

EFNEP Newsletter

For more information about this and other Herkimer County programs, call 315.866.7920

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Ingredient Substitutions

With all of the extra cooking you may be doing this holiday season, chances are you might run out of an ingredient you need. Try these common ingredient substitutions to save yourself a trip to the store.

- **Buttermilk** - 1 cup: Use 1 tablespoon of vinegar or lemon juice plus enough milk to make 1 cup
- **Egg** - 1 whole: Use $\frac{1}{4}$ cup egg substitutes (like *Egg Beaters*)
- **Cake flour** - 1 cup: 1 cup all-purpose flour minus 2 tablespoons
- **Self-rising flour** - 1 cup: 1 cup all-purpose flour minus 2 tablespoons plus $1\frac{1}{2}$ teaspoons baking powder and $\frac{1}{2}$ teaspoon salt
- **Fresh Herbs** - 1 tablespoon: 1 teaspoon dried leaf herbs or $\frac{1}{2}$ teaspoon ground herbs. Fresh herbs do not substitute well in every recipe, but they do in most recipes.
- **Mayonnaise** - 1 cup (for salads and salad dressings): 1 cup sour cream or 1 cup plain yogurt or any combination of sour cream or plain yogurt and mayonnaise to make 1 cup
- **Dry mustard** - 1 teaspoon: 1 tablespoon prepared mustard
- **Red wine** - any amount: the same amount of grape or cranberry juice
- **White wine** - any amount: the same amount of apple or white grape juice
- **Kosher salt**—1 teaspoon: Use $\frac{1}{2}$ teaspoon table or sea salt



Holiday Recipes that Use Raw Eggs

Many of us have old family recipes that call for using raw eggs in recipes that are not cooked. Cream pies and eggnog are a few recipes that quickly come to mind. Even Grade A eggs without cracked or damaged shells can contain Salmonella bacteria. That's why it is important to cook all recipes that contain eggs. Many recipes that don't instruct you to cook the eggs can be used as long as you slowly cook the egg mixture to a temperature of 160 degrees.

EFNEP is a free program helping families with children eat better for less.

Learn how to:

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

Who is eligible for this program?

Families with children ages 19 and under (or pregnant) who are participating in WIC, SNAP, Head Start, Medicaid, free or reduced price school lunches

If you or your organization are interested in scheduling classes, please contact:

Cornell Cooperative Extension Herkimer County
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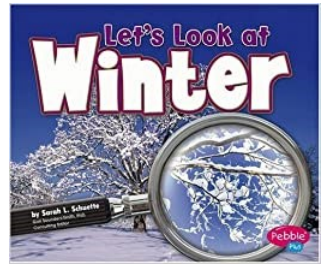
For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCFNEP> or scan the QR code below:



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KORNER IDS

During the December school break, plan a trip with your child to the local public library and borrow *Let's Look at Winter* by Sarah L. Schuette. The book explains what happens in nature during the winter. After you've read the book, take a walk outside with your child and explore winter in your own yard or neighborhood.



What similarities and differences do you find from what you read in the book?

It's a Meal Strata

Serving Size: 4x4 piece
Makes 4 servings

Ingredients:

- 1 teaspoon vegetable or canola oil
- 3 cups sliced or chopped vegetables (fresh, frozen or leftovers)
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1/2 of an 8-ounce package of Neufchâtel cream cheese, softened
- 3 eggs
- 1 cup cubed day old bread (about 1 slice)
- 1/3 cup cubed cooked ham
- 1/8 teaspoon pepper
- 1/3 cup shredded Cheddar cheese



Directions:

1. Preheat oven to 350 degrees.
2. Cut the vegetables so they are about the same size.
3. In a large skillet, heat oil over medium-high heat. Add the vegetables and garlic and cook, stirring occasionally, until vegetables are tender. Turn off heat and pat the vegetables with paper towels to remove the moisture. Set aside.
4. In a large bowl, beat the cream cheese until smooth, Add eggs and beat well.
5. Stir in vegetables, bread, cubed ham and pepper.
6. Pour into a greased 8"x8" baking dish or small casserole dish.
7. Bake, uncovered, for 10 to 15 minutes or until the egg mixture doesn't jiggle. Remove from heat, sprinkle on the cheese and let stand for 5 to 10 minutes before serving.

Source: Healthy & Homemade 2011 Nutrition and Fitness Calendar, Iowa State University Extension and Outreach

*Nutrition Facts: Serving Size – 4x4 piece, 204 Calories, 13g Total Fat, 8g Saturated Fat, 0g Trans Fat, 187mg Cholesterol, 423mg Sodium, 10g Total Carbohydrate, 1.5g Dietary Fiber, 4g Total Sugars, 13g Protein, 11% vitamin A, 14% calcium, 40% vitamin c, 8% iron