

MAKE YOUR FOOD DOLLARS COUNT

A publication of Cornell Cooperative Extension of Herkimer County

Vol. 4, Issue 1
Winter 2002

Winter Warmers

When it's cold and snowy outside, nothing tastes better than homemade comfort foods. With today's busy lifestyles, recipes need to be quick and easy to leave time for making snowmen and snow angels. Enjoy these cozy winter warmers:

Snowman Soup

Meatballs:

- 1 pound hamburger, extra lean
- 1 egg
- 1 small onion, minced
- 1/2 cup Italian bread crumbs

Mix all ingredients. Roll 1 teaspoon into meatballs. Place on cookie sheet sprayed with non-stick vegetable spray. Bake at 350° until brown. Drain any fat and place meatballs in 5 quart Dutch oven or crock-pot.

Soup:

- 3-16 ounce cans beef broth
- 2 carrots, peeled and sliced
- 2 large potatoes, peeled and cubed
- 1 small onion, minced
- 1 rib celery, sliced
- 1 cup frozen peas
- 1 cup frozen corn
- 1 can tomato soup, undiluted

Simmer soup and meatballs until vegetables are tender.

Dumplings:

- 1 cup biscuit mix
- 1/3 cup skim milk

Mix dumpling ingredients together. Use a measuring teaspoon to scoop and drop dumplings into simmering soup. Simmer 10 minutes. Cover and simmer 10 minutes more. Dumplings should be dry on top and cooked through. Refrigerate leftovers.

Strata

- 4 eggs.
- 2 cups low fat milk
- 1 large loaf of Italian bread
- 8 ounces cheese — cheddar, Swiss, etc.

In a large lightly oiled baking dish, layer bread and cheese. Beat eggs and milk. Pour over bread. Refrigerate up to 24 hours or bake at 350° for one hour until egg mixture is set and cheese has browned. Refrigerate leftovers.

Breakfast Sausage Strata

Brown one pound of breakfast sausage, 2 cups fresh sliced mushrooms or 1 can drained mushrooms and one chopped onion. Drain well on paper towels. Layer bread, sausage and cheese as above. Refrigerate leftovers.

Cinnamon Raisin Strata

Substitute cinnamon raisin bread for Italian, use mild cheddar cheese and sprinkle each layer with cinnamon, sugar and raisins. Thinly sliced apple slices can also be added. Refrigerate leftovers.

Please note:

- This is a great way to use day old bread and a variety of leftover cheeses
- Egg substitutes can be used
- Add other ingredients for variety:

- peppers, onions, mushrooms, pizza sauce
- spinach and ham
- carrots, broccoli, zucchini

Snow Cap Pie

- 1 pound hamburger
- 1 onion, chopped
- 1 can green beans or corn, drained
- 1 can tomato soup, undiluted
- 2-3 cups mashed potatoes, (leftovers, fresh or flakes are fine)

Brown hamburger & onion. Drain fat. Add green beans (or corn) and tomato soup. Pour into lightly-oiled casserole dish. Spread mashed potatoes on top. Drop by spoonfuls around the edge.

Cover and refrigerate up to 24 hrs or bake immediately at 350 degrees about 30 minutes until heated through and bubbly. Top potatoes with cheese, if desired. Refrigerate leftovers.



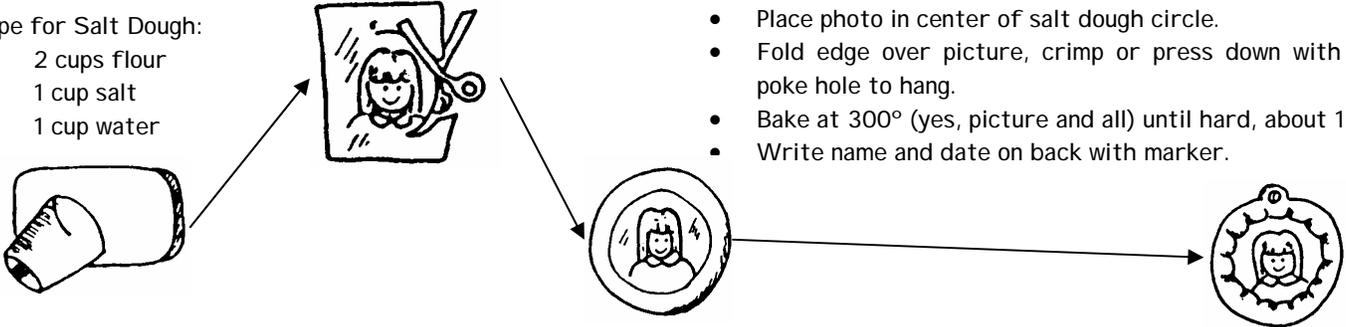
Kid's Corner

Pretty-as-a-Picture Hang-ups

Developed as a way to display those school photos that always seem to be left over after we're persuaded to "buy the package".

Recipe for Salt Dough:

- 2 cups flour
- 1 cup salt
- 1 cup water



- Knead all ingredients with hands. Takes 7-10 minutes, so whistle while you work.
- Roll out dough about 1/8" thick.
- Use a juice glass to cut a circle
- Cut face from photo in a circle slightly smaller than the juice glass.
- Place photo in center of salt dough circle.
- Fold edge over picture, crimp or press down with a fork, poke hole to hang.
- Bake at 300° (yes, picture and all) until hard, about 1 hour.
- Write name and date on back with marker.

Food Safety

Don't let soup cool at room temperature! To cool large quantities of soup quickly, pour into shallow containers and refrigerate. Or, fill the sink with ice and water and set pan in water until cooled, stirring occasionally.



Household Helpers



- Although overnight refrigeration is the best way to de-fat a stock or soup, several methods can be used to accomplish this while the liquid is hot.
 1. Allow the liquid to cool just slightly and then place it in a large, heavy-duty zipper-lock bag. Seal the bag and allow time enough for the fat to rise to the surface of the liquid.
 2. Hold the bag by one of the top corners and cut off the point of one of the bottom corners to act as a spout. As soon as the liquid is drained, pinch the spout to capture the fat in the bag.
- For quick single soup servings:
 1. Set out a number of 10- or 12- ounce paper cups for hot beverages and fill each with a portion of cooled soup (but not all the way to the top). Label, wrap, and freeze each cup.
 2. Whenever you want a quick cup of soup, remove as many servings as necessary from the freezer and microwave them until they're hot and ready to serve.



Free Nutrition Education Programs

Eat Smart New York!



Nutrition Teaching Assistants are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

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