



The Ever-Versatile Instant Mashed Potato

Did you ever plan to make meatloaf and mashed potatoes and find that you were out of fresh potatoes? Instant mashed potatoes are a great staple to keep on hand when fresh potatoes are not in your pantry. They can be used in most recipes where it calls for regular mashed potatoes. Here are more ways to use instant mashed potatoes:



Linda Newton/
Penn State

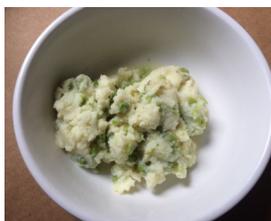
- Use as a breading for baked chicken or fish
- Add to soups and sauces as a thickener
- Layer potatoes on top of a meat casserole
- Use as a binder in meatball and meatloaf recipes

Elaine's Green-Mash Potatoes

(Servings - 8)

Ingredients

- 7 potatoes (medium size, about 1 cup each) or 7 cups prepared instant potatoes
- 1 cup low-fat milk (divided)
- 2 garlic cloves (peeled and chopped) or ¼ teaspoon garlic powder
- 1 cup frozen or canned peas
- 2 Tablespoons butter or margarine
- ⅛ teaspoon pepper (optional)



Mary Ehret / Penn State

Directions

1. Wash hands. Simmer peeled, diced potatoes for about 10 minutes until soft when pierced with a fork.
2. Cook 1 cup frozen peas in microwave for about 3 minutes; drain and reserve. If using canned peas drain and set aside.
3. Heat milk until hot. Add garlic cloves or garlic powder to milk and let stand for 5 minutes.
4. Puree peas, ¼ cup milk, and garlic cloves using a blender, fork, or potato masher.
5. Drain potatoes and begin to mash.
6. Slowly add ¾ cup milk while mashing.
7. Blend in the pureed peas and garlic, margarine, and pepper (optional) to the mashed potatoes.
8. Place mashed potatoes in a serving dish and keep warm.

Tip: When making recipe with the Instant Potatoes reduce low-fat milk to ¼ cup.

Nutritional Information: Calories 120, Fat 1g, Sodium 15mg, Carbohydrate 23g, Dietary Fiber 4g, Protein 8g

Source: choosemyplate.gov

Eat More Whole Grains!

Whole grains are rich in fiber, vitamins, and minerals. Eating more whole grains like whole wheat, brown rice, oats, and whole grain corn can help prevent heart disease, cancer, and diabetes. When comparing similar grain products, look at the ingredient listing and choose those with the word “whole” as the first ingredient.

Bread-in-a-Bag Recipe

(Servings - 12)

Ingredients

- 1 cup all purpose flour
- 2 cups whole wheat flour
- 2¼ teaspoons or 1 package instant fast acting yeast
- 2 Tablespoons sugar
- 3 Tablespoons nonfat dry milk
- 1 teaspoon salt
- 1 cup warm water
- 1 Tablespoon vegetable oil



Mary Lou Kiel
/ Penn State

Directions

1. Wash hands. In a large, heavy zip-top bag, add 1 cup all purpose flour, yeast, sugar, nonfat dry milk, and salt. Seal the bag and shake and squeeze it to blend ingredients.
2. Open the bag and add the water and oil. Reseal and continue to mix by shaking and squeezing the bag.
3. Open the bag and add enough whole-wheat flour to make a stiff dough (may not need all of the 2 cups). Squeeze air from bag and reseal it. Continue squeezing until bag pulls away from dough.
4. Remove dough from bag and place on lightly floured clean surface. Knead dough 5 minutes or until smooth and elastic. Cover dough with clean towel and let rest for 10 minutes.
5. Shape dough and place in a greased 8x5-inch loaf pan or on a cookie sheet. Cover with a clean towel; let rise in a warm place until double, about 1 hour.
6. Preheat oven to 400°F. Bake 30 to 35 minutes or until bread sounds hollow when tapped. Remove bread from pan and let cool on a wire rack.



Bread mixture
in bag

Tip: Substitute 1 cup of heated low-fat milk for dry milk and water.

Nutrition Information per slice: 130 calories, fat 1.5g, sodium 200mg, carbohydrates 25g, dietary fiber 3g, protein 5g

Source: Cornell Cooperative Extension

Ways to Use Peanut Butter



Linda Newton /
Penn State

Peanut butter is one of America's famous healthy snacks. It is made from finely ground peanuts and can be creamy, smooth, or crunchy. Did you know that peanut butter is part of the MyPlate protein group? Two tablespoons of peanut butter has 7-9 grams of protein and is low in sodium and sugar.

Store unopened and opened peanut butter in a cool, dry place. Do not freeze peanut butter. Look at the "Best if used by" or "Best by" date on the package. If the date has passed, the quality may have changed, but it is still safe to eat. Be aware that peanut butter is designated as a "major food allergen" by the Food Allergen Labeling and Consumer Protection Act of 2004. For more information, go to the FDA website at the link listed below.

Here are some great uses and tips:

- Spread peanut butter on celery
- Spread on whole wheat bread, crackers or bagels with low sugar jelly, jam, sliced bananas, or raisins
- Add it to breads, muffins, and cookie batter
- Blend peanut butter into smoothies
- Use in sauces, dips, soups, and stews



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Peanut Butter Cookies

(Servings - 12)

Ingredients

- $\frac{2}{3}$ cup peanut butter
- $\frac{2}{3}$ cup sugar
- 1 egg
- 1 teaspoon vanilla extract

Directions

1. Preheat oven to 350°F. Wash hands.
2. Combine all ingredients together in a large bowl and mix well.
3. Roll dough into 12 - one inch balls and put on baking sheet. Flatten cookies with a fork.
4. Bake 15 minutes.

Nutrition Ingredients: Calories 140, Fat 7g, Sodium 70 mg, Dietary Fiber 1g, Sugar 12g, Protein 4g

Sources for article and recipe: Household Programs USDA Foods Product Information Sheets and Recipes

<https://www.fns.usda.gov/usda-foods/household-product-information-sheets-and-recipes>

<https://www.fda.gov/food/buy-store-serve-safe-food/what-you-need-know-about-food-allergies>



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\$\$ **Stretching** Your Food Dollars \$\$

Planning makes a difference when spending your food dollars. Here are a few pointers to get you started on saving money and stretching your food dollar.

- First, take inventory of what foods you have on hand. Look in your cupboards, refrigerator, and freezer.
- Second, using what you have on hand, plan a meal. For example, if you have flour, eggs and margarine on hand, you can make pancakes for dinner.
- Third, plan your meals for the week and involve your family. Check your local grocery store flyer for sales. Look for coupons in newspaper and online.
- Last, make a shopping list based on your plan. Use the shopping list to shorten your time spent in the grocery store.

Nutrition Links Thrifty Tips

- Peanut Butter is a good source of protein. Include peanut butter in your snacks and smoothies to boost protein.
- Instant mashed potatoes are a quick and easy vegetable to include in your menu planning.

Source: Eating Smart Moving More North Carolina

This material was funded, in part, by the Expanded Food and Nutrition Education Program (EFNEP), which is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and funded, in part, by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS). Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture. This institution is an equal opportunity provider.

Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U.S. Department of Agriculture.

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