Lesson 2:
Getting Healthy Foods (Wóyute)

Buying groceries is a key step in meal planning. In this lesson, you will learn:

- How to stock a pantry
- How to compare prices of food items at the grocery store (even if two items are different sizes) to save money
- How to compare Nutrition Facts labels to make healthy choices
- Benefits of grocery shopping with a list

Challenge Yourself!

Set a Goal

Choose (kaȟníğa) one of the goals below (or set your own) to try during the next month:

- ❒ I will inventory my current pantry and make a list of items I may wish to stock up on.
- ❒ I will compare Nutrition Facts labels to make healthy choices.
- ❒ I will pay attention to unit pricing when selecting food items.
- ❒ I will create one of this month's recipes at home.
- ❒ I will: _____

_____

_____

_____

_____

What is a Pantry?

A pantry is a cool and dry place to store non-perishable foods—like dry goods, canned goods, and spices. Many people use cupboards, drawers, or a closet as a pantry. If you do not have access to a built-in space for a pantry, you can use a small bookcase or table.

Keeping a well-stocked pantry helps make meal planning easy. Once your pantry is well-stocked, you may find that you need to go to the grocery store less frequently--you will only need to shop for perishable items, like fresh fruits, vegetables, and meats, or when you run out of a pantry item.

Stocking Your Pantry

This list shows commonly used pantry items. If you want to stock your pantry to be ready for preparing healthy meals and snacks, this list is a good place to start.

Seasonings (Wíčahiyutapi), Dried Herbs, and Spices (Wapȟápȟa)

- ❒ Basil, dried
- ❒ Black pepper
- ❒ Cayenne pepper
- ❒ Chili powder
- ❒ Cinnamon, ground
- ❒ Cumin, ground
- ❒ Garlic powder
- ❒ Ginger, ground
- ❒ Oregano, dried
- ❒ Paprika
- ❒ Parsley, dried
- ❒ Salt
- ❒ Soy sauce, low-sodium
- ❒ Thyme, dried

Baking Staples

- ❒ Baking powder
- ❒ Baking soda
- ❒ Cocoa powder
- ❒ Flour: all-purpose & whole wheat
- ❒ Rolled oats
- ❒ Sugar: brown & granulated
- ❒ Vanilla extract
- ❒ Canned or powdered milk
- ❒ Cornmeal
- ❒ Yeast

Cooking Staples

- ❒ Barley, pearled and/or quick-cooking
- ❒ Brown rice
- ❒ Canned or dried beans (black, kidney, pinto, great northern, other)
- ❒ Canned corn (no salt added)
- ❒ Canned green beans (no salt added)
- ❒ Canned peas (no salt added)
- ❒ Canned pineapple, peaches, or fruit cocktail (no sugar added)
- ❒ Canned tomatoes (no salt added): crushed, diced, tomato sauce
- ❒ Canola oil
- ❒ Chicken or beef broth, low-sodium
- ❒ Cornstarch
- ❒ Non-stick cooking spray
- ❒ Nuts: almonds, peanuts, other favorites
- ❒ Peanut butter
- ❒ Raisins or other dried fruit
- ❒ Tuna or salmon, canned in water
- ❒ Vinegar: white, cider
- ❒ Whole grain cereal
- ❒ Whole grain pasta: spaghetti, macaroni, penne, lasagna noodles

Pantry Tip!

- Many pantry items are available through the Commodity Foods Program. If you use commodity foods, be sure to stock up on oats, canned vegetables, canned tomatoes, canned fruits, canned or dried beans, peanut butter, tuna, pasta, and rice.

Stocking Your Pantry, continued...

Keep these ingredients on hand to create quick and healthy meals.

Baking Products.
Have flour, sugar, baking soda, and baking powder on hand. They are basic ingredients for many fresh baked goods.

Canned Beans (Omníča) and Fish.
Add beans like kidney, black, pinto, or lima to salads and soups. Or, serve as side dishes or add to a main dish. Use canned tuna and salmon to add protein to salads, casseroles, and pasta.

Canned Fruits (Waskúyeča) and Vegetables (Watȟótȟoka).
Canned produce like pineapple, applesauce, corn, and green beans make quick and easy side dishes or snacks on their own. Or, use as an ingredient to stretch main dishes.

Dried Fruit (Waskúyeča) and Nuts.
Use as a snack on their own or in homemade trail mix (recipe in Month 1, Lesson 1). Add to cereals, baked goods, and yogurt for a snack or breakfast.

Canned or Powdered Milk (Asáŋpi).
Canned low-fat evaporated and dry powdered milk keep longer than fresh. Prepare them according to the package directions. Use in recipes instead of fresh milk.

Canned Tomato Products.
Keep canned tomato sauce and whole, diced, or puréed tomatoes on hand. They are basic ingredients in a wide range of recipes.

Cereals.
Stock up on whole grain cereals when they're on sale. Enjoy with fruit and milk. Or, use to make dried cereal snack (recipe in Month 10, Lesson 10), baked goods, or crispy coatings for meat, poultry, and fish.

Dried Herbs.
Buy the dried herbs and spices you use often. Use to add flavor in place of extra salt.

Pasta and Rice.
Buy whole wheat pasta and brown rice on sale or in bulk or family (thiwáhe)-sized packages. Store in airtight containers after opening to keep fresh and prevent pests.

Vinegar.
Keep apple cider, red wine, rice, or balsamic vinegars on hand for homemade salad dressings and marinades.

Oil.
Canola and olive oils are healthy choices when cooking or making dressings. Cooking spray keeps food from sticking to the pan.

Becoming a Better Shopper:

Compare Prices and Use Unit Pricing to Find the Best Buy

It is often challenging for families with limited resources to be able to afford healthy foods. The price tag on the grocery shelf contains useful information to help you decide which food items are the best deal. Here are the details on how to read the price tags to help maximize your food dollars:

Look for the unit price right on the shelf tag. It will be listed separately from the retail price (the price you pay).

If your store does not list the unit price, you can calculate it yourself. You just need two numbers: the retail price and the number of units the food is sold in (like pounds or ounces).

To calculate unit price, divide the retail price by the number of units. In this example:

Unit price = Retail price divided by Number of units

$1.99 divided by 15 ounces equals $0.13 per ounce

Shopping Tip!

- Always take a calculator with you when shopping to calculate the best buy using unit pricing.

Challenge Yourself!

Sometimes the units of the foods you wish to compare are different. In this case, you'll need to find a common unit before you find the unit price.

When comparing unit prices, it helps to know that

1 pound = 16 ounces

Units in pounds

Units in ounces

In this example, Food A can also be written as 80 ounces of carrots. Now find the unit price of each food. Circle the one with the lowest unit price. Check your answers below.

5 pounds x 16 ounces per pound = 80 ounces

Unit price of **Brand A** (whole carrots) = $_____ divided by 80 ounces equals $____ per ounce

Unit price of **Brand B** (shredded carrots) = $_____ divided by 10 ounces equals $____ per ounce

Use unit prices to compare:

- The same food in different form (like whole carrots and baby carrots)
- Foods in different size containers (like a half-gallon and a whole gallon of milk)
- Foods in a similar category or food group (like a pound of zucchini and a pound of asparagus)
- Different brands of the same food (like name-brand or store-brand cereal)

Answers: Food A = $0.04 per ounce, Food B = $0.20 per ounce

Challenge Yourself!

Get Comfortable with Unit Prices

Here are some food labels from a local grocery store. Use the calculator provided with your Cheyenne River Cooking for Health Welcome Kit and paper/pencil to figure out which food item has the lowest unit price. Check your answers below.

Example.

Unit Price of Campbell’s Soup:
$1.89 for a 10.5 oz can

$1.89 divided by 10.5 ounces
equals $0.18 per ounce

Unit Price of Best Choice Soup:
$0.99 for a 10.5 oz can

$0.99 divided by 10.5 ounces
equals $0.09 per ounce

Tip: Save yourself some time.

- Notice that these 2 cans of soup are the same size (both 10.5 ounce cans). When comparing packages that are the same size, you can use the retail price to compare cost.

Now You Try:

Unit Price of Green Giant Green Beans (omníča) $1.99 for a 12 oz package

Unit Price of Best Choice Green Beans (omníča) $1.59 for a 16 oz package

$_____ divided by 12 ounces

equals $_____ per ounce

$_____ divided by 16 ounces

equals $_____ per ounce

Answers: Green Giant Green Beans = $0.17 per ounce, Best Choice Green Beans = $0.10 per ounce

Pros and Cons of Buying in Bulk

When you use unit pricing to compare the cost of two food items, you will quickly realize that it is often (but not always) the larger package of a food that is the better value.

But sometimes buying the larger package of a food item is <u>not</u> the best buy.

Ask yourself these questions before deciding to buy the larger package:

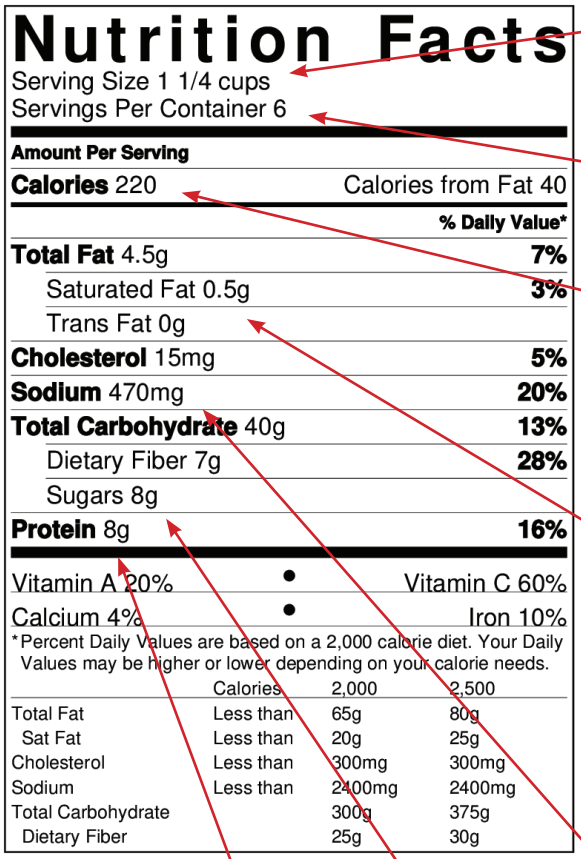
- ★ Will I use up the larger package before it spoils?
- ★ Do I have enough money to buy the larger package?
- ★ Do I have a place to store the larger package?
- ★ Do I have the storage containers needed to safely store the larger package?

Recognizing Healthy and Unhealthy Foods (Wóyute)

Reading Nutrition Facts Labels

Use the label to guide your food choices.

Nutrition Facts labels are on packaged foods and beverages. The Nutrition Facts label can help you choose healthy foods because it provides information about calories and nutrients (for example, fat, sodium, sugar) in a single serving of the food. When comparing Nutrition Facts labels from different foods, check the serving size in order to make an accurate comparison.



Nutrition Facts

Serving Size 1 1/4 cups
Servings Per Container 6

Amount Per Serving

Calories 220 — Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 470mg	**20%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 7g	**28%**
Sugars 8g	
Protein 8g	**16%**

Vitamin A 20% • Vitamin C 60%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Pay attention to serving size. Some listed serving sizes are very small. Ask yourself: "How many servings am I eating?"

Pay attention to servings per container. It is common for one package of food to contain more than one serving. If you eat ½ of this container of food, you are consuming 660 calories.

Pay attention to calories. Controlling calories is very important if you are trying to control your weight.

Type of fat is more important than total fat. Monounsaturated fat and polyunsaturated fat are healthy. Limit unhealthy fats, including saturated fat and trans fat.

- Total daily fat intake should be 20%-35% of total calories you eat.
- Limit saturated fat to be less than 10% of total calories you eat.
- Avoid all trans fats (0% of total calories you eat).

Lower levels of sodium is always better. Foods high in sodium can increase blood pressure.

Tip: Most sodium in the diet comes from processed foods, and not the salt shaker. Read Nutrition Facts labels closely to see how much sodium is in your food.

Limit sodium to less than 2,300 mg a day (or 1,500 mg a day if you're 51 years old or older).

Don't worry about protein.
Most of us get plenty of protein. Unless otherwise instructed by your doctor, paying attention to protein on Nutrition Facts labels should be secondary to looking at total calories, fat, sugar, and sodium.

Less sugar is always better. Read the ingredients list, and make sure you choose foods in which sugar is not the primary ingredient.

Tip: Sugar can come in many disguises. All of the following ingredients are sugar: sucrose, glucose, high fructose corn syrup, corn syrup, maple syrup, and fructose.

Limit added sugars to be less than 10% of total calories you eat.

Recognizing Healthy and Unhealthy Foods (Wóyute), continued...

Key Dietary Recommendations

Use the label to guide your food choices.

Nutrition Facts labels provide information on serving size, calories, and percent daily value (% Daily Value). The % Daily Value describes each nutrient in one serving of food. For example, if the label lists 6% for total fat, it means that one serving provides 6% of the total fat you need each day. The % Daily Values are based on a 2,000-calorie diet for healthy adults.

Nutrition Facts
Serving Size 1 1/4 cups
Servings Per Container 6

Amount Per Serving

Calories 220	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 470mg	**20%**
Total Carbohydrate 40g	**13%**
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Sugars 8g	
Protein 8g	**16%**

Vitamin A 20% • Vitamin C 60%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

If you eat 2 servings of a food, be sure to double the calories and % Daily Values for all nutrients listed on the nutrition facts label.

Two servings of this food contains:

- 14% of Total Fat
- 6% Saturated Fat
- 10% Cholesterol
- 40% Sodium
- 26% Total Carbohydrate
- 56% Dietary Fiber
- 40% Vitamin A
- 120% Vitamin C
- 8% Calcium
- 20% Iron

needed per day (based on a 2,000 calorie diet)

How many calories you consume per day is dependent on your age, sex, and physical activity level. Talk to your health care provider about how many calories you need per day.

Nutrients to get less of – get less than 100% Daily Values of these each day: Saturated Fat, Trans Fat, Cholesterol, and Sodium.

Nutrients to get more of – get 100% Daily Values of these on most days: Dietary Fiber, Vitamin A, Vitamin C, Calcium, and Iron.

Adapted from: https://health.gov/dietaryguidelines/dga2005/toolkit/Worksheets/foodlabel.htm, https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/factsheets/Whats_On_The_Nutrition_Facts_Label.pdf & Cooking Matters

Recognizing Healthy and Unhealthy Foods (Wóyute), continued...

Here are some additional tips to help you recognize healthy and unhealthy foods:

★ **Look at ingredients lists**. Ingredients are rank-ordered on the ingredients label. The ingredients used in the greatest amount are listed first, followed in order by those found in smaller amounts.


Product formulations, packaging and promotions may change.
For current information, refer to packaging on store shelves.

Hidden Valley
THE ORIGINAL
Ranch
DRESSING

INGREDIENTS: VEGETABLE OIL (SOYBEAN AND/OR CONOLA), WATER, EGG YOLK, SUGAR, SALT, CULTURED NONFAT BUTTERMILK, NATURAL FLAVORS (MILK, SOY), LESS THAN 1% OF : SPICES, DRIED GARLIC, DRIED ONION, VINEGAR, PHOSPHORIC ACID, XANTHAN GUM, MODIFIED FOOD STARCH, MONOSODIUM GLUTAMATE, ARTIFICIAL FLAVORS, DISODIUM PHOSPHATE, SORBIC ACID AND CALCIUM DISODIUM EDTA AS PRESERVATIVES, DISODIUM INOSINATE, DISODIUM GUANYLATE, CONTAINS: EGG, MILK, SOY. GLUTEN FREE

THE HV FOOD PRODUCTS CO.
1221 BROADWAY, OAKLAND, CA 94612
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Nutrition Facts
Serv. Size 2 Tbsp (30mL)
Servings about 20
Calories 140
Calories from fat 130
* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 14g	22%	Total Carb. 2g	1%
Sat. Fat 2.5g	12%	Fiber 0g	0%
Trans Fat 0g		Sugars 1g	
Cholest. 10mg	3%	Protein 1g	
Sodium 260mg	11%		
Vitamin A 0%	•	Vitamin C 2%	
Calcium 0%	•	Iron 0%	

Tip: In this label for ranch dressing, vegetable oil contributed the most to the dressing, followed by water, egg yolk, and sugar.

★ **Don't be fooled by "buzz" words on food packaging**. You may see lots of words on the front of a food package that make you think it's healthy, like "all natural", "good source of Vitamin D" or "low fat." Some of these foods are high in sodium or sugar. Always check the Nutrition Facts label to be sure you get the whole story.

★ **Need some practice reading Nutrition Facts labels?** The Food and Drug Administration (FDA) has an online tutorial to help you learn how to use all the information on a Nutrition Facts label. The tutorial can be found at:

http://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/#intro

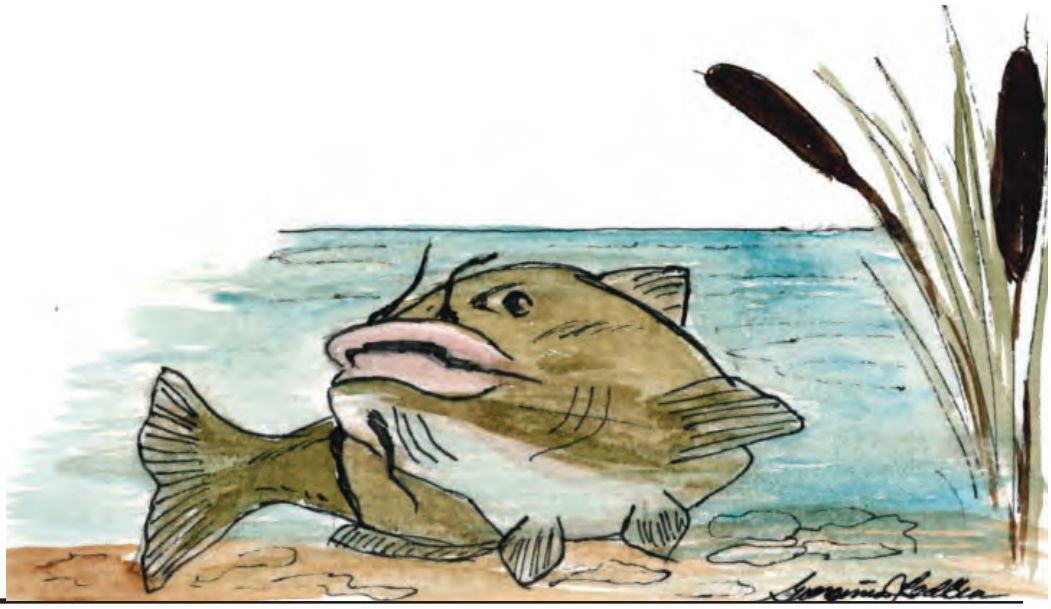
Shopping (Wópȟetȟuŋpi) with a List

You will learn more about meal planning and food budgeting in Month 8, Lesson 8. However, shopping with a grocery list is a good habit to adopt to help with meal planning and food budgeting. Some of the benefits of shopping with a grocery list are:

1. **Shopping with a grocery list helps save money.** Sticking to your list helps you avoid impulse purchases. Impulse purchases are budget busters.
2. **Shopping with a grocery list helps you eat healthy.** Many impulse purchases have limited nutritional value (for example, chips, ice cream, cookies, crackers, pop). Sticking to your list helps you avoid purchasing these foods.
3. **Shopping with a grocery list can be used as a tool for meal planning.** Take some time to think about what you need for meals for the week by taking inventory of staples that you have in your house and researching new or well-loved recipes.
4. **Shopping with a grocery list saves time.** You won't have to spend time thinking about what you should have for dinner tonight while grocery shopping (since meals and needed ingredients were determined before going to the grocery store). You are also able to stick to the aisles that have the food on your list.
5. **Shopping with a grocery list helps avoid food waste**. You have a list and only purchase what you plan to use.

Tips for Developing a Grocery Shopping (Wóphethuŋpi) List

- ★ Group similar foods together (for example, list all fresh fruits and vegetables together; list all fresh proteins together; list all frozen foods together; list all canned goods together). This will help to avoid having to take multiple passes down each aisle when shopping. An example template list is provided in this lesson.
- ★ Some people find it helpful to keep their grocery list in a central location (for example, on the refrigerator or in a kitchen drawer) and add to it as they use up staple food items.
- ★ You don't have to create a shopping list in one sitting. Many people keep an on-going list throughout the week—adding foods to the list as needed. Encourage family (thiwáhe) members to participate in adding to the grocery list if they use up staple food items.
- ★ If there are foods that you must have every week (for example, milk or bread), give yourself a reminder by making them a permanent part of your list.



Example Grocery List

Here is an example of a grocery list. Feel free to use this when shopping - or use it as a template to create a grocery list style that works for you.

Fresh Fruits (Waskúyeča) & Vegetables (Watȟóthoka)

Frozen Fruits (Waskúyeča) & Vegetables (Watȟóthoka)

Canned Fruits (Waskúyeča) & Vegetables (Watȟóthoka)

Canned Legumes & Beans (Omníča)

Milk (Asáŋpi) & Dairy Products

Fresh Meat (Tȟaló) & Eggs

Frozen Meat (Tȟaló) & Fish

Canned Meat (Tȟaló) & Fish

Nuts (nut butters) & Dried Beans (Omníča)

Grains (Pȟeží íŋkpa)

Seasonings (Wíčahiyutapi)

Sugars/Sweets

Oils

Other

Challenge Yourself!

Set a Goal

Choose (kaȟníğa) one of the goals below (or set your own) to try during the next month:

- ❒ I will inventory my current pantry and make a list of items I may wish to stock up on.
- ❒ I will compare Nutrition Facts labels to make healthy choices.
- ❒ I will pay attention to unit pricing when selecting food items.
- ❒ I will create one of this month's recipes at home.
- ❒ I will: _____

_____

_____

_____

_____

Corn Bread

Serves 9, 1 piece per serving

Ingredients

- 1 cup sifted all-purpose flour
- ¼ cup sugar
- 3 teaspoons baking powder
- ¾ teaspoon salt
- 1 cup yellow cornmeal
- 2 eggs
- 1 cup milk
- ¼ cup vegetable oil

Directions

1. Preheat oven to 425°; grease 9x9x2-inch pan.
2. Combine flour, sugar, baking powder, and salt; stir in cornmeal.
3. Add eggs, milk, and oil. Stir until mixed (do not over mix!) Pour into greased pan.
4. Bake for 20 to 25 minutes.
5. Cut into 9 3x3-inch pieces

Nutrition Facts

Serving Size 1 piece (80.73g)
Servings Per Container 9

Amount Per Serving	
Calories 180	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 220mg	**9%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 2g	**8%**
Sugars 6g	
Protein 5g	**10%**

*Percent Daily Values are based on a 2,000 calorie diet.

Soups Made Simple

Soup makes an easy lunch or dinner.
Leftovers can be frozen for another day.

Use the chart below to choose ingredients from each column. Follow the chef's notes and step-by-step directions below to make your soup.

Protein 1 pound (diced meat)	+ Vegetables 2 cups, chopped	+ Liquids 4 cups	+ Whole Grains 1½ cups, cooked
Beef (shoulder round or brisket)	Onions	Water	Brown rice
Chicken/Turkey (leg or thigh; boneless, skinless)	Greens (spinach, kale, collards, chard, etc.)	Low-sodium stock/broth	Whole what pasta
Pork (shoulder/butt)	Celery		Barley
Beans or Lentils (cooked, or drained and rinsed from a can)	Zucchini		Quinoa
	Tomatoes		
	Carrots		
	Mushrooms		
	Broccoli		

If using meat as your protein:

1. Heat 1 Tablespoon canola oil in a soup pot over medium-high heat. Sauté meat until lightly browned, about 5 minutes.
2. Add the vegetables. Reduce heat to medium and sauté for 5 minutes. If using canned or thawed frozen vegetables, skip this step and add vegetables during step 4.
3. Add liquid and bring to a boil. Reduce heat and simmer for 25-30 minutes or until meat is cooked through. Stir occasionally to keep ingredients from sticking to the bottom of the pot.
4. Add cooked grains during the last 5-7 minutes of cooking time, to warm through.

If using beans or lentils as your protein:

- Skip step 1 above. Follow the remaining steps, adding beans to the liquid in step 3. Shorten the total cooking time to 15 minutes.

Chef's Notes:

- **Vegetables:** Softer vegetables like spinach or zucchini will cook faster. Add during the last 5-7 minutes of cooking time.
- **Whole Grains:** Cook grains according to package instructions ahead of time. Refrigerate and add to soups you make that week.
- **Seasonings:** In addition to salt and pepper, try adding herbs and spices such as dried thyme, parsley, or ground cumin. Or, kick up the flavor by adding some minced garlic, hot peppers, ginger, or citrus zest. When using fresh herbs, add them at the end of cooking to keep the flavor fresh.

Bean Soup

Makes 6 servings

Ingredients

- 2 cups dried navy beans
- 3 quarts water for soaking or quick-cooking
- 6 cups water or low-sodium chicken broth
- 1 garlic clove, chopped (½ teaspoon minced or ¼ teaspoon powder)
- 1 large onion, minced
- 3 stalks celery, chopped
- 1 meaty ham bone or 1/2 pound chopped ham
- Salt and black pepper to taste

Directions

1. Sort beans to remove any stems or rocks. Wash and drain beans.
2. In large pot, cover beans with water and soak overnight in the refrigerator. Or bring to boil and boil for 2 minutes. Remove from heat and let stand 1 hour.
3. Drain water.
4. Add 6 cups of water or broth to pot.
5. Add remaining ingredients.
6. Heat to boiling. Cover. Turn down heat and simmer 2 to 4 hours or until tender. Add more water if needed.

Nutrition Facts

Serving Size 1 cup (741.47g)
Servings Per Container 6

Amount Per Serving	
Calories 320	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 400mg	**17%**
Total Carbohydrate 46g	**15%**
Dietary Fiber 17g	**68%**
Sugars 4g	
Protein 22g	**44%**

*Percent Daily Values are based on a 2,000 calorie diet.

Variations:

Split Pea Soup - Use split green or yellow peas and ham. Overnight soak is not needed.

Black Bean Soup - Use black beans instead of navy beans. Add one green pepper, chopped.

Chuckwagon Beans - Use kidney beans instead of navy beans. Add 1 6-ounce can of tomato paste and 1 Tablespoon of Taco Seasoning (Month 1, Lesson 1) during last hour of cooking.

Master Mix

Yield: Approximately 10 cups

Keeps about 3 months in refrigerator

The below recipe is for Master Mix, an all-purpose baking mix which can be made ahead of time, stored easily, and used to make many dishes.

Ingredients

- 4 cups unsifted all-purpose flour
- 4 cups unsifted whole-wheat flour
- ¼ cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon iodized salt
- 1⅓ cups nonfat dry milk powder
- 1 cup canola oil

Directions

1. In large bowl, combine flours, baking powder, sugar, salt, and dry milk.
2. Drizzle oil over dry mixture; cut in with pastry blender, fork, or fingers until it resembles course conrmeal.
3. Store in covered container in refrigerator.

Variations:

Flour - Use 8 cups all-pupose flour; or 6 cups all-purpose flour and 2 cups whole-wheat flour.

Nutrition Facts

Serving Size 1/4 cup (36.75g)
Servings Per Container 40

Amount Per Serving	
Calories 150	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 310mg	**13%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 4g	**8%**

*Percent Daily Values are based on a 2,000 calorie diet.

Chef's Notes

- To measure *Master Mix* for recipes, stir lightly, pile into cup (do not shake), and level off.

Biscuits

Makes 10 to 12 biscuits

- 2 cups Master Mix (page 21)
- ½-¾ cup water or low-fat milk

1. Measure Master Mix into bowl; add water and stir.
2. Add more water, as needed, 1 Tablespoon at a time, to form a soft dough.
3. Knead gently about 12 times in the bowl or on a surface sprinkled with Master Mix.
4. Roll or pat to ½-inch thickness. Cut into circles using a floured biscuit cutter or glass, or cut into squares or triangles with a knife.
5. Bake on ungreased baking sheet (any size) at 450°F for 12 to 15 minutes.

Nutrition Facts
Serving Size 1 biscuit (34.38g)
Servings Per Container 12

Amount Per Serving	
Calories 100	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 3g	**6%**

*Percent Daily Values are based on a 2,000 calorie diet.

Pancakes

Makes 4 servings

- 2 cups Master Mix (page 21)
- 1½ cups water or low-fat milk
- 1 egg, beaten

1. Combine all ingredients, stirring just enough to moisten dry ingredients.
2. Coat griddle, fry pan, or electric skillet with non-stick spray.
3. Drop batter by spoonfuls onto hot surface.
4. Turn when bubbles appear on the surface of the cakes. Cook until well-browned.

Nutrition Facts
Serving Size 2 pancakes (174.88g)
Servings Per Container 4

Amount Per Serving	
Calories 330	Calories from Fat 110
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 640mg	**27%**
Total Carbohydrate 43g	**14%**
Dietary Fiber 3g	**12%**
Sugars 6g	
Protein 10g	**20%**

*Percent Daily Values are based on a 2,000 calorie diet.

Variations:

Waffles- Add 1 Tablespoon canola oil to pancake mixture. Bake in preheated waffle iron. Makes 4 small waffles.

Pumpkin Pancakes or Waffles– Add 1 cup of canned pumpkin, 1 teaspoon cinnamon and ½ teaspoon ginger to the batter. If batter is too thick, add water or milk a little at a time.

Fruit Pancakes or Waffles– Add small pieces of your favorite fruit to the batter. Try blueberries, shredded apple, or diced bananas. Or, add the fruit on top after cooking.

Muffins

Makes 12 muffins

- 3 cups + 2 Tablespoons Master Mix (page 21)
- 3 Tablespoons sugar
- 1 egg, beaten
- 1¼ cups water or low-fat milk

1. Combine Master Mix and sugar.
2. Blend egg and water; add to mix. Stir gently just until dry ingredients are moistened. Mixture should be lumpy.
3. Coat muffin pans with non-stick spray. Fill ⅔ full.
4. Bake at 400°F for 20 minutes.

Nutrition Facts

Serving Size 1 muffin (70.29g)
Servings Per Container 12

Amount Per Serving	
Calories 180	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 330mg	**14%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 2g	**8%**
Sugars 6g	
Protein 5g	**10%**

*Percent Daily Values are based on a 2,000 calorie diet.

Variations:

Blueberry Muffins- Lightly coat ¾ cup fresh or frozen blueberries with Master Mix to keep them from discoloring or sinking to bottom. Fold blueberries and 1 teaspoon finely grated lemon peel into batter.

Cranberry Muffins- Combine 1 cup coarsely chopped cranberries and 2 Tablespoons sugar. Fold into batter.

Date-Nut Muffins- Lightly coat ⅔ cup snipped, pitted whole dates with Master Mix to keep them from sinking. Combine dates and ½ cup chopped nuts. Fold into batter.

Jelly Muffins- Do not use muffin papers. Fill muffin cups ⅓ full with batter, top with 1 teaspoon jelly, jam, or preserves, top with enough batter to fill ⅔ full.

Cheese Muffins- Stir ½ cup shredded low-fat cheddar or Monterey Jack cheese into batter.

Cornmeal Muffins- Reduce Master Mix to 1½ cups. Add 1 cup yellow cornmeal.

Banana Muffins- Reduce water to ½ cup. Add ¾ cup mashed banana and ½ cup chopped nuts to batter.

Breadsticks

Makes 12 breadsticks

- 1 cup Master Mix (page 21)
- ½ cup flour
- ½-⅔ cup water (approximate)
- Sesame or caraway seeds (optional)

Nutrition Facts	
Serving Size 1 breadstick (27.33g)	
Servings Per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 20
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**4%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 2g	**4%**

*Percent Daily Values are based on a 2,000 calorie diet.

1. Mix dry ingredients. Add enough water to form soft dough.
2. Knead 12 times in the bowl or on surface sprinkled with flour or Master Mix.
3. Shape into pencil-like strands ½-inch thick. Cut into 3-inch lengths. Roll in sesame or caraway seeds, if desired.
4. Bake on ungreased baking sheet (any size) at 400°F for about 15 to 20 minutes or until brown. For extra crispness, when sticks are brown, turn off oven and leave sticks in oven for about 5 minutes.

Banana Bread

Makes 1 loaf. 8 slices.

- 2 eggs
- ⅓ cup water or low-fat milk
- ⅓ cup sugar
- ½ teaspoon baking soda
- 1¼ cups mashed bananas (about 3)
- 2½ cups Master Mix (page 21)
- ¼ cup chopped nuts (optional)

Nutrition Facts	
Serving Size 1 slice (121.24g)	
Servings Per Container 8	
Amount Per Serving	
Calories 290	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 480mg	**20%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 3g	**12%**
Sugars 18g	
Protein 7g	**14%**

*Percent Daily Values are based on a 2,000 calorie diet.

1. Beat eggs, water and sugar in a bowl until well blended. Add baking soda and bananas.
2. Stir in Master Mix and nuts until all dry ingredients are coated.
3. Pour into 9x5x3-inch loaf pan coated with non-stick spray. Bake at 350°F for 40 to 45 minutes or until brown.

Coffee Cake

Makes 16 pieces

Cake

- 2 cups Master Mix (page 21)
- ½ cup sugar
- 1 egg
- ⅔ cup water or low-fat milk

1. Combine Master Mix and sugar. Mix egg and water and stir into dry ingredients just until blended.
2. Coat an 8x8-inch baking pan with non-stick spray. Spread batter and sprinkle with topping.
3. Bake at 375°F for 20 minutes.

Topping

- ⅓ cup brown (or white) sugar
- 2 Tablespoons Master Mix (page 21)
- 1 teaspoon cinnamon
- 2 Tablespoons soft-tub margarine

1. Combine dry ingredients and cut in margarine.
2. Sprinkle over batter before baking.

Variations:

Apple or Pear Coffee Cake- Instead of topping, arrange apple or pear slices on cake batter in a pretty design. Sprinkle with a mixture of 2 Tablespoons sugar and 1 teaspoon cinnamon.

Nutrition Facts

Serving Size 1 piece (37.67g)
Servings Per Container 16

Amount Per Serving	
Calories 110	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 160mg	**7%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 1g	**4%**
Sugars 8g	
Protein 3g	**6%**

*Percent Daily Values are based on a 2,000 calorie diet.

Pizza

Crust:

- 1 1/3 cups Master Mix
- 1/4 to 1/3 cup water (approximate)

1. Combine Master Mix with enough water to make a soft dough.
2. Knead in the bowl 12 times.
3. Roll or pat out thin on a greased cookie sheet into an 11 to 12-inch circle or rectangle. (A small glass makes a good rolling pin.)
4. Turn up edges of dough.
5. Bake at 425° for 8 to 10 minutes or until partially baked and starting to brown.
6. Reduce heat to 375°. Remove from oven and add topping.

Topping:

- 1 can (8 ounces) tomato sauce
- 1 Tablespoon instant minced onion
- 1/4 teaspoon garlic salt
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- 4 ounces cubed or shredded mozzarella cheese or processed cheese food
- Grated Parmesan or Romano cheese (optional)

7. Mix tomato sauce, onion, and spices. Spread over partially baked crust. Sprinkle with mozzarella and then with some Parmesan.
8. Bake at 375° for 15 to 20 minutes or until topping is hot and crust is brown.

Variations:

Add 1/2 pound of cooked, seasoned, ground beef, drained, or additional toppings before cheese.