Now You're Cookin'!

Tasty, Healthful Meals on a Budget

Week 5: Time-saving Tips, Menus and Recipes

Julie Garden-Robinson, Ph.D., R.D., L.R.D. Food and Nutrition Specialist
Grete Peterson, Former Program Assistant
Tera Sandvik, R.D., Former Project Assistant

In today’s busy world, cooking a meal completely from scratch may be difficult. However, convenience foods usually cost more and may be higher in calories, fat and sodium.

This is the fifth in a series of publications to help you eat well but spend less at the grocery store. It includes time/money-saving tips and sample menus with recipes that you can adapt to meet your family’s tastes.

Plan for Busy Times

Meal planning and advance food preparation can save you time and money. Find a block of time when you can make a few recipes at once and then freeze them for a later date. Invite your family to help. When you’re in a time crunch, allow the dish to thaw in the refrigerator for the day. Reheat in a microwave, add a side salad and dinner is ready.

Example 1: Make extra chili on Monday for “planned-overs” on Wednesday. Use the rest of the chili to:

- Top baked potatoes
- Make an easy casserole by combining cooked pasta shells with planned-over chili
- Make a quick and easy taco salad by topping lettuce with planned-over chili, diced tomatoes and shredded cheese

Example 2: Use a slow cooker to simmer your evening meal to perfection while you are at work or busy doing other things. Mix planned-over beef or
chicken, vegetables and broth in your slow cooker before you leave in morning; set on low. Serve with bread, crackers and fruit for a hearty evening meal.

**Save Money When Eating Out**

With busy lifestyles, sometimes grabbing a meal on the go is unavoidable. Eating out can be an occasional treat that does not have to break your budget. Consider these tips:

- When eating out, take advantage of “two for one” deals, coupons or “kids eat free” specials.
- Drink water instead of ordering soda pop.
- Share a meal, or have an appetizer as your main course.
- Order a kid’s combo when possible. Often the “kid-sized meal” has the accurate portion size for adults.
- If the portions are large, ask for a “to go” box early. Put half of your meal in the box and enjoy the rest for lunch the next day. This practice cuts calories, and it provides a second meal for you.

**MyPlate Portion Equivalents**

The MyPlate food plan uses cups and ounces instead of “servings” and calls them “equivalents.” These are some of the equivalents for the food groups:

<table>
<thead>
<tr>
<th>Grain Group</th>
<th>1 slice of bread</th>
<th>1 cup ready-to-eat cereal</th>
<th>½ c. cooked rice, pasta or cooked cereal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable Group</td>
<td>1 cup raw or cooked vegetables or vegetable juice, 2 cups raw leafy greens</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Fruit Group</td>
<td>1 cup 100% fruit juice, 1 cup fruit, ½ cup dried fruit</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Dairy Group</td>
<td>1 cup milk or yogurt, 1½ ounces natural cheese, 2 ounces processed cheese</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Protein Foods Group</td>
<td>1 egg; 1 ounce meat, poultry or fish; ¼ cup cooked dry beans; 1 tablespoon peanut butter; ½ ounce nuts or seeds</td>
<td>1 ounce</td>
<td></td>
</tr>
</tbody>
</table>

**Size up your portions with these visual clues.**

As shown, one-half of a baseball is the same size as ½ cup mashed potatoes.

<table>
<thead>
<tr>
<th>Visual Clue</th>
<th>Portion size</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ baseball</td>
<td>½ cup of mashed potatoes</td>
</tr>
<tr>
<td>large egg OR golf ball</td>
<td>¼ cup of dried cranberries</td>
</tr>
<tr>
<td>pingpong ball</td>
<td>2 tablespoons of peanut butter</td>
</tr>
<tr>
<td>check book</td>
<td>3 ounces of fish</td>
</tr>
<tr>
<td>card deck</td>
<td>3 ounces of meat or poultry</td>
</tr>
<tr>
<td>4 dice</td>
<td>1½ ounces of natural cheese (cheddar, Swiss)</td>
</tr>
<tr>
<td>thumb tip</td>
<td>1 teaspoon of margarine or butter</td>
</tr>
</tbody>
</table>

**What’s Your MyPlate Plan?**

You can find the latest nutrition recommendations at www.choosemyplate.gov.

Each person has different needs based on gender, age and level of physical activity. Learn what each of your family members needs at his or her particular calorie levels by visiting the website or contacting your local Extension agent for “MyPlate Plans” handouts for different age groups. The MyPlate Plans are available online at https://www.ag.ndsu.edu/publications/food-nutrition/myplate-plans-for-adults.
Example:
MyPlate Plan and three-day menu plan
for a **14-year-old female who gets less than 30 minutes of physical activity per day**

**MyPlate Plan**
- Grains .................. 6 ounces
- Vegetables .............. 2.5 cups
- Fruit ...................... 1.5 cups
- Dairy ...................... 3 cups
- Protein Foods .......... 5 ounces

**Three-day Menu Plan for a 14-year-old Female**

<table>
<thead>
<tr>
<th></th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td>1 c. oatmeal</td>
<td>Tuna Salad Sandwich* (2 slices whole-wheat bread, ¼ c. tuna salad)</td>
<td>1 serving Oven-fried Chicken*</td>
<td>1 medium banana</td>
</tr>
<tr>
<td></td>
<td>½ English muffin with 1 Tbsp. peanut butter</td>
<td>½ c. carrots</td>
<td>1 c. Oven Fries*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ c. orange slices</td>
<td>1 Tbsp. low-fat ranch</td>
<td>½ c. steamed broccoli</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 c. nonfat milk</td>
<td>1 c. nonfat milk</td>
<td>1 dinner roll</td>
<td></td>
</tr>
<tr>
<td><strong>Day 2</strong></td>
<td>¾ c. Yogurt Fruit Crunch*</td>
<td>3 oz. chicken (leftover) on whole-wheat bun with lettuce and tomato</td>
<td>1 c. Chili*</td>
<td>½ c. nonfat milk</td>
</tr>
<tr>
<td></td>
<td>1 slice whole-wheat toast</td>
<td>½ c. Potato Salad*</td>
<td>1 c. tossed salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 Tbsp. peanut butter</td>
<td>½ c. celery sticks</td>
<td>2 Tbsp. low-fat ranch</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ c. orange juice</td>
<td>1 c. nonfat milk</td>
<td>8 saltine crackers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 c. nonfat milk</td>
<td></td>
<td>1 c. apple wedges</td>
<td></td>
</tr>
<tr>
<td><strong>Day 3</strong></td>
<td>1 hard-cooked egg</td>
<td>1 ½ c. vegetable beef soup</td>
<td>1 broiled or grilled 3-oz. hamburger patty</td>
<td>2 c. popcorn</td>
</tr>
<tr>
<td></td>
<td>2 slices whole-wheat toast</td>
<td>8 saltine crackers and 1 oz. cheese</td>
<td>1 Tbsp. ketchup</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 tsp. soft margarine</td>
<td>½ c. carrots and celery</td>
<td>½ c. mashed potatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ c. orange juice</td>
<td>1 nonfat milk</td>
<td>1 tsp. soft margarine</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 c. nonfat milk</td>
<td></td>
<td>½ c. green beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 dinner roll</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 c. canned pears</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 c. nonfat milk</td>
<td></td>
</tr>
</tbody>
</table>

* indicates recipe is included

**Look for Key Words on the Menu When Eating Out**

Some foods prepared with less fat are considered a healthier option when eating out. Try to choose items that are baked, broiled, grilled, roasted, poached, steamed or blackened. Limit fried, braised, basted, creamed, scalloped, au-gratin, sautéed or stuffed and any foods marinated in oil.

For a healthful twist on restaurant-style foods, try the recipes for “Oven Fries” and “Crispy Baked Chicken” included in this publication.

**Remember Food Safety on the Run**

If you bring food along, be sure to keep perishable foods, such as meat sandwiches, milk and cut-up fruit, cold. Use insulated lunch boxes and bags with frozen gel packs or frozen juice boxes.
<table>
<thead>
<tr>
<th>Day 1</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Oatmeal</td>
<td>Tuna Salad Sandwich*</td>
<td>Oven-fried Chicken*</td>
<td>Banana</td>
</tr>
<tr>
<td></td>
<td>English muffin</td>
<td>Carrot sticks</td>
<td>Oven Fries*</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Orange slices</td>
<td>Tomato juice</td>
<td>Steamed broccoli</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td>Dinner roll</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Nonfat milk</td>
<td></td>
</tr>
<tr>
<td>Day 2</td>
<td>Yogurt Fruit Crunch*</td>
<td>Chicken (planned-over) on whole-wheat bun with lettuce and tomato</td>
<td>Chili*</td>
<td>Cereal with nonfat milk</td>
</tr>
<tr>
<td></td>
<td>Whole-wheat toast with peanut butter</td>
<td>Potato Salad*</td>
<td>Tossed salad</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Orange juice</td>
<td>Celery sticks</td>
<td>Crackers</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td>Apple wedges</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Nonfat milk</td>
<td></td>
</tr>
<tr>
<td>Day 3</td>
<td>Hard-cooked egg</td>
<td>Vegetable beef soup (canned)</td>
<td>Broiled/grilled hamburger patties</td>
<td>Popcorn</td>
</tr>
<tr>
<td></td>
<td>Whole-wheat bagel with jam</td>
<td>Crackers and cheese</td>
<td>Mashed potatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Orange juice</td>
<td>Nonfat milk</td>
<td>Green beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td></td>
<td>Dinner roll</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Canned pears</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Nonfat milk</td>
<td></td>
</tr>
<tr>
<td>Day 4</td>
<td>Ready-to-eat cereal</td>
<td>Tomato juice</td>
<td>Spicy Baked Fish*</td>
<td>Graham cracker with peanut butter</td>
</tr>
<tr>
<td></td>
<td>Whole-wheat English muffin</td>
<td>Egg Salad Sandwich*</td>
<td>Peas and carrots</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Orange slices</td>
<td>Raw veggies with dip</td>
<td>Wild rice blend</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 5</td>
<td>Pancakes with &quot;lite&quot; syrup</td>
<td>Tacos*</td>
<td>Cheeseburger Loaf*</td>
<td>Celery and carrot sticks with low-fat ranch dressing</td>
</tr>
<tr>
<td></td>
<td>Orange juice</td>
<td>Refried beans (canned)</td>
<td>Baked potato</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td>Apple slices with cinnamon</td>
<td>Coleslaw*</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nonfat milk</td>
<td>Bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Nonfat milk</td>
<td></td>
</tr>
<tr>
<td>Day 6</td>
<td>Ready-to-eat cereal</td>
<td>Bean soup (canned)</td>
<td>Homemade Pizza*</td>
<td>Fruitsicle* (orange)</td>
</tr>
<tr>
<td></td>
<td>Whole-wheat toast</td>
<td>Meatloaf sandwich (planned-over)</td>
<td>Carrot sticks</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Banana</td>
<td>Coleslaw* (planned-over)</td>
<td>Canned pears</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day 7</td>
<td>Oatmeal with raisins</td>
<td>Pizza (planned-over)</td>
<td>Beef and Cabbage Casserole*</td>
<td>Sugar and Spice Snack Mix*</td>
</tr>
<tr>
<td></td>
<td>Whole-wheat toast</td>
<td>Tossed salad</td>
<td>Green beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Orange slices</td>
<td>Apple slices</td>
<td>Bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td>Nonfat milk</td>
<td></td>
</tr>
</tbody>
</table>

Menus adapted from publications by Cynthia Gardner, former NDSU Student Dietitian, and Suzanne Fundingsland, former Nutrition Specialist, NDSU
Week 5

Recipes

Oven-fried Chicken

2 tsp. margarine or butter
⅔ c. Master Mix**
1½ tsp. paprika, if desired
½ tsp. salt
¼ tsp. pepper
3 lb. chicken

Cut the chicken into serving-sized pieces and take off the skin. Heat the oven to 425 degrees. Melt the margarine in the baking dish in the oven. Mix the Master Mix, paprika, salt and pepper in the plastic bag. Add the chicken pieces and shake. Put the chicken in the baking dish. Bake for 35 minutes, then turn the chicken over and bake 15 minutes more (50 minutes total).

Serves six. Per serving: 340 calories, 9 g fat, 52 g protein, 9 g carbohydrate, 0 g fiber and 480 mg sodium.

Spicy Baked Fish

1 lb. frozen cod fillets, without skin
vegetable oil
½ c. chopped onion
½ c. chopped green pepper
1 c. (8-oz. can) chopped tomatoes
½ tsp. pepper
½ tsp. oregano
1 c. grated cheese, if you like

Thaw frozen fish in the refrigerator. Cut fish into six servings. Oil baking dish and spread fish in dish. Bake fish in 350-degree oven for 20 minutes. While fish is baking, chop the onion and green pepper. Cook the onion and green pepper in a small pan in a little water for three minutes. Add tomatoes and spices. Cook on stovetop for 10 minutes to blend flavors. When fish is done, pour liquid off. Pour vegetable sauce over fish. Bake 10 minutes. Grate cheese and put over fish. Bake two or three minutes to melt cheese.

Serves six. Per serving: 150 calories, 7 g fat, 18 g protein, 3 g carbohydrate, 1 g fiber and 250 mg sodium.

Yogurt Fruit Crunch

2 c. low-fat yogurt
(plain or vanilla)
1 c. fruit, fresh (1 banana) or canned in light syrup (drained)
1 c. dry cereal, crunchy

Drain fruit if using canned fruit or cut up the fresh fruit. Mix the yogurt and fruit together in a mixing bowl. Spoon the mixture into small serving dishes. Sprinkle ¼ cup cereal on top of each serving.

Serves four. Per serving: 170 calories, 1.5 g fat, 7 g protein, 33 g carbohydrate, 1 g fiber and 135 mg sodium.

Quick Skillet Hot Dish

1 lb. ground turkey or beef
1 (5 oz.) package macaroni
1 (1 oz.) package dried onion soup mix
1 (15 oz.) can kidney beans
1 (15 oz.) can corn
1 (10½ oz.) can tomato soup or 1 (8 oz.) can tomato sauce plus 1 can water
2 c. water

Brown ground turkey or beef in a frying pan. Drain fat. Add the other ingredients, plus 2 cups water. Cook at a low heat for 10 minutes or until the macaroni is cooked and all the liquid is gone.

Serves six. Per serving: 360 calories, 7 g fat, 26 g protein, 4 g carbohydrate, 6 g fiber and 790 mg sodium.

**Master Mix

9 c. flour
½ c. baking powder
1 Tbsp. salt
2 tsp. cream of tartar
4 Tbsp. sugar
1 c. nonfat dry milk powder
1 c. vegetable oil

Measure flour, baking powder, salt, cream of tartar, sugar and dry milk into mixing bowl. Stir with a spoon to mix well. Measure and add oil. Blend the oil into the dry mix using the pastry blender, the fork or the knives. The mix should look like coarse cornmeal. Store the mix in covered plastic or glass storage containers in the refrigerator.

To use the Master Mix in a recipe, stir the mix in the container, then spoon it carefully into a cup and level it off with a knife.

Makes 11 cups. Use in recipes similar to commercial baking mix.

Ask your local NDSU Extension office for more recipes featuring “Master Mix.”
Homemade Pizza

Nonstick cooking spray or vegetable oil
½ lb. ground beef
1 tsp. oregano
2 c. Master Mix**
½ c. low-fat milk
flour
1 (10 oz.) can pizza sauce
1 c. chopped vegetables of choice, pepper, onion, tomatoes
1 can (8 oz.) mushrooms, drained
½ c. grated mozzarella cheese

Heat oven to 450 degrees. Spray with nonstick cooking spray or lightly oil cookie sheet. Brown the ground beef in the frying pan and drain the fat. Add oregano and mix well. Let sit. Measure Master Mix and milk into a bowl. Mix lightly to make a dough. Spread flour on the counter. Dump dough onto flour and knead six times. Pat half of dough to fit size of cookie or pizza pan. Move dough to lightly oiled cookie sheet. Pinch the edges of the dough to form a rim. Spread pizza sauce on the dough. Cover with half the ground beef, assorted toppings and grated cheese. Bake at 450 degrees for 15 or 20 minutes. Repeat with second half of dough.

Serves eight. Per serving: 230 calories, 8 g fat, 12 g protein, 26 g carbohydrate, 0 g fiber and 630 mg sodium.

Note: This recipe makes two pizzas, so you will have "planned-overs" for lunch, too.

Equipment you will need
• cookie sheet or pizza pan
• fying pan
• measuring spoons
• measuring cup
• mixing bowl
• mixing spoon
• can opener
• cheese grater
• cooking spoon

Sugar and Spice Snack Mix

3 c. toasted oat squares cereal
3 c. small pretzel twists
2 Tbsp. margarine, melted
1 Tbsp. firmly packed brown sugar
½ tsp. ground cinnamon
1 c. raisins or dried fruit of choice

Preheat oven to 325 F. In a large plastic bag with a tight seal, combine oat squares and pretzels. In a small bowl, stir together melted margarine, brown sugar and cinnamon. Pour over cereal mixture. Seal bag and gently shake mixture until well coated. Transfer to a baking sheet. Bake, uncovered, for 25 minutes, stirring once or twice. Spread mixture onto paper towels to cool. Add dried fruit and stir to mix. Store at room temperature for up to two weeks.

Serves 14. Per serving: 140 calories, 2.5 g fat, 2 g protein, 27 g carbohydrate, 1 g fiber and 250 mg sodium.

Equipment you will need
• mixing bowl
• mixing spoon
• airtight container or resealable bags

Egg Salad Sandwich

4 hard-cooked eggs
1 stalk celery, chopped
¼ c. mayonnaise*
8 slices whole-wheat bread

Put eggs in pan. Cover with cold water. Put pan on the stove and heat until the water starts to boil. Take pan of eggs off the stove, cover the pan and let it stand for 15 minutes. Wash and chop the celery and put in small bowl. Put the eggs in a bowl until coated. Sprinkle with paprika if desired. Store at room temperature for up to two weeks.

Serves four. Per serving: 220 calories, 7 g fat, 12 g protein, 30 g carbohydrate, 0 g fiber and 390 mg sodium.

Equipment you will need
• small pan
• measuring cup
• small bowl
• mixing spoon
• small sharp knife
• cutting board

Oven Fries

4 medium potatoes
1 Tbsp. vegetable oil, such as canola oil or sunflower oil
paprika (optional)
grated Parmesan cheese (optional)

Wash potatoes, but don't peel. Slice into ¼-inch-thick strips. Blot dry with paper towels; toss potatoes with oil in a bowl until coated. Sprinkle with paprika if desired. Spread on baking sheet and bake at 425 degrees for 20 to 25 minutes. Toss with Parmesan cheese (optional).

Serves eight. Per serving: 100 calories, 2 g fat, 2 g protein, 18 g carbohydrate, 2 g fiber and 10 mg sodium.

Equipment you will need
• cutting board
• small sharp knife
• fying pan
• measuring spoon
• measuring cup
• can opener
• mixing bowl or large measuring cup
• covered casserole dish

Beef and Cabbage Casserole

½ lb. ground beef
½ c. chopped onion
pepper
1 tsp. chili powder
½ c. uncooked rice
1 small head cabbage, sliced thin (about 2 c.)
1 (15 oz.) can tomato soup, mixed with 1 can water

Brown meat in the frying pan and pour off the fat. Chop onion and add to meat. Add pepper and chili powder and mix well. Slice about one-half a head of cabbage into thin strips. Place half of the cooked ground beef in the bottom of a casserole dish. Spoon half the uncooked rice and half the cabbage over the meat. Repeat the meat, rice and cabbage layers. Mix the soup and water in a bowl. Pour soup over the top of the casserole. Cover and bake for one hour at 350 degrees.

Serves four. Per serving: 220 calories, 3.5 g fat, 16 g protein, 33 g carbohydrate, 5 g fiber and 310 mg sodium.
Chili

½ c. chopped onion
½ lb. ground beef
2 tsp. chili powder
pepper
1 can (16 oz. or 2 c.) tomatoes, plain or stewed
1 can (8 oz. or 1 c.) tomato sauce
1 can (15 oz. or 2 c.) kidney beans, undrained

Chop the onion. Brown the ground beef and onion in a large frying pan. Pour off the fat. Stir in the rest of the food. Heat for 10 minutes and serve.

Serves four. Per serving: 230 calories, 3.5 g fat, 20 g protein, 30 g carbohydrate, 0 g fiber and 450 mg sodium.

Tacos

½ lb. ground beef
1 (16 oz.) cans kidney, pinto
or red beans
1 onion, chopped
1 pkg. taco seasoning or
1 Tbsp. chili powder
grated cheese
chopped lettuce
chopped tomatoes
8 soft tortillas (corn or flour)
salsa

Chop onion. Brown onion and ground beef in frying pan. Pour off the fat. Drain one can beans and mash with a fork or potato masher, or blend in a blender. Drain other can of beans and add it and mashed beans to ground beef. Mix well. Fill warm, soft tortillas with ground beef and beans, grated cheese, lettuce and tomatoes. Serve with salsa.

Serves four. Per serving: 460 calories, 13 g fat, 29 g protein, 8 slices whole-wheat bread
1 egg
1½ c. low-fat milk
2 slices bread, torn into small pieces
¼ c. chopped onion
¾ c. ground beef
1 c. grated cheddar cheese

Beat egg in mixing bowl. Add milk and bread pieces and let soak a few minutes. Chop onion and grate cheese. Add to mixing bowl. Mix in ground beef. Shape into a loaf and put in baking dish. Bake at 350 degrees for one hour.

Serves seven. Per serving: 160 calories, 8 g fat, 15 g protein, 5 g carbohydrate, 0 g fiber and 180 mg sodium.

Quick tip: Buying a block of cheese and grating your own can save you money. Compare the unit prices of block cheese and grated cheese.

Potato Salad

4 medium potatoes
2 hard-cooked eggs
1 stalk chopped celery
¾ finely chopped onion
1 tsp. prepared mustard
2 tsp. sugar
2 tsp. vinegar
¾ c. mayonnaise
(use part yogurt to cut calories)
½ tsp. salt
pepper

Wash, scrub and peel potatoes. Cut into ½-inch cubes. Put potatoes in covered pan in 1 inch of water and cook until potatoes are tender (10 to 15 minutes). Put the two eggs in another pan and cover with 1 inch of cold water. Bring to a boil on the stove, remove from the burner and let sit for 10 minutes. Mix all the other ingredients together in a mixing bowl. When eggs are cooked, peel and cut them. Drain potatoes. Add eggs and potatoes to everything in the mixing bowl. Mix well. Refrigerate two hours or overnight to let flavors blend.

Serves four. Per serving: 160 calories, 8 g fat, 15 g protein, 74 g carbohydrate, 7 g fiber and 740 mg sodium.

Fruitsicles

Fruit juice of your choice
(½ c. for each fruitsicle)
— use apple, orange, or grape

Pour juice into the paper cups. Add a Popsicle stick or plastic spoon. The stick can be at an angle. Put filled cups in freezer to freeze juice. Tear off paper cup when you are ready to eat the fruitsicle.

Per fruitsicle: 60 calories, 0 g fat, 0 g protein, 15 g carbohydrate, 0 g fiber and 0 mg sodium.
A “Grocery List” of cost-savings ideas

Check the following if you use the tip or plan to use it.

<table>
<thead>
<tr>
<th>Currently use</th>
<th>Plan to use</th>
<th>Not applicable</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Spend about 30 minutes planning your weekly menus. Use the sale ads and write a shopping list. Keep the list in a handy spot.
- Avoid shopping when you’re hungry or tired. Almost everything looks tasty when you’re hungry. If you’re tired, you may be likely to grab convenience foods, which cost more and often are less nutritious.
- Avoid using a credit card for food purchases unless you intend to pay off the balance each month. You may end up adding credit card interest rates onto the food cost.
- Shop in one or two stores. Consider your gas, too. If you drive to several stores for special deals, it may not be a “deal.”
- Be familiar with the store layout. Only go down the aisles that include items on your list.
- For quick shopping trips, shop the perimeter of the store. Most staples, such as milk, fresh produce and bread, are around the perimeter.
- Compare store brands with national brands and choose the one with the lower price. Most store brands are similar in quality to name brands, but lower in price.
- Clip coupons, but only for the things you need. Some stores double the value of coupons to a certain point.
- Compare price using “unit prices.” The unit pricing on the front edge of shelving helps you know quickly whether the regular-priced super-sized package is a better deal than the sale-priced regular-sized package.
- Check your receipt and change. Although mistakes are not intentional, they can happen. Look carefully at your receipt to be sure you received the sale price.

Eat Smart. Play Hard. Together

■ For more information about food safety and nutrition, contact your county office of NDSU Extension.
■ Visit the NDSU Extension website at www.ag.ndsu.edu/food.
■ Visit www.ChooseMyPlate.gov for more information about healthful eating for the entire family.

This material was funded by the U.S. Department of Agriculture’s Supplemental Food Assistance Program (SNAP). SNAP provides nutrition assistance to people with a low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office.

For more information on this and other topics, see www.ndsu.edu/extension

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, ndsu.eoaa@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881.