to coat well. Cover; refrigerate for at least 4 hours. If desired, sprinkle with paprika. Makes about 8 cups.

Servings: 8

Refrigerator Slaw

2 medium-sized heads of cabbage, shredded
3 tablespoons salt
2 stalks celery, chopped
2 large onions, chopped
3½ cups sugar
2 cups water
2 cups vinegar
1 tablespoon celery seed (optional)

Mix cabbage and salt; let stand 1 hour. Add celery and onions; stir well and let stand 20 minutes. Drain well. Mix sugar, water, vinegar, and celery seed in a saucepan. Bring to a boil, pour over cabbage mixture, and toss well. Cool. Cover and refrigerate several hours before serving. Will keep for 2 weeks.

Servings: 12 to 15

Seasoned Rice

2 cups water
1 chicken bouillon cube
1 cup uncooked rice
1 teaspoon melted margarine

Combine water and bouillon cube in a saucepan. Bring water to a boil. Gradually add rice to rapidly boiling water. Add melted margarine. Bring rice back to boil. Lower heat until water is just bubbling. Cover and cook 20 minutes. Do not stir. Remove from heat and let stand covered 10 to 15 minutes to finish cooking. Fluff rice with a fork.

Servings: 4 to 6

Stewed Tomatoes

1 16-ounce can tomatoes	1/2 onion, chopped
1/2 teaspoon salt	1 cup dry bread crumbs
Dash pepper	2 tablespoons margarine
2 tablespoons sugar	

Combine all ingredients in a saucepan. Cook over medium heat for 15 to 20 minutes, stirring occasionally.

Servings: 4

Sweet Potato Casserole

4 pounds sweet potatoes	1/2 cup light brown sugar, packed
1 teaspoon salt	1/2 teaspoon cinnamon
Boiling water	4 tablespoons margarine,
6 medium bananas	chopped into pieces
1/4 cup orange juice	

Preheat oven to 375 degrees F. Scrub potatoes and place in a large saucepan with salt. Add boiling water to cover; bring to a boil over light heat. Cover pot; reduce to low; simmer 30-35 minutes or until tender. Drain potatoes, peel, and cut crosswise. Grease a 2-quart souffle dish. Peel bananas, cut crosswise, and place in another bowl; toss with a few tablespoons of orange juice. Mix brown sugar and cinnamon, set aside. In bottom of greased dish, arrange 1/3 of the potato slices in a single layer; sprinkle with sugar mix. Dot with 1/3 of the margarine. Spread 1/3 of the banana slices on top. Continue alternating layers of potatoes and bananas and sprinkle with sugar mixture; then dot with butter. Pour remaining orange juice evenly over the top and bake 45 minutes or until bubbly.

Servings: 6

Tuna-Apple Salad

1 6 1/2-ounce can tuna (packed in water)
1 apple, unpeeled, diced
1 stalk celery, chopped
1 tablespoon light mayonnaise or salad dressing
1 tablespoon lemon juice
Lettuce, as desired

Drain tuna. Mix tuna and other ingredients, except lettuce, in bowl. Use immediately or chill 1 to 2 hours. Serve scoops of salad on a bed of lettuce leaves

Servings: 4 (about 1/2 cup each)

Vegetable Marinade

3 tomatoes	1/2 pound fresh mushrooms
2 green peppers	1 yellow squash
1 cucumber	1 onion
1 zucchini	Oil and Vinegar Dressing*

Pick any three of the vegetables and toss with 1/2 cup dressing (or store-bought Italian dressing). Let marinate in refrigerator for 1/2 hour or more. Serve as is or on lettuce leaves.

Servings: 8

Low-calorie dressings are a way to reduce calories.

***Oil and Vinegar Dressing**

1 teaspoon salt
1/8 teaspoon seasoned pepper
1/2 cup vinegar (use tarragon vinegar for extra flavor)
1/2 teaspoon seasoned salt
1 cup salad oil

Combine all ingredients in a jar; cover and shake.

Makes about 1 1/2 cups.

BREADS AND CEREALS

Biscuits

2 cups Quick Mix* 1/3 cup water

Carefully stir water into mix to form a stiff dough that can be removed from mixing bowl in a single lump. Place dough on lightly floured surface and knead briefly, using extra flour to keep dough from sticking to fingers or board. Pat or roll dough to 1/2-inch thickness. Cut with biscuit cutter or drinking glass dipped in flour. Place biscuits on ungreased cookie sheet. Bake at 425 degrees F until light brown, 10 to 12 minutes. *Makes 12 biscuits.*

Garlic Toast

2 tablespoons margarine
1/8 teaspoon garlic powder
6 slices of bread

Soften 2 tablespoons margarine, add 1/8 teaspoon of garlic powder, and mix thoroughly. Spread evenly on six slices of bread; toast. If you have a toaster, toast the bread first and then spread hot bread with garlic butter.

Servings: 6

****Quick Mix***

8 cups self-rising flour*
1 1/2 cups nonfat dry milk
1 1/2 cups shortening

Mix flour and dry milk in a large bowl. Cut shortening into flour mixture with two knives or a pastry blender until mixture resembles small peas. Store the Quick Mix at room temperature in clean, dry jars or plastic containers with well-fitting lids. Keep tightly covered.

Servings: 12 to 14 cups

* If using all-purpose or plain flour, add 1/4 cup baking powder and 1 tablespoon salt.

Quick Light Rolls

5 cups all-purpose flour
2 packages fast-rising active dry yeast
2 teaspoons salt
1/2 cup sugar
1/4 cup vegetable oil
1 3/4 cups water
3 egg whites (discard yolks)
1 cup all-purpose flour
Butter-flavored vegetable cooking spray

Combine flour, yeast, salt, and sugar. Stir to blend. Combine oil and water in a saucepan and heat until it is hot, but not boiling. Add oil and water to flour mixture; stir until blended. In a separate bowl, beat egg whites until foamy; stir into dough. Put 1 cup flour on a board or pastry cloth and spread it out. Place dough in the center of the flour. Work just enough flour into the dough to make it stiff enough to knead. Knead until smooth and springy. Cover with a towel and let it rest for 10 minutes. Divide dough, shape rolls, and place on pan. Cover with a clean cloth and let rise until double in bulk. Bake at 425 degrees F for about 10 to 12 minutes.

Servings: 1 roll (Recipe: 4 doz.)

Southern Cornbread

1 cup cornmeal
2 tablespoons flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 cup sour milk (add 1 tablespoon lemon juice to 1 cup milk)
1 egg
1 tablespoon vegetable oil

Combine dry ingredients in a bowl. Add milk and egg. Stir until blended and set aside 30 minutes to soften cornmeal. Place vegetable oil in 8-inch oven-proof skillet (preferably iron) or cake pan. Place in oven and heat to 425 degrees F. When oil is very hot, add to batter, stir, and immediately pour into skillet. Bake at 425 degrees F 20 to 25 minutes. *Servings: 6*

DESSERTS AND SNACKS

Apple Crisp

5 apples	1 teaspoon lemon juice
1 teaspoon cinnamon	1 cup sugar
1/4 teaspoon nutmeg (optional)	1/4 cup flour
	1/4 cup margarine

Wash and peel apples. Slice and place in layers in a buttered 1-quart baking dish. Sprinkle spices and lemon juice over apples. Mix sugar, flour, and margarine until they form a crumbly mixture. Sprinkle evenly over top. Bake uncovered at 375 degrees F for 45 minutes or until apples are tender. If mixture becomes dry, add a small amount of hot water. Serve warm or chilled.

Servings: 6 to 8

Banana Pudding

3/4 cup granulated sugar	2 cups milk
3 tablespoons all-purpose flour	1/2 teaspoon vanilla extract
Dash of salt	Vanilla Wafers
4 eggs	5-6 medium-sized, fully ripe bananas, sliced

Combine 1/2 cup sugar, flour, and salt in top of double boiler. Mix in 1 whole egg and 3 egg yolks. Stir in milk. Cook, uncovered, over boiling water, stirring constantly, until thickened. Remove from heat; add vanilla. Spread small amount on bottom of 1 1/2-quart casserole; cover with layer of Vanilla Wafers. Top with layer of sliced bananas. Pour about 1/3 of custard over bananas. Continue to layer wafers, bananas, and custard to make 3 layers of each, ending with custard. Beat remaining 3 egg whites until stiff, but not dry. Gradually add remaining 1/4 cup sugar and beat until mixture forms stiff peaks. Pile on top of pudding covering entire surface. Bake in preheated hot oven (425 degrees F) 5 minutes or until delicately browned. Serve warm or chilled.

Servings: 8 (3/4 cup each)

Chocolate Pudding

1/2 cup sugar	3 tablespoons cocoa
3 tablespoons flour	1 egg, well beaten
Dash of salt	2 cups water
1 cup nonfat dry milk crystals	2 tablespoons margarine

Combine sugar, flour, salt, dry milk, and cocoa in saucepan. Stir until well blended. Combine beaten egg and water. Gradually add egg mixture to dry ingredients, stirring as you add. Continue stirring until thoroughly mixed. Cook over medium heat until thick, stirring constantly. Add margarine and stir until melted. Cover to prevent a tough surface from forming. Chill.

Servings: 4

Oatmeal Cookies

2 1/2 cups Quick Mix*	1 egg, beaten
2/3 cup sugar**	1 teaspoon vanilla
1/4 cup water	2/3 cup oatmeal
2 tablespoons margarine (or butter)	1/2 cup raisins (optional)

Stir together Quick Mix and sugar. Blend water, margarine, egg, and vanilla. Add liquid mixture to dry ingredients and beat until smooth. Stir in oatmeal and raisins. Drop by rounded teaspoonfuls onto greased baking sheet. Bake in preheated 375 degrees F oven 12 to 14 minutes or until brown. Remove from baking sheet and cool on a wire rack. Store cooled cookies in a clean, airtight container.

Makes 2 1/2 to 3 dozen.

* See Quick Mix recipe.

** Brown sugar may be used.

Peanut Butter Snacks

1 medium apple
2 tablespoons peanut butter

Wash and core apple. Cut into 4 or 5 slices. Spread each slice with peanut butter. Serve as a snack.

Servings: 1 or 2

Rice Pudding

2 cups cooked rice	1/4 cup sugar
2 cups milk	1/2 teaspoon vanilla
1 egg, slightly beaten	1/2 teaspoon cinnamon (optional)

Mix all ingredients until well blended. Pour into a greased 1 1/2-quart casserole. Put casserole in a shallow pan of hot water. Bake at 375 degrees F for about 45 minutes. Serve warm or cold.

Servings: 6

White Cake

2½ cups all-purpose flour
2 cups sugar
1 teaspoon baking powder
½ teaspoon baking soda
1 teaspoon salt
Butter Frosting*

1⅓ cups buttermilk
or sour milk
½ cup margarine
1 teaspoon vanilla
4 egg whites

In a bowl, combine flour, sugar, baking powder, baking soda, and salt. Add buttermilk, margarine, and vanilla. Beat with an electric mixer on low speed for 30 seconds, scraping bowl. Beat on medium to high speed for 2 minutes, scraping bowl occasionally. Add egg whites and beat for 2 minutes more, scraping bowl. Pour half of batter into each of 2 greased and floured 9-inch round baking pans. Bake cakes at 350 degrees F for 30 to 35 minutes or until a toothpick inserted near the centers comes out clean. Cool on wire racks for 10 minutes. Loosen sides. Remove from pans. Cool thoroughly on wire racks. Frost tops of cakes; stack one on top of the other. Frost sides of cake.

Servings: 12

* See recipe for Butter Frosting.

OTHERS

Butter Frosting*

⅓ cup margarine
4½ cups sifted powdered sugar
¼ cup milk
1½ teaspoons vanilla

In a bowl, beat margarine until fluffy. Gradually add 2 cups of the powdered sugar, beating well. Slowly beat in ¼ cup milk and vanilla. Slowly beat in remaining sugar. Beat in additional milk, if needed, to make frosting easy to spread. Tint with food coloring, if desired. Makes enough to frost tops and sides of two 8- or 9-inch cake layers.

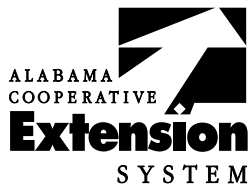
* To make chocolate butter frosting, prepare as above, except beat ½ cup unsweetened cocoa powder into butter and reduce sugar to 4 cups.

Gravy

Drippings from meat
¼ cup all-purpose flour
Chicken broth or water
Salt and pepper to taste

After cooking meat, pour pan drippings and browned bits into a cup. Place ¼ of the drippings in a medium saucepan. Stir in flour. Add enough broth or water to remaining drippings in the cup to equal 2 cups. Add all at once to flour mixture. Cook and stir over medium heat until thickened and bubbly; let cook 1 minute more. Season to taste with salt and pepper. Makes 2 cups.

Servings: 8 to 10



Your Experts for Life

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