

Knowledge @ Noon

“Loafing Around”



Wednesday, January 16, 2018

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District
Master Food Volunteers*

TIPS TO SAVE TIME IN THE KITCHEN

1. Be organized

Take some time to organize your kitchen, shelves, drawers, cabinets, and recipes.

2. Plan your meals ahead

Sit down and get some idea about what you will be eating in the next several days—are there common ingredients you need to buy or prep. Can leftovers from one meal be used in another meal later in the week?

3. Use Healthy Convenience Products Like Canned Beans

Dried beans are delicious, but they take several hours to cook (not to mention the hours they spend soaking before they even hit the pot). But they are a healthy staple (7 grams of fiber per 1/2-cup serving!). Canned beans do tend to harbor a lot of sodium so look for brands that have “reduced sodium” or “no salt added” on the label. Rinsing canned beans can also lower salt content by about 35%.

4. Opt for Quick-Cooking Whole Grains

Getting dinner on the table quickly is hard enough, but keeping it healthy is an added challenge. We all know that we should be eating more whole grains, but they can be a challenge to fit into dinner when you’re working with a time crunch. I suggest quinoa as it takes only 15 to 20 minutes to cook and delivers 3 grams of fiber per 1/2-cup serving.

5. Don't Be Afraid to Use Frozen Vegetables

Fresh vegetables are great but they take time to prep and cook—especially if you want a variety on your plate. So if you’re making a stir-fry or a soup in a hurry, opt for frozen vegetable “medleys” instead. And, don’t feel guilty choosing frozen—when fresh vegetables are out of season, choosing frozen may deliver more nutrients, since they are usually picked and frozen at the height of ripeness.

6. Pick Up Some Prepared Veggies

Unless you’re a magician with a knife, it’s easy to sock a bunch of time into chopping vegetables. Buying vegetables in bags do save a TON of time. Coleslaw mixes are great for recipes that call for shredded cabbage. Even bags of broccoli florets can “chop” a few minutes off prep time.

7. Keep a well stocked (and well organized) pantry, refrigerator, and freezer.

Keeping those food items you frequently use on hand will save you time in not having to run to the store. By having your food storage areas organized you will also save time not having to search for items when you need them. Having an up to date grocery list also helps.

8. Organize Your Shopping List

Take five minutes before heading to the market to take stock of your kitchen, then arrange your list around the layout of the store. Your shopping will go faster, with fewer missed items, and you will be less tempted to buy foods you don't really need.

9. Make Weekend Waffles Last Longer

It's fun to whip up fresh waffles on a Sunday morning, but who can manage it during the week? Next time you have the waffle iron out, make extras, and freeze your delicious creations for later. Let them cool completely on a rack, and layer them in a plastic bag with parchment between them (so you can remove one at a time quickly). They can be frozen for up to a month. On a busy morning, just pop one in the toaster, and voila -- breakfast is ready!

10. Prep Your Greens

Skip pricey salad packs -- wash and spin-dry lettuce yourself. Store the clean greens in a paper towel-lined salad spinner for up to five days. They'll be ready to go when you want them (think main course salads) and much less likely to spoil.

11. Make Big Batches

Cook big batches of meat, chicken, sauces, and other foods to save valuable prep time on busy nights. Reinvent leftovers in new dishes (next-day salads or sandwiches), or freeze the extra and have a meal on hand.

12. Freeze Extra Ingredients

Extra ingredients, like broth or tomato paste, can be frozen in ice cube trays to be used later as a ready-to-go base for sauces.

13. Master a Few One-Pot Recipes

One-pot recipes are another way to reduce effort and energy, particularly during clean-up.

14. Keep Food Simple

Meals don't have to include a long list of ingredients to be healthy. Try recipes with simple ingredients, and build from there to include spices or other add-ons. For instance, make a simple burrito with homemade cooked beans and raw cheese. Build on it by adding diced tomatoes, onions, cilantro and spices.

15. Cook Once, Eat Twice

You can make a large batch of chili and eat it for several days, but you don't have to eat it as chili every day. You can serve the leftover chili as chili, serve it over baked potatoes, or even make a chili casserole. Also, if you have several dishes that will need ground beef, it is easy to brown it all at once and use it throughout the week. The same idea goes for chopping vegetables. If you are going to be using chopped onions and green peppers in several recipes throughout the week, you can save a lot of time by chopping them all at once.

16. Small cooks fast.

For some meals it's important to have large veggie chunks, but for a lot of meals you can cut your time down on the cooking just by cutting your meat or vegetables into smaller pieces.

QUICK COOKING IDEAS USING A WAFFLE IRON (be sure to grease first if your iron needs it)

1. Bacon –cut in half, arrange on waffle iron to fit.
2. Scrambled Eggs-mix eggs and pour onto heated waffle iron.
3. Brownies-put a ball of brownie dough (thick) onto each portion of iron.
4. Cheeseburger-cook meat patty, place on bun and heat, put cheese on top at end.
5. Pizza Pocket-using pizza dough, roll into balls, insert cheese, pepperoni, etc in middle and cook.
6. Pizza-put pizza dough on entire waffle iron, cook until almost done, add toppings.
7. Pigs in a Blanket-roll a slice of bread until thin, wrap around hot dog, dip in waffle batter, cook.
8. Cinnamon Rolls-use canned rolls, separate and place on iron and cook.
9. Cookies-place ball of cookie dough in each section and bake.
10. Cornbread-pour batter on iron and cook, add toppings like chili and shredded cheese.
11. Hashbrowns-just put on iron and cook.
12. S'mores-warm up graham cracker, add chocolate chunk on top of marshmallow (messy).

QUICK COOKING IDEAS USING YOUR MICROWAVE FOR COOKING

(NOT JUST HEATING☺)

1. Bacon-turn a bowl upside down on a plate, cook and bacon will run onto plate.
2. French Toast-Tear up bread and put in greased cup, mix beaten egg with a little milk, pour onto bread pieces, add drop of vanilla and cook.
3. Scrambled Egg-beat 1-2 eggs, pour into greased bowl, add veggies, etc, cook.
4. Breakfast Mug Cake-mash 1 small banana, add 1 ½ Tbsp. nut butter, 1 beaten egg, 2 Tbsp. cocoa powder.
5. Toasted Nuts-put on plate and cook, check and stir every 30 seconds until done.
6. Bread and Butter Pickles-2 cups vinegar, 1 ½ cups sugar, ¼ cup “Ball” bread & Butter Seasoning mix, 4 medium cucumbers, ½ white onion. Slice up onion and cukes, put in microwave bowl and cook on high 6- 10 minutes, stirring once, or until onions are translucent. Transfer to sterile containers and chill in frig. Because they are not truly canned, eat them within 3 months.
7. Minute Microwave Cheesecake-2 oz. softened cream cheese, 2 Tbsp. sour cream, 1 egg, ½ tsp. lemon juice, ¼ tsp. vanilla 2-4 Tbsp. sugar (taste as you go) Mix all ingredients thoroughly in a microwave safe bowl. Cook on high for 90 seconds, stirring every 30 seconds. Refrigerate until time to serve. Makes 1 (1 cup) serving.
8. Toasted Coconut-put on microwave safe plate and cook for 30 seconds. Continue until brown.
9. Steamed veggies-put in microwave safe bowl with water up 1/8 of the way. Cover with plastic wrap and cook until tender.
10. Macaroni and Cheese- In a microwave safe {big} mug or bowl (make sure it is a big one or it will boil over), put 1/3 cup whole grain elbow macaroni and 1/3 cup + 1/4 cup water (If you have a stronger microwave you may need more water, just play with it adding a couple extra Tbsps. at a time). Microwave for 6 minutes, stirring at 4 minutes, 2 minutes, and 1 minute. (Microwave times may vary depending on the strength of your microwave. You may want to check it at the 1 minute intervals to make sure it hasn't dried up if you have a stronger microwave~ stronger microwaves will need a bit more water)
The pasta should be cooked and there will be a tiny bit of thick pasta water in the bottom. Leave this water. Add a heaping 1/3 cup shredded Cheddar Jack cheese. Return to the microwave for 30 to 45 seconds to melt the cheese. Stir well, adding a small splash of milk (maybe 2 tsp.).
11. Potato Soup-Cook 3 Tbsp. cubed potato and ¾ cup water in a large microwave safe mug for 3-4 minutes or until tender. Stir halfway through. Drain water. Stir in 1 Tbsp. chopped white onion, 1 Tbsp. cooked bacon, 2 Tbsp. shredded cheese, 2 tsp. cornstarch. Stir in ½ cup chicken stock, ¼ cup milk, and salt and pepper to taste. Cook another 2 ½-3 minutes or until soup thickens and it's heated through. Top with sour cream, more bacon and chives.
12. Mug Cakes-the ‘gold’ standard 321 cake Mix together Angel Food cake mix with another cake mix of your choice (chocolate, spice, etc). Put in Ziploc bag. When ready to use, mix 3 Tbsp. of cake mixture with 2 Tbsp. water in a microwave safe mug. Cook for 1 minute (or until done). Can add nuts, chocolate chips, caramel, to the mixture or on top-the possibilities are endless.

GENIUS CLEANING HACKS

1. Take a baggie filled with distilled white vinegar and wrap it around your kitchen faucet with a rubber band or hair tie. Leave for 30 minutes and you you will have a very clean and shiny faucet! Remove and brush off with old toothbrush, rinse. [Mom 4 Real](#)
2. Make your old cookie sheets look brand new by leaving a mixture of hydrogen peroxide and baking soda on them for a couple hours. No scrubbing required! Sprinkle baking soda on a cookie sheet, spray with hydrogen peroxide, sprinkle more baking soda on top. Wait at least an hour. Rub off and rinse. [One Good Thing](#)
3. Line clean fridge shelves with Saran Wrap and when your shelves start getting too icky, just peel off and throw away. [The Virtuous Wife](#)
4. Clean your microwave fast without scrubbing by microwaving a bowl or vinegar, water, and sliced lemons. Slice lemons and put in a microwave safe bowl then fill with water and add a splash of white vinegar. Microwave on high for 5 minutes, then let set for another 5. Carefully remove bowl and wipe microwave. [Simply Stacie](#)
5. Get all the grime off your oven racks by scrubbing them with a toothbrush wrapped in foil and some dish soap. This hack is pure genius! Remove your oven racks, put in bathtub with ½ c. dish soap and enough water to cover them. Leave several hours or overnight. Take a piece of aluminum foil and wad it up into a ball or wrap on an old tooth brush and scrub the racks. Rinse and replace in oven. [hometalk.com](#)
6. Get your glass stove top clean in minutes, just wipe with baking soda and hydrogen peroxide. You will be amazed at how sparkly your stove top will be! Rub top of stove top with Dawn® dish soap, sprinkle with baking soda, and then spray with hydrogen peroxide. Use an old soft brush or paper towel to rub the stove top, mixing the ingredients as you go. Let set a couple of minutes. Wipe off with a clean paper towel or rag. [My Thirty Spot](#)
7. These easy homemade garbage disposal tabs made out of vinegar, lemons, and limes will leave your disposal smelling fresh and sanitized. Put lemon, lime, and/or orange peels in an ice tray or mini muffin pan. Add white vinegar to almost the top. Freeze at least 24 hours. Remove and place in bag labeled DO NOT EAT. When ready to use, run hot water down the sink for a few minutes, add ½ c. of baking soda, then add a tablet or two and grind away. Rinse when done. [Bitz & Giggles](#)
8. Clean your wood cutting board with just salt, lemon, vinegar, and baking soda. So simple, yet very effective. Sprinkle the cutting board with baking soda. Rub in with a lemon wedge. Rinse off and dry. Never leave a wet cutting board flat to dry. [The Pioneer Woman](#)
9. The easiest and most natural way to clean your dishwasher is to pour vinegar and sprinkle baking soda in the bottom of your dishwasher. Run the dishwasher and empty. Remove bottom rack and check for food particles, etc. Pour 1 c. white vinegar in bottom of dishwasher; add ½ c. baking soda. Run on quick, hot, sanitizing cycle until done. Wipe down rubber seals with white vinegar. You can wipe it out with a paper towel if desired. [Clean Mama](#)
10. Clean inside your oven by making a concoction of dish soap, baking soda, vinegar, and lemon. Let it soak for a few hours and you will be amazed with how clean your oven will be! In a medium size bowl, add 3-4 drops Dawn® dish soap, ¼ c. baking soda, 5 T. white vinegar SLOWLY (unless you want a science experiment!), and the juice of a lime or lemon. Mix and spread on ALL sides of the oven as well as the window. Leave for several hours (Fix and Forget it!). Wipe with a dark kitchen rag, rinsing as needed.

Taste of Home Slow-Cooked Beef Vegetable Soup Recipe

TOTAL TIME: Prep: 10 min. Cook: 8 hours YIELD: 10 servings

Ingredients

1 pound ground beef
1 can (46 oz) tomato juice
1 package (16 oz) frozen mixed vegetables, thawed
1 envelope onion soup mix
2 cups frozen hash brown potatoes, thawed

Directions: In a large skillet, cook the beef over medium heat until no longer pink; drain. Transfer to a 5-qt. slow cooker. Stir in the tomato juice, mixed vegetables, potatoes and soup mix. Cover and cook on low for 8-9 hours or until heated through. Yield: 10 servings.

Nutritional Facts 1 cup: 139 calories, 4g fat (2g saturated fat), 22mg cholesterol, 766mg sodium, 16g carbohydrate (6g sugars, 3g fiber), 11g protein.

Ham Loaf

1 ½ lb. smoked ham, ground
1 ½ lb. fresh ground pork
2 ½ cup dried bread crumbs
1 cup milk
1 teaspoon salt
2 eggs, beaten

Marinade:

½ cup apple cider vinegar
1 ½ teaspoons dry mustard
1 cup brown sugar, firmly packed
½ cup water

Combine first six ingredients; mix well. Form into balls. Place in baking dish. Combine remaining ingredients for marinade. Pour over ham balls. Bake at 350 degrees F. for 1 hour and 30 minutes or until internal temperature measures 160 degrees F. Balls may be shaped the day before and refrigerated. Baste with sauce once or twice while baking. Yield: about 10 small loaves or 30 balls.

Nutrition Facts: Per serving: Calories 380, Total Fat 8 gm., Sat. Fat 3g, Cholesterol 100 mg., Sodium 1110 mg., Total Carbs. 47g (Dietary fiber 1 g, Sugars 25g) Protein 33g.

Recipe submitted by Diane Burnett, MdC Dist. Director. FCS Agent.

Antipasto Loaf

1 French bread baguette (12 oz.)
1 tub (8 oz.) Cream Cheese Spread
3 tablespoons Traditional Basil Pesto Sauce and Spread
½ cup drained oil-packed sun-dried tomatoes, chopped
½ cup drained marinated artichoke hearts, chopped
2 tablespoons Grated Parmesan Cheese
2 cups baby spinach leaves, coarsely chopped

Cut baguette lengthwise in half. Remove soft insides from both bread halves. (Reserve removed bread for another use.)

Mix cream cheese spread and pesto; spread onto insides of bread shells. Fill with tomatoes, artichokes, Parmesan and spinach.

Reassemble baguette; wrap tightly in plastic wrap. Refrigerate 1 hour.

Nutritional Facts: Serving Size 25 servings. Amount per Serving: Calories 70, Total fat 4g, Saturated fat 1.5g, Cholesterol 5mg, Sodium 150mg, Carbohydrate 7g, Dietary fiber 1g, Sugars 0g, Protein 2g, % Daily Value: Vitamin A 8 %DV, Vitamin C 4 %DV, Calcium 2 %DV, Iron 2 %DV

Pepperoni Pizza Loaf Recipe

Servings: 10-12 Prep: 20 minutes, Bake: 35 minutes

Ingredients

1 loaf (1 pound) frozen bread dough, thawed	2 large eggs, separated
1 tablespoon grated Parmesan cheese	1 tablespoon olive oil
1 teaspoon minced fresh parsley	1 teaspoon dried oregano
½ teaspoon garlic powder	¼ teaspoon pepper
8 ounces sliced pepperoni	2 cups shredded part-skim mozzarella cheese
1 can (4 ounces) mushroom stems & pieces, drained	1 medium green pepper, diced
¼ to ½ cup pickled pepper rings	1 can (15 ounces) pizza sauce
1 can (2¼ ounces) sliced ripe olives	

Preheat oven to 350°F. On a greased baking sheet, roll out dough into a 15x10-in. rectangle. In a small bowl, combine the egg yolks, Parmesan cheese, oil, parsley, oregano, garlic powder and pepper. Brush over the dough.

Sprinkle with the pepperoni, mozzarella cheese, mushrooms, pepper rings, green pepper and olives. Roll up, jelly-roll style, starting with a long side; pinch seam to seal and tuck ends under.

Place seam side down; brush with egg whites. Do not let rise. Bake 35-40 minutes or until golden brown. Warm the pizza sauce; serve with sliced loaf.

Freeze option: Freeze cooled unsliced pizza loaf in heavy-duty foil. To use, remove from freezer 30 minutes before reheating. Remove from foil and reheat loaf on a greased baking sheet in a preheated 325°F oven until heated through. Serve as directed. Yield: 10-12 slices.

Nutritional Facts: 1 slice: 296 calories, 17g fat (6g saturated fat), 66mg cholesterol, 827mg sodium, 24g carbohydrate (4g sugars, 2g fiber), 13g protein. *Recipe from Taste of Home.*

Meatloaf

Ingredients:

2 lbs. ground beef	1 lb. sausage
1 large onion chopped	6 eggs
1½ cups Italian bread crumbs	3 tablespoons chopped parsley
3 garlic cloves	½ teaspoons seasoned salt
1½ teaspoon seasoned pepper	3 tablespoons parmesan cheese
½ to ⅔ jar of chopped jalapeno peppers (optional)	

Instructions:

Mix all together and shape into two loaves. Place in two 9 x 5 loaf pans or you can put the two loaves in a 9 x 13 baking pan. Bake at 350°F for 1 hour 15 minutes to 1 hour 30 minutes. Cover with foil Let rest for 10 minutes before slicing.

Nutrition information: 12 servings. Per serving: Calories 320, Total Fat 18g.(Sat. Fat 6g), Cholesterol 170 mg. Sodium 890 mg., Total Carbs. 12g (Dietary Fiber 1g, Sugars 2g), Protein 28g.

Recipe submitted by Debi Doering, MFV

Cinnamon Roll Brioche Loaf Makes one 1 Loaf

Ingredients:

Dough:

¼ cup warm water
1½ teaspoons dry yeast
1⅛ teaspoons kosher salt
3 large eggs – room temperature
3 tablespoons granulated sugar
6 tablespoons unsalted butter, melted
2¼ cup all-purpose flour

Topping:

1 egg, lightly beaten
1 teaspoon granulated sugar
½ teaspoon ground cinnamon

Filling:

½ cup packed brown sugar
2 tablespoons granulated sugar
4 teaspoons ground cinnamon
2 teaspoons all-purpose flour
4 tablespoons unsalted butter, melted

Glaze:

1 ounce cream cheese, softened
1 tablespoon unsalted butter, softened
¼ cup powdered sugars
¼ teaspoon vanilla extract
2 tablespoons milk

Instructions:

1. For the Dough, mix water, yeast, and 1 tablespoon sugar in bowl. Let stand till foamy. Add remaining ingredients except flour and stir. Stir in flour and mix for 2 minutes. Let stand 2 hours or until doubled in size. Cover and refrigerate overnight.
2. For the filling, mix together all ingredients, except butter. On a floured surface, roll out chilled dough into a 12"x16" rectangle. Spread 2 tablespoons melted butter evenly over dough surface. Sprinkle dough evenly with ⅔ of filling mix. Lightly press filling into dough with rolling pin. Fold the 2 long sides of dough to center, one at a time, pinching all ends together to seal seams. Lightly roll dough to 8"x16" rectangle. Spread surface with 2 tablespoon melted butter and evenly distribute remaining filling. Lightly press filling into dough with rolling pin. Starting at short end, roll dough in a tight log. Pinch seam to seal. Place dough seal side down in buttered 9x5 loaf pan.
3. For the topping, brush dough lightly and evenly with beaten egg. Combine the topping sugar and cinnamon and sprinkle evenly over dough. Cover and let stand 2 hours or until double in size.
4. Bake 50 minutes at 350F, shielding with foil last 30 minutes, until loaf is golden brown and internal temperature of 200F. Cool in pan on wire rack 15 minutes. Remove from pan to cool completely.
5. To prepare glaze, stir softened cream cheese and butter until creamy. Gradually stir in powdered sugar. Stir in vanilla. Whisk in milk, 1 tablespoon at a time, until desired drizzling consistency. Drizzle over loaf.

Nutrition Facts: 12 servings. Per serving. Calories 280, Total Fat 13g (Sat. Fat 8g), Cholesterol 95 mg., Sodium 220 mg., Total Carbs. 35 g (Dietary Fiber 1g, Sugars 16g), Protein 5g.,

Recipe submitted by Bob Burns, MFV

Loaded Baked Potato Soup in a Mug Prep: 5 min Cook: 3 min

¾ cup water	3 tablespoons potatoes cut in small cubes
1 tablespoon white onion, chopped	2 tablespoons shredded cheddar cheese
1 tablespoon bacon, cooked	2 teaspoons cornstarch
½ cup chicken (or vegetable) stock	¼ cup milk
Salt & pepper	Sour cream for garnish, optional

Add your potatoes and water into a large microwaveable mug. Microwave for 3-4 min or until the potatoes are tender. Check on it half way through and stir. Once cooked drain away the cooking water. Stir in the bacon, cheese, onions and cornstarch into the potatoes. The cornstarch will thicken your soup. Stir in the stock and milk and season with salt and pepper.

Place in the microwave and cook for 2½ - 3 minutes or until it thickens and all of your ingredients have heated through. (Cooking time is based on my 1200W microwave so your timing might vary) Always keep a close eye on your mug while in the microwave so it doesn't over flow or over cook.

Serve topped with sour cream and some more sprinkles of bacon and chives

Notes: Use a large mug because the water can bubble up in the microwave ~ Cut your potatoes small because they will cook faster ~ They can be mixed up in advance for an even speedier meal ~ Cooking time will vary greatly depending on your microwave and the width and depth of the mug

Nutrition Facts: 1 serving – calories 126, fat 6g, saturated fat 3g, unsaturated fat 0g, trans fat 0g, carbohydrates 11g, sugar 4g, sodium 438 mg, fiber 1g, protein 7g, cholesterol 18mg

Ham and Cheddar in a Loaf

1 pound frozen bread or pizza dough	¼ cup Miracle Whip
1 pound package shaved ham	1 egg, beaten
1 cup cheddar cheese (shredded)	1 cup Parmesan cheese

Preheat oven to 350. Place thawed dough on a lightly floured board. Roll into a 12x8" rectangle with a rolling pin.. Top dough evenly with ham slightly overlapping and leaving a ½ inch border all around.

Mix the cheese and dressing, spread evenly over the ham. Moisten edges with water starting at one of the long sides, fold 1/3 of the dough at a time. Pinch edges together. Place seam side down on greased baking sheet. Cut three diagonal slits in top of dough with kitchen shears. Brush with egg, sprinkle with Parmesan. Bake at 350 for 35-40 minutes. Cool 10 minutes before cutting into slices.

Nutritional information. 12 servings. Per serving- Calories 160, Total Fat 7g (Saturated fat 2.5g), Cholesterol 45 mg., Sodium 810 mg., Total Carbohydrates 18g.(Dietary fiber 1 g. Sugar 2g) Protein 13g.

Impossible Ham'n Swiss Pie

2 cups cut-up fully cooked smoked ham	2 cups milk
1 cup shredded Swiss cheese (about 4 ounces)	1 cup Bisquick baking mix
½ cup chopped green onion or chopped onion	¼ teaspoon salt
4 eggs	1/8 teaspoon pepper

Heat oven to 400 degrees. Grease a large pie plate. Sprinkle ham, cheese, and onions in plate. Beat remaining ingredients until smooth. Pour into pie plate. Bake until golden brown and knife inserted in center comes out clean, 35 to 40 minutes. Cool 5 minutes.

Makes 6 or 8 servings. **Nutritional information.** Calories 250. Total Fat 13 g.(Sat.Fat 5g, Trans fat 0.5g.) Cholesterol 145 mg., Sodium 1070., Total Carbs. 15g (Sugars 4g) Protein 20g.

Simple Shepherd's Pie for Two

1 1/2 cups prepared instant mashed potatoes
OR 3/4 lb potatoes prepared with 3 tbsb butter and 1/2c milk
Salt and pepper
1/2 lb hamburger or 1/4 hamburger, 1/4 ground turkey
1/2 Tbsp oil
1 clove garlic, minced or grated
1/2 medium onion, roughly chopped
1 pkg brown gravy (dry mix)

1/2 cup water
1 stalk celery, chopped
1 small carrot, shredded
1/2 cup frozen peas (thawed, drained)
1/4 cup canned or frozen corn (thawed)
1 cup shredded cheese (Mozz, Colby)
1 1/2 tsp. dried parsley
Cooking spray

1. Preheat to 350° F.
2. Prepare instant potatoes according to directions to create about 1 1/2 cups prepared potatoes. Add 1/2 minced garlic and set aside.
3. In a medium pan, add oil and brown meat. Add onions and the remaining 1/2 garlic and cook until translucent, but do not burn garlic. Add dry gravy packet and 1/2 cup water into a separate bowl and whisk together. Add mixture to meat, stirring until heated through and thickens. Spray loaf pan with non-stick spray. Add beef, onions and gravy to the bottom of a lightly sprayed bread loaf pan. On top of meat, sprinkle on mixture of peas, bell pepper, celery, carrot and corn. Top this with prepared potatoes either with a pastry bag or dollop potatoes on top and smooth out. Sprinkle cheese on top of potatoes and add a few shakes of dried parsley flakes. I do not season with any additional salt as the gravy packet has salt, but I do add pepper.
4. Cook in the oven for 20 minutes or until cheese is melted.

Recipe from Goodhousekeeping.com

Granola Bars (Loaf Pan)

Bake a pan of these snacks and you'll never go back to the boxed stuff. They're super-easy and fun to make. **TOTAL TIME:0:50 PREP:0:15 YIELD:18 granola bars**

Ingredients

- 2 cups. old-fashioned oats
- 3/4 cup toasted wheat germ
- 3/4 cup chopped walnuts
- 3/4 cup dried cranberries
- 2 tbsb. packed light brown sugar
- Directions
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 cup honey
- 1/2 cup vegetable oil
- 2 large egg whites

1. Preheat oven to 325 degrees F. Spray 2 loaf metal baking pan with nonstick cooking spray. Line pan with foil, with ends extending 2 inches over short sides of pan; spray foil.
2. In glass pie plate, spread oats; microwave on High, in 1-minute increments, 4 to 5 minutes or until fragrant and golden, stirring occasionally. Cool to room temperature.
3. In large bowl, combine oats, wheat germ, walnuts, cranberries, brown sugar, cinnamon, and salt. Stir in honey, oil, and egg whites until well mixed. Transfer to prepared pan. Using wet hand, press into even layer.
4. Bake 32 to 35 minutes or until dark golden. Cool in pan on wire rack.
5. When cool, use foil to transfer to cutting board. Cut into roughly 4 1/4" by 1 1/2" bars.) Store in tightly sealed container at room temperature up to 1 week, or in freezer up to 1 month.

Recipe from Goodhousekeeping.com

Mini Honey Cornbread Loaves

Prep time 10 minutes Cook time 15 minutes Serves 12

2 cups all-purpose	2 cups fine cornmeal
¼ cup granulated sugar	2 tablespoons baking powder
½ teaspoon salt	4 eggs, beaten
2 cups milk	4 tablespoons butter, melted
¼ cup vegetable oil	½ cup honey

Pre-heat oven to 425° F. Grease a mini loaf pan. Mix dry ingredients in large bowl and form a well into the middle of the mixture. Mix egg, milk, melted butter, oil and honey in a large mixing bowl. Pour into the well of dry ingredients; mix well. Divide batter into the pan, filling the sections ¾ of the way (This makes 12 – 15 loaves).

Bake for 12-15 minutes, or until golden brown.

Nutritional Facts: Per serving: calories 356, total fat 12g, saturated fat 7g, cholesterol 68mg, sodium 172mg, potassium 390mg, total carbohydrates 54g, dietary fiber 3g, sugars 18g, protein 7g,

Banana Bread

Ingredients:

⅓ cup shortening	½ cup sugar
2 eggs	1¾ cups sifted all-purpose flour
1 teaspoon baking powder	½ teaspoon soda
½ teaspoon salt	1 cup mashed ripe bananas
½ cup chopped walnuts (optional)	

Instructions:

Cream together shortening and sugar, add eggs and beat well. Sift together dry ingredients, add to creamed mixture alternately with bananas blending well after each addition. Stir in nuts. Pour into a well-greased 9½ x 5 inch loaf pan. Bake at 350° F for 40 to 45 minutes or until done. Remove from pan and cool on rack before slicing.

Nutrition Facts: 12 servings. Per serving. Calories 160, Total Fat 6g (Sat. fat 2.5 g), Cholesterol 35 mg., Sodium 210 mg., Total Carbs. 24 g., (Dietary fiber 1g, Sugars 8g.), Protein 3g.

Recipe from Better Homes and Gardens New Cook Book

Irresistible Irish Soda Bread Prep: 15 minutes, Cook: 1 hour 10 minutes

Ingredients:

3 cups all-purpose flour	1 tablespoon baking powder
⅓ cup white sugar	1 teaspoon salt
1 teaspoon baking soda	1 egg, lightly beaten
2 cups buttermilk	¼ cup butter, melted

Preheat oven to 325 degrees F (165 degrees C). Grease a 9x5 inch loaf pan.

Combine flour, baking powder, sugar, salt and baking soda. Blend egg and buttermilk together, and add all at once to the flour mixture. Mix just until moistened. Stir in butter. Pour into prepared pan.

Bake for 65 to 70 minutes, or until a toothpick inserted in the bread comes out clean. Cool on a wire rack. Wrap in foil for several hours, or overnight, for best flavor. *Recipe From Allrecipes.com 1/10/2018*

Cranberry Nut Bread

2 cups flour	3 Tablespoons melted shortening
½ to 1 tsp. Salt	¾ cup orange juice
1 ½ tsp. baking powder	½ cup chopped nuts
½ tsp. Soda	1 -2 cups chopped (fresh or frozen) cranberries
1 cup sugar	1 Tablespoon grated orange rind
1 egg, slightly beaten	

Sift the dry ingredients together. Add the beaten egg, melted shortening, and orange juice. Combine only until dry ingredients are moistened. Fold in the nuts, cranberries, and orange rind. Turn into a greased loaf pan. Bake at 350 degrees for 1 hour or until done.

Servings 12. **Nutrition per serving:** Calories 200, Total Fat 7g.(Sat. fat 1.5g.), Cholesterol 20mg., Sodium 320mg., Total Carbohydrates 33g (Dietary fiber 2g., Sugars 14g.), Protein 3g.

White Wheat Bulgur Bread

3 cups warm water (110 degrees)	1 tablespoon salt
½ cup sugar	1/3 cup shortening
2 packages yeast	2 cups white whole wheat flour
½ cup dry milk	1 cup bulgur that has been soaked
	5 ½ to 6 ½ cups all-purpose flour.

Soak 1 cup bulgur for 3 to 4 hours or overnight.

Add water, sugar and yeast to mixing bowl. Stir until yeast is dissolved. Add shortening.

Add 2 cups white whole wheat flour and 2 cups all-purpose flour, dry milk and salt. Mix until light and springy.

Add bulgur. Add 2 more cups of flour and mix 4 to 5 minutes. Hold back one cup flour and

add 1 ½ cups or remaining flour. Add last cup if you need to add more. Keep dough soft. Mix well. Turn out on floured surface and knead into a bundle. Place into a greased bowl, turning top up and let rise until double in size.

Punch down and make into rolls or loaves of bread. Let rise again until double in size.

Bake 350 degrees F. approximately 25 minutes for rolls, or until internal temperature reaches 190 to 200 degrees.

Recipe will make 3 loaves in 5 x 9 inch bread pan. *Kansas Day Recipe altered by Mary Ann Maisch.*

White Wheat Banana Bread

4-5 ripe bananas, mashed	1 cup white whole wheat flour
½ cup oil	1 cup all-purpose flour
1 cup brown sugar	¾ teaspoon salt
2 eggs	1 teaspoon soda
1 teaspoon vanilla	½ teaspoon baking powder
	1 teaspoon cinnamon

Mash bananas, add all ingredients and mix. Add ½ cup chopped nuts (optional).

Bake in loaf pan in 350 ° F. oven for 60 to 70 minutes. Check center for doneness.

Recipe submitted by Mary Ann Maisch, MFV

Over Night French Toast

Ingredients

1/4 cup (half a stick) butter, melted	1 tablespoon vanilla extract
3/4 cup packed light brown sugar	1 teaspoon ground cinnamon
1 loaf brioche or challah, cut into 1 1/2-inch slices	1/4 teaspoon ground ginger
8 eggs, slightly beaten	1/2 cups pecans, chopped
1 cup whole milk	1/8 teaspoon salt
Maple syrup and powdered sugar for topping (optional)	

Steps

- 1 In a small bowl, combine brown sugar and melted butter and pour on the bottom of a 9x13-inch baking dish. Arrange slices of bread in the baking dish, overlapping if necessary.
- 2 Combine milk, eggs, vanilla, salt, cinnamon and ginger in a bowl and pour evenly over bread slices. Sprinkle chopped pecans over bread slices.
- 3 Wrap tightly with plastic wrap and place in the refrigerator for 4-12 hours.
- 4 In the morning, take the casserole out of the fridge for at least 10 minutes while you are preheat your oven to 350°F.
- 5 Bake casserole for 30-35 minutes. If top starts browning too quickly, loosely cover with foil for the last 10 minutes or so to keep the casserole from drying out.
- 6 Remove casserole from oven and let it cool slightly before serving. Serve with a dusting of powdered sugar and a drizzle of maple syrup.

Nutrition Information 12 Servings.

Nutrition Facts Serving Size: 1 Serving Calories 175.1, Total Fat 10.9g 17%, Saturated Fat 4.2g 21%
Cholesterol 113.8mg., 46% Sodium 102.5mg., 4% Potassium 111.7mg., 3% Total Carbohydrate 13.4g.
Dietary Fiber 0.6g., Sugars 10.3g., Protein 5.7g.

Minute Microwave Cheesecake

Ingredients:

2 ounces cream cheese, softened	2 tablespoons sour cream
1 egg	1/2 teaspoon lemon juice
1/4 teaspoon vanilla	2-4 tablespoons sugar replacement sub (taste as you go)

Instructions:

Mix all ingredients thoroughly in a microwave-safe bowl. Cook on high heat for 90 seconds, stirring every 30 seconds incorporating all ingredients. Refrigerate until serving.

Optional: Top with fresh fruit, whipped cream and nut meal.

Makes one – 1 cup serving. **Nutrition Facts** per cup: calories 299, carbohydrates 2.5g, fiber 0g, net carbohydrates 2.5g, protein 11g, fat 27.6g

Orange Loaf Cake Prep Time: 15 min, Cook Time: 1 hour, Serves: 12

2 Large Oranges	2 ³ / ₈ cups all-purpose flour
² / ₃ cup Caster Sugar (super fine sugar)	5 ¹ / ₂ tablespoons butter
Orange Zest (optional)	2 small-medium eggs
3 teaspoons Baking Powder	

In a large bowl whisk the eggs with sugar until smooth and pale. Add orange zest (from ¹/₂ orange), freshly squeezed juice from 2 oranges and softened butter. Mix. Sift in the flour and baking powder (mix these two ingredients beforehand) and mix using electric mixer. Pour the batter into a loaf pan lined with parchment paper. Bake in a preheated oven 375° F. for 1 hour or until an inserted skewer comes out clean. When ready, take out from the oven and let it cool down a bit before transferring onto a wired rack to cool completely. Serve with butter, jam or honey and your favorite cup of tea/coffee. TIP: For an extra orangey flavor pour freshly squeezed orange juice right after it has been taken from the oven.

Nutrition Facts: Amount Per Serving Calories 209 (Calories from Fat 54) % Daily Value* Total Fat 6g 9% Saturated Fat 3g 15% Cholesterol 41mg 14% Sodium 59mg 2% Potassium 202mg 6% Total Carbohydrates 34g 11% Dietary Fiber 1g 4% Sugars 14g Protein 3g 6% Vitamin A5.1% Vitamin C14.1% Calcium7.2% Iron7.8% * Percent Daily Values are based on a 2000 calorie diet.

Carrot-Walnut Loaf Cake

1 cup vegetable oil, plus more	¹ / ₂ cup walnuts, coarsely chopped
1 1/4 cups plus 1Tbsp all-purpose flour; plus more	3 large eggs
1 1/2 teaspoons baking powder	1 cup granulated sugar
1 1/2 teaspoons ground cinnamon	2 teaspoons vanilla extract
1/2 teaspoon kosher salt	8 oz. carrots, coarsely grated (2 cups)
1/2 cup golden raisins	2 teaspoons light brown sugar

Preparation

Preheat oven to 350F. Lightly oil and flour a 9x5" loaf pan.

Whisk baking powder, cinnamon, salt, and 1 1/4 cups flour in a small bowl.

Toss raisins, walnuts, and remaining 1 Tbsp flour in another bowl.

Using an electric mixer on medium-high speed, beat eggs and granulated sugar in a medium bowl until light and fluffy, about 4 minutes. With mixer running, gradually drizzle in 1 cup oil, then add vanilla. Fold in dry ingredients, raisin mixture, and carrots; scrape batter into prepared pan. Sprinkle with brown sugar.

Bake cake until a tester inserted into the center comes out clean, 65-75 minutes.

Let cool slightly in pan, then turn out onto a wire rack to cool completely.

DO AHEAD: Bake up to 2 days ahead. Store wrapped at room temperature.

Per 12 servings.:**Nutrition Facts:** Calories (kcal) 360, Fat (g) 23, Saturated Fat (g) 3.5, Chol.(mg) 45, Carbohydrates (g) 36, Dietary Fiber (g) 2, Total Sugars (g) 23, Protein (g) 4, Sodium (mg) 170