



Save Some Bread With These Tips



Using day-old bread can help you stretch your food dollars. Some bakeries offer day-old bread at discounted prices. You might buy a few loaves because you found a great deal; unfortunately, you might get tired of it before you use all of it. What can you do with it?

If you leave bread too long on your countertop, it can become moldy or stale. If you store bread in your refrigerator, it does not mold as quickly but it becomes stale. Moldy bread must be thrown away, but stale bread can be toasted or heated another way and used in recipes. Breads can be frozen, which slows the rate at which it stales.

Bread can be used in a variety of recipes, and it is a good source of carbohydrate, which fuels our body. Bread provides B vitamins, including thiamin, riboflavin, niacin and folic acid, and the mineral iron. Whole-grain bread is a good source of fiber, so strive to make half of your grain food choices whole grains.

Don't pass up a bargain on bread

Try a variety of breads, including heart-healthy whole-grain bread. Consider these options for using bread:

- **Freeze the bread.** Label the package with the date you froze it. Usually, bread will remain at high quality for about three months in your freezer.
- **Make croutons or bread crumbs.** Simply cut the bread in cubes or tear in small pieces, and bake at 350 degrees until it is dry and brittle. To make crumbs, use a rolling pin to crush the bread to the desired size. You can add your favorite salt-free seasonings such as garlic powder or dried herbs.
- **Use bread as a meat extender.** Some recipes call for soft bread crumbs and others call for toasted cubes. Add the bread crumbs to ground beef to make meat loaf or meatballs. Top casseroles with toasted bread crumbs for a little crunch.
- **Try making recipes with day-old bread.** These are some ideas:
 - French toast (*see recipe on the back*)
 - Egg bake
 - Bread pudding
 - Stuffing/dressing
 - Grilled cheese sandwiches
 - Egg salad on toast
 - Garlic toast



Check out www.ag.ndsu.edu/foodwise for more ways to save money on food.

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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Here is a delicious way to use day-old bread.

Cinnamon French Toast

- 2 Tbsp. sugar
- 1 tsp. ground cinnamon
- ¼ tsp. nutmeg
- 4 eggs
- ¼ c. fat-free milk
- ½ tsp. vanilla
- 8 slices white or whole-grain bread
- Nonstick cooking spray
- Toppings of choice (maple syrup, sliced bananas, strawberries, blueberries, etc.)



Mix together sugar, cinnamon and nutmeg in a large bowl. Add eggs, milk and vanilla. Combine thoroughly with a whisk or rotary beater. Preheat the griddle or large fry pan sprayed with nonstick cooking spray. Dip the bread in the egg mixture. Fry the french toast until light brown, then flip the slices and cook the other side. Serve immediately with favorite toppings.

Makes four servings, two slices per serving. Without added toppings, each serving has 240 calories, 7 grams (g) fat, 14 g protein, 31 g carbohydrate, 4 g fiber and 340 milligrams sodium.

Breakfast or Brunch Idea

Cinnamon French Toast with strawberries and banana slices

Lean ham or sausage

Low-fat or fat-free milk

FoodWi\$e Tip of the Month

February is American Heart Month. Do you know how to have a healthy heart? Ask your Extension agent/assistant for more information or visit www.ag.ndsu.edu/food and search for “healthy heart.”



Just for Fun

Have you heard this joke?
Chocolate comes from cocoa, which is a plant.
Therefore, chocolate counts as salad. (We all wish!)

I would like to have salads more often for lunch, but the prepared ones are kind of expensive. They do not have my favorite ingredients, either. Do you have any ideas for me?

Have you tried making a salad in a jar? You can use a Mason jar (the type used in canning) or another large glass jar with a cover. The salads look very colorful and appetizing. Your layered salad is rich in fiber, vitamins and minerals. Here's an example of how to layer a salad in a jar:

- Add 2 tablespoons of your favorite salad dressing to the bottom of the jar.
- Add a layer of “hard” vegetables, such as carrots, cucumbers, broccoli and radishes. These vegetables protect the layers from getting soggy.
- Add cooked beans or brown rice next.
- Add protein such as canned tuna, hard-cooked eggs, leftover roasted chicken or other protein.
- If desired, add soft vegetables or fruits such as avocado slices, tomato chunks or diced strawberries.
- Add nuts or seeds, such as almonds, walnuts or sunflower seeds.
- Add salad greens, especially dark green ones (romaine, etc.)
- Top the jar with the lid and store in the refrigerator. When you carry it to work, try an insulated lunch bag to keep it cool.
- Use within four days for best quality.



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Julie Garden-Robinson, Food and Nutrition Specialist

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