

# Easy Pleasing Meatloaves

Serves 8

## Ingredients:

- 2 pounds ground beef
- 1 package (6 ounces) stuffing mix, any variety
- 1 cup water or milk
- 2 eggs, beaten
- ½ cup barbeque sauce, divided

## Directions:

Preheat oven to 375°F.

Mix all ingredients except for ¼ cup barbeque sauce.

Shape meat mixture into 2 oval loaves. Place side by side on a 9 x 13-inch baking dish. Top with remaining ¼ cup barbeque sauce.

Bake for 35 minutes or until center is no longer pink.



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# Mashed Potatoes

Serves 4

## Ingredients:

5 to 6 medium white potatoes (about 1 ½ pounds)

½ cup milk or cream

½ teaspoon salt

¼ teaspoon pepper

¼ cup butter, softened

## Directions:

Peel potatoes, if desired. Cut potatoes into 1-inch chunks. Place in a saucepan and cover with water. Bring to a boil. Reduce heat and simmer 15 minutes or until tender. Drain and return potatoes to pan. Mash potatoes. Add milk, salt, pepper and butter. Mix well.



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# Cranberry Spinach Salad



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**Serves 4**

## Ingredients:

### Salad:

- 1 package (6 ounces) fresh spinach
- ½ cup dried cranberries
- 8 slices of red onion
- 4 bacon slices, cooked crisp and crumbled
- Favorite salad dressing

## Directions:

Rinse and dry spinach. Divide evenly among 4 salad plates. Top each plate with 2 tablespoons dried cranberries and 2 onion slices. Pour dressing evenly over salads and serve.



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# Cookie Milk Shake

Serves 4

## Ingredients:

- 1 quart (4 cups) low fat milk
- 1 package (3.4 ounces) instant pudding
- 4 cookies (your choice), crushed

## Directions:

- Place milk and pudding in a large container.
- Stir until well blended.
- Pour into glasses and top with crushed cookies.

Serve immediately. Mixture will thicken upon sitting.



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# Chicken Tetrazzini



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**Serves 4**

## Ingredients:

8 ounces spaghetti, uncooked	1 teaspoon salt
¼ cup margarine	1/8 teaspoon ground nutmeg
3 Tablespoon all-purpose flour	Pepper, to taste
1 can (14 ounces) chicken broth	3 cup cooked chicken, diced
¾ cup low fat milk	1 (6.5 ounce) can sliced mushrooms, drained
1 Tablespoon dried parsley	½ cup Parmesan cheese, grated



## Directions:

Preheat oven to 350°F. Spray a 9x13-inch baking dish with non-stick cooking spray. Set aside. Cook spaghetti according to package directions, but slightly undercook. Melt margarine in a large saucepan. Stir in flour. Add chicken broth. Cook until thick, stirring frequently. Add milk, parsley, salt, nutmeg, and pepper. Add chicken, mushrooms, and spaghetti. Mix all together. Place in prepared baking pan. Top with Parmesan cheese. Bake for 30 to 40 minutes.

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# Glazed Carrots

Serves 6

## Ingredients:

1½ pound carrots

2 Tablespoon margarine

1 cup water

¼ teaspoon salt

¼ teaspoon pepper

2 teaspoon sugar



## Directions:

Peel carrots and cut into 1 ½ inch pieces. In a medium saucepan, melt margarine.

Add carrots and stir to coat with margarine. Add water, salt, and pepper.

Cover and simmer 15 minutes or until tender. Drain.

Add sugar, cover, and shake back and forth for 1 minute while holding down the lid tightly.

Cook 1 minute more, or until carrots are glazed but not brown.



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# Yogurt Parfait

Serves 4

## Ingredients:

2 containers (6 ounce) vanilla yogurt  
1 can (20 ounce) pineapple chunks  
¼ cup chopped nuts (any kind)

## Directions:

Divide yogurt among four bowls.  
Top with fruit and chopped nuts.



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# Salmon Cakes



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**Serves 4**

## Ingredients:

¼ cup red bell pepper,  
finely chopped

¼ cup green onion, finely chopped

¼ cup mayonnaise

1 Tablespoon lemon juice

¼ teaspoon seasoned salt

Cayenne pepper, to taste

1 egg, lightly beaten

1 can (15 ounce) salmon

¼ cup dry bread crumbs

3 Tablespoon vegetable oil

Additional dry breadcrumbs

## Directions:

In small mixing bowl, combine red pepper, green onion, mayonnaise, lemon juice, seasoned salt and cayenne pepper. Adjust seasonings to personal preference.

Stir in egg, salmon and breadcrumbs. Form mixture into 6 to 8 balls. Roll salmon balls in the extra breadcrumbs; flatten into cakes about ½ inch thick. Pour vegetable oil in a skillet over medium heat. When oil is hot, add salmon. Cook for 3 to 4 minutes on each side.



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# Microwave Broccoli

Serves 3

## Ingredients:

1 ½ pounds broccoli, rinsed  
½ cup water

## Toppings:

1. Italian dressing
2. Butter and garlic

## Directions:

Trim off thick stems and throw away.  
Cut florets into 1-inch pieces. Place in 2-quart baking dish with water and cover. Microwave on high for 4 to 5 minutes. Stir and continue cooking for 4 to 5 minutes or until tender. Let sit for 3 to 5 minutes. Add a topping if desired.



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# Candy Corn

Serves 4

## Ingredients:

- 1 package (10 ounce) frozen corn
- 1 Tablespoon butter or margarine
- 1 to 2 Tablespoon brown sugar
- ¼ cup diced red bell pepper (optional)
- 2 green onions, chopped

## Directions:

Cook corn according to package directions.  
Drain corn. Add butter and brown sugar. Stir until butter melts and sugar dissolves. Add pepper and green onions.  
Cook for 2 minutes, stirring constantly. Serve hot or cold.



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# Crystal's Fruit Salad

Serves 4 to 6

## Ingredients:

- 2 oranges
- 2 red grapefruits
- 1 ripe banana
- 1 Tablespoon sugar
- ½ cup poppy seed dressing

## Directions:

Peel and section fruit. Remove the white part covering the sections. Mix fruit together. Add sugar and poppy seed dressing.

NOTE: For a change of pace, tangerines could be used. This recipe could be made with strawberries, cantaloupe or honeydew (omit the sugar).



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# Red Beans and Rice

Serves 4

## Ingredients:

1 cup red beans, dry	1 cup onion, chopped	1 teaspoon salt
3 cup water	½ cup green pepper, chopped	¼ teaspoon ground cayenne pepper
2 bay leaves	1 clove garlic, minced	⅔ cup rice, uncooked
1 Tablespoon vegetable oil	1 teaspoon dried thyme	

## Directions:

Sort and rinse beans. Add enough water to cover. Allow beans to soak for eight hours or overnight. Drain and rinse beans again. In a medium saucepan, combine red beans, water, and bay leaves. Bring to boil. Reduce heat and simmer for about 1 hour. Once the beans have cooked for 1 hour, start heat oil in a small skillet. Add onion, green pepper, and garlic. Sauté until mixture is tender. Add mixture to the beans. Add thyme, salt, and cayenne pepper to beans. Continue to cook until beans are soft. For spicier beans, add another ¼ teaspoon cayenne pepper. Cook rice according to package directions. Serve beans over the cooked rice.



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# Tossed Salad



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Use a salad as opportunity to add more nutrients to your diet. A good salad has a variety of colors, flavors and textures. Start with a base of a nutrient dense lettuce, such as Romaine, spinach, spring greens. Figure about 1 cup of lettuce per person.

## Vegetables

Think beyond tomatoes. They are not the only vegetable that can go in a salad. Avocados are high in monounsaturated fats and contribute a smooth texture to a salad. Cucumbers, mushrooms, jicama, bell peppers are great additions to a salad.

## Fruit

Fruit adds a hint of sweetness. Vary your fruit with what is in season. As a general rule, allow one piece of fruit for four people. For dried fruit, use  $\frac{1}{4}$  cup for four people.

## Ingredients from a Jar

Consider adding canned beets, garbanzo beans, kidney beans, or olives to your salad.

## Nuts

Nuts add monounsaturated fats and a crunch. Toast them before adding to a salad.

## Cooked Ingredients

Cooked foods such as asparagus, bacon, eggs, or green beans can be added to a salad.

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# Chocolate Banana Parfait

Serves 4

## Ingredients:

- 2 cups cold milk
- 1 package (3.4 ounce) chocolate instant pudding
- 2 medium bananas, sliced
- ½ cup whipped topping

## Directions:

Pour milk into medium bowl. Add dry pudding mix. Beat with a wire whisk. Spoon half of the pudding evenly into individual serving dishes. Layer with banana slices, whipped topping and remaining pudding. Refrigerate until ready to serve.



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# Tips for Dining on a Budget

## **Shop the Sales**

Most stores run really good specials. When your budget allows, buy extra. Do not purchase more than you can store or use before the expiration date. Look at store brand products. They are often cheaper than national (Heinz ketchup vs. store) brands.

## **Use Coupons**

Coupons can reduce the amount you spend on groceries. Before using a coupon, determine if you really need the item. Check to see if the store brand costs less than the national brand, even with the coupon.

## **Plan Meals**

Plan your meals for at least one week. Extra trips to the store mean extra gas and the more often you shop, the more you spend.

## **Make a Shopping List**

Making a shopping list allows you to enter the store with a plan and avoid impulse purchases.

## **Shop Seasonally**

Buying produce in their peak season usually allows you to get it for less money. Also produce purchased in peak season usually tastes better.

## **Reduce Use of Convenience Products**

It is usually more expensive to use convenience products than their traditional counterpart. Convenience products tend to contain more sodium. Reducing use of convenience products may reduce sodium intake. Most consumers believe that convenience products save time, however, new research shows that use

of convenience products saves very little time.

## **Make Meat the Side Dish**

Meat is usually the most expensive part of a meal. Consider using less meat and more fruits and vegetables.

## **Beans and Eggs**

Beans and eggs are excellent sources of protein and cost less than meat. Beans when combined with rice, corn or other cereals, make a complete protein. Use beans in soups, salads and casseroles. Eggs can be eaten anytime from breakfast to dinner. Make hard boiled eggs for salads. Add an egg to cooked vegetables for a frittata for dinner.

**Dr. Georgia Jones**

**UNL Extension Food Specialist**