

Saving Money with Homemade Convenience Mixes



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Why Use Homemade Convenience Foods?

Preparing homemade convenience foods allows you to control the final product, the nutritional value, and the quality and quantity of the ingredients. You can limit fat, sodium, sugar and additives in your convenience foods, and also save valuable time.

When you compare the costs of home-prepared foods with those of commercial convenience foods, remember that cost per serving is only one consideration. There are other factors to consider when deciding whether to prepare a mix at home or to buy it at the local store.

Purchased “convenience foods” may be a bargain when

- product is less bulky than other forms, which will save storage space (for example, juice concentrate, instant coffee, etc.);
- it is a lot of work to make the item at home (for example, squeezing oranges for juice or making pasta); or the product contains rarely-used ingredients that you probably would not use (for example, certain spices).

Purchased “convenience foods” may NOT be a bargain when

- the main ingredient is meat (generally, with a few exceptions); has a great deal of packaging;
- you have the ingredients for the home-prepared product on hand and want to use them.
- one or more of the ingredients for the home-prepared product are available either free, or at a substantial savings. (For example, you might have free apples and decide to make apple-sauce.)

Suggestions for making “convenience mixes” more nutritious

1. Substitute whole wheat flour for all or part of the bleached white flour.

2. Use vegetable oil instead of solid shortening.
3. Use fat-free milk instead of whole milk.
4. Add more nonfat dry milk than the recipe calls for.

Reducing fat in your homemade convenience foods

In baking, fat adds moisture, flavor, and tender texture to cookies, cakes, quick breads, and muffins. Using fruit puree – such as banana, prune, or apple – and nonfat dairy products, like nonfat yogurt or sour cream, help to give some fat-like flavor and texture characteristics to homemade baked goods without adding fat. Adding fruit to your recipes will also increase the nutritive value of the food.

Some of the recipes in this publication have been revised to lower the fat content and change the type of fat, to make the recipes more heart-healthy. Fruit sauces, purees, or nonfat yogurt, when added to recipes or used to replace some of the fat, will make foods more moist.

People often ask if oil can be substituted for margarine or shortening when making cookies. All three ingredients are fats, but they are not all interchangeable. Oil is 100 percent fat. Margarine is a mixture of fat and water (light margarine or spreads have a higher percentage of water). Substituting one cup of oil for one cup of margarine adds more fat than the original recipe. The cookie will have a greasy taste and feel.

Creaming shortening or margarine with sugar helps produce a cookie with a tender texture. Substituting oil in a cookie recipe may change the texture and volume.

Most recipes will not work if you eliminate all of the fat. But reducing fat is a good choice. Flavor does not have to be lost when reducing fat in recipes to make them healthier. When you modify a recipe using fruit purees, replace the amount of fat called for in the recipe with half as much puree.

Making a Mix From a Favorite Recipe

You can easily make your own mixes at home for many floured-based foods (cakes, quick breads, pie crusts, cookies), as well as foods containing a variety of spices, such as spaghetti sauce, chili sauce, and meat loaf.

Flour-Based Mixes

Using a favorite recipe, combine all of the dry ingredients with margarine. Blend well and refrigerate in an airtight container, labeled with directions for preparing. Date it, and use within 3 months. When you are ready to use the mix, empty it into a bowl and add liquid ingredients, such as eggs, milk, water, and vanilla, as given in the original recipe.

Let's say that this is your best pancake recipe and you would like to make it into a mix similar to those available in the stores.

Basic Pancake Batter

2 cups flour
1 tablespoon baking powder
1 teaspoon salt
2 tablespoons sugar
1 egg
1/2 cup dry milk plus 1-1/4 cups water or
1 1/2 cups fluid milk
3 tablespoons margarine

Thoroughly mix flour, baking powder, salt, sugar, dry milk (if used), and margarine. Refrigerate the mix in a jar or other airtight container labeled with directions. Make only as many batches as you will use within 3 months.

When you are ready to make a batch of pancakes, empty one batch of mix into bowl. Add an egg and water or milk and combine well. Follow recipe directions for cooking.

It may be simpler to make and store several single batches individually. But it is also possible to multiply the dry ingredients to make a quantity of mix to be stored in a larger container. The only difference in using this approach is that you must figure how much mix to measure out when you want a single batch of pancakes. To do this, add together all of the cups, tablespoons, and teaspoons of dry ingredients and fat in the original recipe for a single batch, and then convert the answer you get into cups of dry mix.

Example:

2 cups four flour + 1/2 cup dry milk = 2 1/2 cups
(or 2 cups and 8 tablespoons)
1 tablespoon baking powder + 2 tablespoons sugar
+ 3 tablespoons fat = 6 tablespoons
1 teaspoon salt = 1 teaspoon
Total = 2 cups + 14 tablespoons + 1 teaspoon (or 3 cups minus 2 tablespoons)

You are likely to get a sum that does not make an even 1/4, 1/3, or 1/2 cup. Estimate your figures to the nearest tablespoon. In this case, to make a single batch of pancakes, you would measure out 3 cups of the mix less 2 tablespoons.

Saving Money With Homemade Convenience Mixes provides recipes for master convenience mixes that you can make and keep on hand. These mixes are healthier and less expensive than the packaged convenience mixes you buy in the store, and allow you to control the amount of fat, sodium, sugar and additives in your foods without sacrificing the convenience of a mix. There are 15 master convenience mixes, each with recipes you can make from the mix:

1. All-Purpose Convenience Mix
2. Whole Wheat Convenience Mix
3. Corn Bread Convenience Mix
4. Rolled Oats Convenience Mix

5. Hot Cocoa Convenience Mix
6. Convenience Spaghetti Sauce Seasoning Mix
7. Convenience Taco Seasoning Mix
8. Convenience Chili Seasoning Mix
9. Convenience Meat Loaf or Meatball Seasoning Mix
10. Convenience Seasoning Mixes For Rice
11. Convenience Seasoned Coating Mix for Meat, Fish, and Poultry
12. Convenience Seasoned Cornmeal Coating Mix for Meat, Fish, and Poultry
13. Convenience Salt-Free Seasoning Mix
14. Basic Oil and Vinegar Dressing Mix
15. High-Fiber Convenience Snack Mix

Convenience Mix #1

All-Purpose Convenience Mix—12-cup yield

9 cups flour
3/4 cup canola oil
1 tablespoon salt
1/4 cup baking powder
2 cups nonfat dry milk

Combine flour, dry milk, baking powder, and salt in a large bowl. Stir together. Mix in oil until the mixture is smooth. Store in an airtight container. Refrigerate and use within a month, or put into containers suitable for freezing and freeze.

All-Purpose Convenience Mix—6-cup yield

4 1/2 cups flour
1/2 cup canola oil
1/2 tablespoon salt
2 tablespoons baking powder
1 cup nonfat dry milk

Combine flour, dry milk, baking powder, and salt in a large bowl. Stir together. Mix in oil until the mixture is smooth. Store in an airtight container. Refrigerate and use within a month, or put into containers suitable for freezing and freeze.

Nutrition Facts

Serving Size 1.00 cup(s) (124g)

Amount Per Serving			
Calories	508	Calories from Fat	131
% Daily Value			
Total Fat	14.6g		22 %
Saturated Fat	1.2g		6 %
Trans Fat	0.1g		
Cholesterol	2.0mg		1 %
Sodium	1040.3mg		43 %
Total Carbohydrate	78.7g		26 %
Dietary Fiber	2.5g		10 %
Sugars	6.2g		
Protein	13.7g		
Vitamin A	5 %	Calcium	22 %
Vitamin C	1 %	Iron	24 %

Recipes Using All-Purpose Convenience Mix

- 12-cup yield
- 6-cup yield
- Biscuits
- Biscuit Variations
- Cheese Bread
- Dumplings
- Basic Muffins
- Basic Muffin Variations
- Bran Muffins
- Pancakes
- Waffles
- Banana Bread
- Orange Nut Bread
- Pumpkin Bread
- Yeast Rolls
- Hamburger-Onion Buns
- Italian Bread Sticks
- Coffee Cake
- Fruit Surprise
- Apple Rolls
- Brownies
- Molasses Cookies
- Oatmeal Cookies
- Oatmeal Cookie Variations
- Peanut Butter Cookies
- Potato Skillet Cakes
- Tuna Biscuit Squares
- Tuna-Broccoli Casserole

Biscuits

3 cups All-Purpose Convenience Mix

3/4 cup water

Add the water to the Convenience Mix all at once. Blend lightly with a fork to form a soft dough and turn onto a floured board. Knead the dough slightly and then roll or pat the dough to a minimum of 1/2-inch thickness. Cut with a biscuit cutter and place on a cookie sheet. Bake at 450°F for 10 to 12 minutes.

Makes 9 biscuits

Nutrition Facts			
Serving Size 1.00 item(s) (61g)			
Amount Per Serving			
Calories	169	Calories from Fat	44
% Daily Value			
Total Fat	4.9g		7 %
Saturated Fat	0.4g		2 %
Trans Fat	0.0g		
Cholesterol	0.7mg		0 %
Sodium	347.3mg		14 %
Total Carbohydrate	26.2g		9 %
Dietary Fiber	0.8g		3 %
Sugars	2.1g		
Protein	4.6g		
Vitamin A	2 %	Calcium	8 %
Vitamin C	0 %	Iron	8 %

Biscuit Variations

Combine ingredients as above and continue as follows:

Drop biscuits: Use a little more liquid. Drop dough by spoonfuls onto a greased pan and bake at 450°F for 10 to 12 minutes.

Cinnamon rolls: Roll biscuit mix to 1/4-inch thickness. Spread with margarine, brown sugar, cinnamon, and raisins. Roll up like a jelly roll. Slice into sections and bake on a greased pan. Bake at 450°F for 10 minutes.

Meat rollups: Spread cooked leftover thinly sliced or chopped meat or tuna fish on the rolled out biscuit dough. Roll up like a jelly roll. Slice into sections and bake on a greased pan. Serve sections plain or with a cheese sauce. Bake at 450°F for 12 minutes.

Cheese biscuits:

Add 1/3 to 1/2 cup grated American or cheddar cheese to 3 cups mix. Then follow biscuit recipe above.

Nutrition Facts			
Serving Size 1.00 item(s) (67g)			
Amount Per Serving			
Calories	195	Calories from Fat	63
% Daily Value			
Total Fat	6.9g		11 %
Saturated Fat	1.7g		9 %
Trans Fat	0.0g		
Cholesterol	7.3mg		2 %
Sodium	386.3mg		16 %
Total Carbohydrate	26.3g		9 %
Dietary Fiber	0.8g		3 %
Sugars	2.1g		
Protein	6.1g		
Vitamin A	3 %	Calcium	12 %
Vitamin C	0 %	Iron	8 %

Shortcake:

Add 1 tablespoon sugar to 3 cups mix. Add 3/4 cup water and prepare as for biscuits. Roll biscuit dough out in a rectangle. Bake at 450°F for 10 to 12 minutes. Remove from the oven and serve at once with sweetened fruit. For individual shortcakes, cut dough into rounds before baking.

Nutrition Facts		
Serving Size 1.00 serving(s) (62g)		
Amount Per Serving		
Calories	175	Calories from Fat 44
<hr/>		
% Daily Value		
Total Fat	4.9g	7 %
Saturated Fat	0.4g	2 %
Trans Fat	0.0g	
Cholesterol	0.7mg	0 %
Sodium	347.3mg	14 %
Total Carbohydrate	27.6g	9 %
Dietary Fiber	0.8g	3 %
Sugars	3.5g	
Protein	4.6g	
Vitamin A	2 %	Calcium 8 %
Vitamin C	0 %	Iron 8 %

Fruit kuchen:

Spread the dough in a prepared pie pan so that dough comes up the sides. Fill with peeled, sliced peaches or apples. Sprinkle peaches with 1/4 cup sugar, or apples with a mixture of 1/4 cup sugar and 1 teaspoon cinnamon. Drop 1 teaspoon margarine on top of fruit. Bake at 400°F for 20 to 25 minutes.

American pizza:

Use 3 cups mix and 1/2 cup water. Roll out dough into a 15-inch circle, 1/4-inch thick. Place on baking sheet. Spread dough with 1 cup spaghetti sauce. Sprinkle with grated mozzarella cheese. Add other toppings as desired. If using pepperoni, reduce fat by laying the slices on paper towels and microwaving for 20 seconds before placing on pizza. Bake at 425°F for 20 minutes or until edges are brown.

Cheese Bread

3 3/4 cups All-Purpose Convenience Mix

1 egg

1 1/2 cups water

3/4 cup grated natural sharp cheese (cheddar)

Beat egg; add water and stir in Convenience Mix and cheese. Beat until well blended. Pour into greased loaf pan, 9 x 5 x 3 inches. Bake 1 hour at 350°F. Let cool a few minutes. Slice 1/2-inch thick and serve warm. Or cool thoroughly, wrap in waxed paper, and refrigerate overnight. Slice thinly. Also good toasted.

Nutrition Facts		
Serving Size 1.00 item(s) (80g)		
Amount Per Serving		
Calories	193	Calories from Fat 66
<hr/>		
% Daily Value		
Total Fat	7.3g	11 %
Saturated Fat	2.0g	10 %
Trans Fat	0.0g	
Cholesterol	25.7mg	9 %
Sodium	375.7mg	16 %
Total Carbohydrate	24.7g	8 %
Dietary Fiber	0.8g	3 %
Sugars	2.0g	
Protein	6.6g	
Vitamin A	3 %	Calcium 12 %
Vitamin C	0 %	Iron 8 %

Dumplings

3 cups All-Purpose Convenience Mix

3/4 cup water (about)

Pour water into mix and stir about 30 strokes. Drop from tablespoon into gently boiling stew. Cook for about 20 minutes, keeping pot tightly covered during the last 10 minutes.

Nutrition Facts		
Serving Size 1.00 item(s) (22g)		
Amount Per Serving		
Calories	61	Calories from Fat 16
% Daily Value		
Total Fat	1.8g	3 %
Saturated Fat	0.1g	1 %
Trans Fat	0.0g	
Cholesterol	0.2mg	0 %
Sodium	125.0mg	5 %
Total Carbohydrate	9.4g	3 %
Dietary Fiber	0.3g	1 %
Sugars	0.7g	
Protein	1.6g	
Vitamin A	1 %	Calcium 3 %
Vitamin C	0 %	Iron 3 %

Basic Muffins

2 1/2 cups All-Purpose Convenience Mix

1/3 cup sugar

3/4 cup water

1 egg

Combine Convenience Mix and sugar. In a separate bowl, beat egg and add water; add to dry ingredients. Stir just enough to mix in dry ingredients. Fill greased muffin tins about 2/3 full and bake at 400°F for 18 to 20 minutes.

Nutrition Facts		
Serving Size 1.00 item(s) (50g)		
Amount Per Serving		
Calories	133	Calories from Fat 31
% Daily Value		
Total Fat	3.5g	5 %
Saturated Fat	0.4g	2 %
Trans Fat	0.0g	
Cholesterol	18.1mg	6 %
Sodium	223.0mg	9 %
Total Carbohydrate	22.0g	7 %
Dietary Fiber	0.5g	2 %
Sugars	6.9g	
Protein	3.4g	
Vitamin A	2 %	Calcium 5 %
Vitamin C	0 %	Iron 6 %

Basic Muffins Variations

Raisin muffins:

Add 1/2 cup raisins.

Nutrition Facts			
Serving Size 1.00 item(s) (56g)			
Amount Per Serving			
Calories	152	Calories from Fat	31
		% Daily Value	
Total Fat	3.5g		5 %
Saturated Fat	0.4g		2 %
Trans Fat	0.0g		
Cholesterol	18.1mg		6 %
Sodium	223.7mg		9 %
Total Carbohydrate	26.8g		9 %
Dietary Fiber	0.8g		3 %
Sugars	10.5g		
Protein	3.6g		
Vitamin A	2 %	Calcium	5 %
Vitamin C	0 %	Iron	6 %

Date muffins:

Add 1/3 cup chopped dates.

Nutrition Facts			
Serving Size 1.00 item(s) (55g)			
Amount Per Serving			
Calories	147	Calories from Fat	31
		% Daily Value	
Total Fat	3.5g		5 %
Saturated Fat	0.4g		2 %
Trans Fat	0.0g		
Cholesterol	18.1mg		6 %
Sodium	223.1mg		9 %
Total Carbohydrate	25.7g		9 %
Dietary Fiber	0.9g		4 %
Sugars	10.0g		
Protein	3.5g		
Vitamin A	2 %	Calcium	5 %
Vitamin C	0 %	Iron	6 %

Blueberry muffins:

Add 1/2 cup blueberries (fresh or frozen).

Nutrition Facts			
Serving Size 1.00 item(s) (56g)			
Amount Per Serving			
Calories	137	Calories from Fat	31
		% Daily Value	
Total Fat	3.5g		5 %
Saturated Fat	0.4g		2 %
Trans Fat	0.0g		
Cholesterol	18.1mg		6 %
Sodium	223.1mg		9 %
Total Carbohydrate	22.9g		8 %
Dietary Fiber	0.7g		3 %
Sugars	7.5g		
Protein	3.4g		
Vitamin A	2 %	Calcium	5 %
Vitamin C	1 %	Iron	6 %

Pineapple muffins:

Add 1/2 cup well-drained, crushed pineapple.

Nutrition Facts			
Serving Size 1.00 item(s) (61g)			
Amount Per Serving			
Calories	142	Calories from Fat	31
		% Daily Value	
Total Fat	3.5g		5 %
Saturated Fat	0.4g		2 %
Trans Fat	0.0g		
Cholesterol	18.1mg		6 %
Sodium	223.2mg		9 %
Total Carbohydrate	24.3g		8 %
Dietary Fiber	0.6g		3 %
Sugars	9.1g		
Protein	3.4g		
Vitamin A	2 %	Calcium	5 %
Vitamin C	2 %	Iron	6 %

Oatmeal muffins: see Rolled Oats Convenience Mix

Bran Muffins

- 1 egg
- 1/4 cup sugar
- 2/3 cup water
- 2 tbs. canola oil
- 1 cup whole bran cereal
- 1 1/2 cups All-Purpose Convenience Mix

Place egg in a bowl and beat. Add sugar, water, and oil. Continue beating. Blend in whole bran cereal. Add Convenience Mix. Stir quickly and vigorously until just mixed. Batter will look lumpy. Spray or rub muffin pans lightly with oil. Fill greased muffin tins about 2/3 full and bake at 400°F for 18 to 20 minutes.

Nutrition Facts			
Serving Size 1.00 item(s) (44g)			
Amount Per Serving			
Calories	119	Calories from Fat	42
% Daily Value			
Total Fat	4.7g		7 %
Saturated Fat	0.5g		2 %
Trans Fat	0.0g		
Cholesterol	17.9mg		6 %
Sodium	148.8mg		6 %
Total Carbohydrate	17.9g		6 %
Dietary Fiber	1.8g		7 %
Sugars	5.8g		
Protein	2.9g		
Vitamin A	3 %	Calcium	5 %
Vitamin C	2 %	Iron	9 %

Pancakes

- 1 1/2 cups All-Purpose Convenience Mix
- 2 tablespoons sugar
- 3/4 cup water
- 1 egg, well beaten

Blend Convenience Mix and sugar. Stir water and egg into mix until blended. Drop batter onto hot griddle which has been lightly greased. Cook on first side until bubbles form. Turn and cook on the other side. Serve immediately. Makes 12 medium pancakes.

Nutrition Facts			
Serving Size 1.00 item(s) (37g)			
Amount Per Serving			
Calories	78	Calories from Fat	20
% Daily Value			
Total Fat	2.2g		3 %
Saturated Fat	0.3g		1 %
Trans Fat	0.0g		
Cholesterol	17.9mg		6 %
Sodium	136.3mg		6 %
Total Carbohydrate	12.0g		4 %
Dietary Fiber	0.3g		1 %
Sugars	2.9g		
Protein	2.2g		
Vitamin A	1 %	Calcium	3 %
Vitamin C	0 %	Iron	3 %

Waffles

- 1 1/2 cups All-Purpose Convenience Mix
- 2 tablespoons sugar
- 3/4 cup water
- 1 egg, well beaten

Blend Convenience Mix and sugar. Gradually add beaten egg mixed with water. Mix thoroughly. Pour about 1/2 cup of the mixture onto a heated waffle iron and bake. Makes 4 to 5 waffles.

Variations: Top each waffle with your favorite fruit or vegetable. Try blueberries, apples, corn, broccoli, or nuts.

Nutrition Facts			
Serving Size 1.00 item(s) (57g)			
Amount Per Serving			
Calories	186	Calories from Fat	48
% Daily Value			
Total Fat	5.4g		8 %
Saturated Fat	0.7g		3 %
Trans Fat	0.0g		
Cholesterol	42.9mg		14 %
Sodium	326.2mg		14 %
Total Carbohydrate	28.7g		10 %
Dietary Fiber	0.8g		3 %
Sugars	7.0g		
Protein	5.4g		
Vitamin A	3 %	Calcium	7 %
Vitamin C	0 %	Iron	8 %

Banana Bread

3 cups All-Purpose Convenience Mix
3/4 cup sugar
3/4 cup water
1 egg
1/2 cup unsweetened apple sauce
1 cup mashed bananas
1/4 cup wheat germ (optional)
1/2 cup nuts (optional)

Beat egg and water together. Add sugar and bananas and mix. Stir in Convenience Mix and beat until blended. Add wheat germ and/or nuts. Pour into a lightly greased 9 x 5 x 3-inch pan. Bake for 45 to 50 minutes at 350°F. Let cool before slicing.

Nutrition Facts		
Serving Size 1.00 slice(s) (92g)		
Amount Per Serving		
Calories	238	Calories from Fat 68
% Daily Value		
Total Fat	7.5g	12 %
Saturated Fat	0.8g	4 %
Trans Fat	0.0g	
Cholesterol	18.1mg	6 %
Sodium	267.1mg	11 %
Total Carbohydrate	38.2g	13 %
Dietary Fiber	1.7g	7 %
Sugars	17.1g	
Protein	5.4g	
Vitamin A	2 %	Calcium 7 %
Vitamin C	2 %	Iron 8 %

Orange Nut Bread

3/4 cup sugar
1 egg
1 1/4 cups orange juice
1 tablespoon grated orange rind
3 cups All-Purpose Convenience Mix
3/4 cup chopped nuts

Mix sugar, egg, orange juice, rind, and Convenience Mix. Beat vigorously. Batter may be lumpy. Stir in nuts. Pour into lightly greased loaf pan, 9 x 5 x 3 inches. Bake at 350°F for 50 to 55 minutes or until toothpick inserted in center of bread comes clean. Cool before slicing.

Nutrition Facts		
Serving Size 1.00 slice(s) (81g)		
Amount Per Serving		
Calories	242	Calories from Fat 80
% Daily Value		
Total Fat	8.9g	14 %
Saturated Fat	0.9g	4 %
Trans Fat	0.0g	
Cholesterol	18.1mg	6 %
Sodium	266.3mg	11 %
Total Carbohydrate	36.1g	12 %
Dietary Fiber	1.2g	5 %
Sugars	16.6g	
Protein	5.2g	
Vitamin A	3 %	Calcium 7 %
Vitamin C	23 %	Iron 8 %

Pumpkin Bread

3 cups All-Purpose Convenience Mix
3/4 cup sugar
3 tablespoons water
1 egg
1 cup pumpkin pie filling or cooked pumpkin
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg

Combine all ingredients together and mix well. Pour into lightly greased loaf pan, 9 x 5 x 3 inches. Bake at 350°F for 50 to 55 minutes.

Nutrition Facts		
Serving Size 1.00 item(s) (74g)		
Amount Per Serving		
Calories	206	Calories from Fat 37
% Daily Value		
Total Fat	4.1g	6 %
Saturated Fat	0.5g	2 %
Trans Fat	0.0g	
Cholesterol	18.1mg	6 %
Sodium	312.8mg	13 %
Total Carbohydrate	38.4g	13 %
Dietary Fiber	2.6g	10 %
Sugars	14.2g	
Protein	4.2g	
Vitamin A	39 %	Calcium 7 %
Vitamin C	2 %	Iron 8 %

Yeast Rolls

Makes 16 rolls

- 1 package dry yeast
- 2/3 cup warm water
- 1 tablespoon sugar
- 2 tablespoons oil
- 2-1/2 cups All-Purpose Convenience Mix

Dissolve yeast in warm water. Stir in sugar, oil, and Convenience Mix; beat vigorously. Turn dough onto floured surface. Knead until smooth, about 20 times. Cut off small sections of dough and shape into rolls. Arrange in a lightly greased baking pan so that the rolls are packed tightly and touching each other. It doesn't matter if your rolls don't take up the whole pan. Cover with damp cloth. Let rise in warm place until double in size, about 30 minutes. Bake in 400°F oven 10 to 15 minutes, or until golden brown.

Nutrition Facts			
Serving Size 1.00 item(s) (32g)			
Amount Per Serving			
Calories	99	Calories from Fat	36
% Daily Value			
Total Fat	4.0g		6 %
Saturated Fat	0.3g		2 %
Trans Fat	0.0g		
Cholesterol	0.3mg		0 %
Sodium	163.1mg		7 %
Total Carbohydrate	13.2g		4 %
Dietary Fiber	0.5g		2 %
Sugars	1.8g		
Protein	2.3g		
Vitamin A	1 %	Calcium	4 %
Vitamin C	0 %	Iron	4 %

Hamburger-Onion Buns

- 1 package dry yeast
- 1 cup warm water (not hot—110 to 115 degrees)
- 2 tablespoons sugar
- 4 cups All-Purpose Convenience Mix
- 2 tablespoons onion flakes

Dissolve yeast in water. Add sugar and half the Convenience Mix. Beat with mixer for two minutes at medium speed, scraping sides and bottom of bowl frequently (or 300 strokes by hand). Add remaining Convenience Mix and onion flakes; blend well with spoon. Cover with cloth and let rise in warm place until doubled in size, about 30 minutes. Stir down by beating 25 strokes. Drop dough by spoonfuls, forming 12 mounds, about 2 inches apart on greased baking sheet. With floured fingers, flatten mounds into rounds about 1/2-inch thick. Let rise in warm place for about 40 minutes. Bake 12 to 15 minutes, or until nicely browned, in a 400°F oven.

Nutrition Facts			
Serving Size 1.00 item(s) (65g)			
Amount Per Serving			
Calories	182	Calories from Fat	44
% Daily Value			
Total Fat	4.9g		8 %
Saturated Fat	0.4g		2 %
Trans Fat	0.0g		
Cholesterol	0.7mg		0 %
Sodium	347.8mg		14 %
Total Carbohydrate	29.2g		10 %
Dietary Fiber	1.0g		4 %
Sugars	4.5g		
Protein	4.9g		
Vitamin A	2 %	Calcium	8 %
Vitamin C	1 %	Iron	9 %

Italian Bread Sticks

3/4 cup warm water (not hot—110 to 115 degrees)

1 package active dry yeast

2 1/2 cups All-Purpose Convenience Mix

Dissolve yeast in warm water. Mix in Convenience Mix. Beat vigorously. Turn dough onto surface well-dusted with flour. Knead until smooth, about 20 times. Divide dough into 16 equal parts. Roll each piece between your hand to form pencil-like strips, 8 inches long. Put strips of dough on greased baking sheet. Sprinkle with caraway seeds, poppy seeds, celery seeds, sesame seeds or garlic powder. Cover with clean cloth. Let rise in warm place about 1 hour. Bake at 425°F for 15 minutes, until light brown.

Nutrition Facts			
Serving Size 1.00 item(s) (31g)			
Amount Per Serving			
Calories	81	Calories from Fat	21
% Daily Value			
Total Fat	2.3g		4 %
Saturated Fat	0.2g		1 %
Trans Fat	0.0g		
Cholesterol	0.3mg		0 %
Sodium	163.1mg		7 %
Total Carbohydrate	12.5g		4 %
Dietary Fiber	0.5g		2 %
Sugars	1.0g		
Protein	2.3g		
Vitamin A	1 %	Calcium	4 %
Vitamin C	0 %	Iron	4 %

Coffee Cake

Makes 9 servings

1 egg

3/4 cup water

3 cups All-Purpose Convenience Mix

1/2 cup sugar

Topping

1/2 cup brown sugar

1/2 teaspoon cinnamon

2 tablespoons flour

2 tablespoons margarine

Mix the egg and water together in large bowl. Add Convenience Mix and sugar. Mix until ingredients are blended. Pour into a lightly greased, 9-inch baking pan.

For the topping, mix the sugar, cinnamon, and flour thoroughly. Add the margarine and mix until fine and crumbly. Sprinkle the topping over the cake mixture. Bake the cake at 350°F for 30 to 35 minutes.

Nutrition Facts			
Serving Size 1.00 serving(s) (91g)			
Amount Per Serving			
Calories	280	Calories from Fat	72
% Daily Value			
Total Fat	8.0g		12 %
Saturated Fat	1.1g		5 %
Trans Fat	0.5g		
Cholesterol	24.2mg		8 %
Sodium	387.0mg		16 %
Total Carbohydrate	46.8g		16 %
Dietary Fiber	1.0g		4 %
Sugars	21.1g		
Protein	5.5g		
Vitamin A	5 %	Calcium	9 %
Vitamin C	0 %	Iron	10 %

Fruit Surprise

Makes 9 servings

2 cups All-Purpose Convenience Mix

1 cup sugar

2 eggs

1/4 cup fruit juice or water

2 cups canned fruit, pineapple, or peaches, well drained

Put Convenience Mix into a bowl. Add the sugar, eggs, and fruit juice or water. Stir until well mixed. Put the fruit on the bottom of a greased, 9-inch baking pan. Spread the batter over the fruit. Bake in a 375°F oven for 35 minutes.

Nutrition Facts			
Serving Size 1.00 item(s) (120g)			
Amount Per Serving			
Calories	240	Calories from Fat	39
% Daily Value			
Total Fat	4.4g		7 %
Saturated Fat	0.6g		3 %
Trans Fat	0.0g		
Cholesterol	47.5mg		16 %
Sodium	249.0mg		10 %
Total Carbohydrate	46.2g		15 %
Dietary Fiber	1.1g		4 %
Sugars	29.6g		
Protein	4.7g		
Vitamin A	5 %	Calcium	6 %
Vitamin C	3 %	Iron	7 %

Apple Rolls

2 cups All-Purpose Convenience Mix

1/2 cup water

1 tablespoon margarine

2 cups diced tart apples

1/2 cup sugar

1 to 2 teaspoons cinnamon

1 teaspoon nutmeg (optional)

Syrup

1/2 cup brown sugar

1/2 cup white sugar

2 tablespoons margarine

1 cup boiling water

Nutrition Facts			
Serving Size 1.00 serving(s) (143g)			
Amount Per Serving			
Calories	313	Calories from Fat	73
% Daily Value			
Total Fat	8.1g		12 %
Saturated Fat	1.2g		6 %
Trans Fat	0.8g		
Cholesterol	0.5mg		0 %
Sodium	314.1mg		13 %
Total Carbohydrate	57.9g		19 %
Dietary Fiber	1.5g		6 %
Sugars	38.4g		
Protein	3.5g		
Vitamin A	5 %	Calcium	7 %
Vitamin C	2 %	Iron	7 %

Put Convenience Mix in a bowl; make a well in the center. Add 1/2 cup water; stir with a fork about 25 strokes. Roll out dough on a lightly floured surface into an 8 x 8 inch rectangle. Spread with margarine, diced apples, sugar, and cinnamon. Roll up like a jelly roll and pinch and seal edges well. Cut into 1-inch slices.

Boil all syrup ingredients for 2 to 3 minutes; then pour into an 8- x 8- x 2-inch pan. Place dough cut side up in the syrup. Bake at 450°F for 20 minutes. Serve warm with the syrup from the pan, or top with low-fat ice cream.

Brownies

Makes 9 servings

- 1 cup All-Purpose Convenience Mix
- 1/4 cup softened margarine
- 2/3 cup sugar
- 1/2 cup cocoa
- 1 egg
- 1/4 cup water
- 1/4 cup canola oil

Grease an 8-inch square pan. Put Convenience Mix into a bowl. Add the margarine and mix with a fork. Mix in the sugar and cocoa. Add the egg, water, and oil. Beat 25 times. Pour the mixture into the greased baking pan. Bake for 20 minutes at 350°F.

Nutrition Facts			
Serving Size 1.00 item(s) (58g)			
Amount Per Serving			
Calories	231	Calories from Fat	125
% Daily Value			
Total Fat	13.9g		21 %
Saturated Fat	2.1g		10 %
Trans Fat	1.0g		
Cholesterol	23.7mg		8 %
Sodium	183.6mg		8 %
Total Carbohydrate	26.2g		9 %
Dietary Fiber	1.8g		7 %
Sugars	15.7g		
Protein	3.1g		
Vitamin A	6 %	Calcium	4 %
Vitamin C	0 %	Iron	7 %

Molasses Cookies

Makes 5 dozen

- 4 cups All-Purpose Convenience Mix
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 1 egg
- 1 cup molasses

Stir sugar and spices into Convenience Mix. Combine beaten egg with molasses and add to the mix. Blend well, chill 1 hour, shape into balls, and roll in sugar. Flatten on greased baking sheet and bake at 375°F for 10 to 12 minutes.

Nutrition Facts			
Serving Size 1.00 serving(s) (16g)			
Amount Per Serving			
Calories	57	Calories from Fat	10
% Daily Value			
Total Fat	1.1g		2 %
Saturated Fat	0.1g		1 %
Trans Fat	0.0g		
Cholesterol	3.7mg		1 %
Sodium	72.5mg		3 %
Total Carbohydrate	11.0g		4 %
Dietary Fiber	0.2g		1 %
Sugars	5.1g		
Protein	1.0g		
Vitamin A	0 %	Calcium	3 %
Vitamin C	0 %	Iron	3 %

Oatmeal Cookies

Makes 2 dozen

- 1 cup rolled oats
- 1/4 cup sugar
- 1/4 brown sugar, packed
- 1/4 teaspoon cinnamon
- 1 cup All-Purpose Convenience Mix
- 1 egg
- 1 teaspoon vanilla
- 2 tablespoons water

Mix the rolled oats, sugar, brown sugar, and cinnamon with Convenience Mix. In a separate bowl, add vanilla and water to beaten egg. Pour into the dry mix. Mix until the cookie dough cleans the side of the mixing bowl. The dough will be stiff. Drop the dough by teaspoons onto a greased cookie sheet. Bake at 375°F for 10 to 12 minutes.

Nutrition Facts			
Serving Size 1.00 serving(s) (19g)			
Amount Per Serving			
Calories	64	Calories from Fat	11
% Daily Value			
Total Fat	1.3g		2 %
Saturated Fat	0.2g		1 %
Trans Fat	0.0g		
Cholesterol	8.9mg		3 %
Sodium	46.9mg		2 %
Total Carbohydrate	11.2g		4 %
Dietary Fiber	0.8g		3 %
Sugars	3.9g		
Protein	1.9g		
Vitamin A	0 %	Calcium	2 %
Vitamin C	0 %	Iron	3 %

Oatmeal Cookies Variations

Oatmeal Raisin Cookies:

Add 1/2 cup raisins with oats, sugar and cinnamon.

Nutrition Facts			
Serving Size 1.00 item(s) (22g)			
Amount Per Serving			
Calories	73	Calories from Fat	12
% Daily Value			
Total Fat	1.3g		2 %
Saturated Fat	0.2g		1 %
Trans Fat	0.0g		
Cholesterol	8.9mg		3 %
Sodium	47.2mg		2 %
Total Carbohydrate	13.6g		5 %
Dietary Fiber	0.9g		4 %
Sugars	5.7g		
Protein	2.0g		
Vitamin A	0 %	Calcium	2 %
Vitamin C	0 %	Iron	3 %

Oatmeal Banana Cookies:

Add 1 cup mashed bananas with the vanilla, water and egg. (Cookies will be softer and moister.)

Nutrition Facts			
Serving Size 1.00 item(s) (25g)			
Amount Per Serving			
Calories	69	Calories from Fat	12
% Daily Value			
Total Fat	1.3g		2 %
Saturated Fat	0.2g		1 %
Trans Fat	0.0g		
Cholesterol	8.9mg		3 %
Sodium	46.9mg		2 %
Total Carbohydrate	12.6g		4 %
Dietary Fiber	1.0g		4 %
Sugars	4.7g		
Protein	2.0g		
Vitamin A	1 %	Calcium	2 %
Vitamin C	1 %	Iron	3 %

Potato Skillet Cakes

Makes about 25 cakes

1 egg
 1 cup cold
 mashed potatoes
 1/2 cup milk
 2 tablespoons
 vegetable oil
 2 cups All-
 Purpose
 Convenience Mix

Beat egg with mixer. Add potatoes, milk, and vegetable oil; beat until smooth. Mix in Convenience mix. Drop batter by tablespoonfuls onto hot griddle. Bake over medium heat until golden brown, about 5 minutes for each side. Serve hot with syrup or jelly.

Nutrition Facts			
Serving Size 1.00 serving(s) (24g)			
Amount Per Serving			
Calories	60	Calories from Fat	22
% Daily Value			
Total Fat	2.5g		4 %
Saturated Fat	0.2g		1 %
Trans Fat	0.0g		
Cholesterol	8.7mg		3 %
Sodium	88.4mg		4 %
Total Carbohydrate	7.8g		3 %
Dietary Fiber	0.3g		1 %
Sugars	0.8g		
Protein	1.6g		
Vitamin A	1 %	Calcium	3 %
Vitamin C	1 %	Iron	2 %

Peanut Butter Cookies

Makes 3 dozen small cookies

1/3 cup sugar
 1/3 cup peanut
 butter
 1 egg
 1 teaspoon vanilla
 1 tablespoon water
 1 1/2 cups All-
 Purpose
 Convenience Mix

Measure sugar and peanut butter into a bowl; mix well. Add egg, vanilla, water and stir all together. Add the Convenience Mix. Mix until you have a smooth, soft dough. Make 1-inch balls. Put balls 2 inches apart on a greased cookie sheet. Flatten balls with a fork dipped in flour. Bake the cookies at 375°F for about 8 to 10 minutes, until golden brown.

Nutrition Facts			
Serving Size 1.00 serving(s) (11g)			
Amount Per Serving			
Calories	45	Calories from Fat	17
% Daily Value			
Total Fat	1.9g		3 %
Saturated Fat	0.3g		2 %
Trans Fat	0.0g		
Cholesterol	6.0mg		2 %
Sodium	56.2mg		2 %
Total Carbohydrate	5.6g		2 %
Dietary Fiber	0.2g		1 %
Sugars	2.3g		
Protein	1.3g		
Vitamin A	0 %	Calcium	1 %
Vitamin C	0 %	Iron	1 %

Tuna Biscuit Squares

Biscuit dough

1 can (6 1/2 oz) tuna, drained and flaked

1/4 cup sweet pickle relish

1/2 teaspoon salt

1 tablespoon prepared yellow mustard

3 tablespoons low-fat mayonnaise

Prepare biscuit dough, divide in half, and roll half into a 9-inch square. Place this on greased baking sheet. Mix remaining ingredients together and spread over square. Roll the remaining biscuit dough into a 9-inch square and place over filling. Bake at 450°F for 10 to 12 minutes. Cut into squares.

This is good served with white sauce over the top. For added flavor and nutrition, add leftover vegetables to the white sauce.

Nutrition Facts

Serving Size 1.00 serving(s) (95g)

Amount Per Serving	
Calories	222
Calories from Fat	65
% Daily Value	
Total Fat	7.2g 11 %
Saturated Fat	0.8g 4 %
Trans Fat	0.0g
Cholesterol	10.5mg 4 %
Sodium	647.4mg 27 %
Total Carbohydrate	29.3g 10 %
Dietary Fiber	0.9g 4 %
Sugars	3.7g
Protein	9.5g
Vitamin A	2 %
Calcium	8 %
Vitamin C	0 %
Iron	9 %

Tuna-Broccoli Casserole

Makes 6 servings

2 cups frozen chopped broccoli

1 can (6 1/2 oz) tuna, drained and flaked

1 can (10-1/2 oz) low-sodium cream of mushroom soup

1/2 cup water

Biscuit dough

Cook broccoli until almost tender, drain well. Place broccoli in greased 9- x 9- x 2-inch square pan. Cover broccoli with tuna. Mix soup and water together and pour over top. Make biscuit dough according to recipe. Beat 20 strokes. Drop dough by tablespoonfuls over mixture in pan. Bake at 450°F for 15 minutes or until golden brown. Serve hot.

Nutrition Facts

Serving Size 1.00 serving(s) (253g)

Amount Per Serving	
Calories	337
Calories from Fat	91
% Daily Value	
Total Fat	10.1g 16 %
Saturated Fat	1.4g 7 %
Trans Fat	0.0g
Cholesterol	14.4mg 5 %
Sodium	654.0mg 27 %
Total Carbohydrate	44.9g 15 %
Dietary Fiber	3.2g 13 %
Sugars	4.8g
Protein	16.5g
Vitamin A	15 %
Calcium	15 %
Vitamin C	42 %
Iron	17 %

Convenience Mix #2

Whole Wheat Convenience Mix

Makes 13 cups

3 cups whole wheat flour
1/2 cup wheat germ (optional)
5 cups all-purpose flour
1/2 cup sugar
2 cups nonfat dry milk
1/4 cup baking powder
1 cup canola oil
1 tablespoon salt

Put all ingredients except oil in large bowl and mix well with a spoon. Mix in oil with pastry blender or fork until finely distributed. Store in airtight container in the refrigerator (use within a month) or freezer.

Nutrition Facts			
Serving Size 1.00 cup(s) (115g)			
Amount Per Serving			
Calories	490	Calories from Fat	160
% Daily Value			
Total Fat	17.8g		27 %
Saturated Fat	1.4g		7 %
Trans Fat	0.1g		
Cholesterol	1.9mg		1 %
Sodium	960.9mg		40 %
Total Carbohydrate	71.1g		24 %
Dietary Fiber	4.7g		19 %
Sugars	13.4g		
Protein	12.4g		
Vitamin A	5 %	Calcium	21 %
Vitamin C	1 %	Iron	19 %

Recipes Using Whole Wheat Convenience Mix

- Whole Wheat Convenience Mix
- Whole Wheat Bread
- Whole Wheat Muffins
- Whole Wheat Pancakes
- Whole Wheat Coffee Cake

Whole Wheat Bread

1 egg
1 1/4 cup water
4 1/2 cups Whole Wheat Convenience Mix

Beat the egg and water in a large bowl. Stir in the whole wheat mix just until dry ingredients are moistened. Turn into a greased 9- x 5- x 3-inch loaf pan and bake at 350°F for 50 minutes, or until a toothpick inserted in the center comes out clean. Let stand in pan on wire rack about 5 minutes; loosen sides with a spatula and turn right side up on rack. Cool thoroughly before slicing.

Nutrition Facts			
Serving Size 1.00 item(s) (72g)			
Amount Per Serving			
Calories	190	Calories from Fat	64
% Daily Value			
Total Fat	7.1g		11 %
Saturated Fat	0.7g		3 %
Trans Fat	0.0g		
Cholesterol	18.3mg		6 %
Sodium	366.9mg		15 %
Total Carbohydrate	26.7g		9 %
Dietary Fiber	1.8g		7 %
Sugars	5.1g		
Protein	5.2g		
Vitamin A	2 %	Calcium	8 %
Vitamin C	0 %	Iron	7 %

Whole Wheat Muffins

Makes 18 muffins

Prepare batter as for Whole Wheat Bread. Spoon into greased medium muffin cups, filling them 2/3 full. Bake in 400°F oven for 15 to 20 minutes.

Nutrition Facts		
Serving Size 1.00 item(s) (51g)		
Amount Per Serving		
Calories	126	Calories from Fat 43
% Daily Value		
Total Fat	4.7g	7 %
Saturated Fat	0.4g	2 %
Trans Fat	0.0g	
Cholesterol	12.2mg	4 %
Sodium	244.7mg	10 %
Total Carbohydrate	17.8g	6 %
Dietary Fiber	1.2g	5 %
Sugars	3.4g	
Protein	3.5g	
Vitamin A	2 %	Calcium 5 %
Vitamin C	0 %	Iron 5 %

Whole Wheat Pancakes

Makes about 15 3-inch pancakes

1 egg

1 cup water

2 1/4 cups Whole Wheat Convenience Mix

Beat the egg slightly with the water in a bowl. Stir in the Whole Wheat Convenience Mix, just until dry ingredients are moistened. Pour batter onto greased, hot griddle and cook over medium heat until browned on both sides and cooked through. Serve hot with applesauce or syrup.

Nutrition Facts		
Serving Size 1.00 item(s) (36g)		
Amount Per Serving		
Calories	78	Calories from Fat 27
% Daily Value		
Total Fat	3.0g	5 %
Saturated Fat	0.3g	2 %
Trans Fat	0.0g	
Cholesterol	14.4mg	5 %
Sodium	149.3mg	6 %
Total Carbohydrate	10.7g	4 %
Dietary Fiber	0.7g	3 %
Sugars	2.0g	
Protein	2.3g	
Vitamin A	1 %	Calcium 3 %
Vitamin C	0 %	Iron 3 %

Whole Wheat Coffee Cake

1 egg
1/2 cup water
2 1/4 cups Whole Wheat Convenience Mix
1/2 cup raisins

Crumb Topping

1/2 cup brown sugar
2 tablespoons flour
1/2 teaspoon cinnamon
2 tablespoons margarine

Mix the sugar, flour, and cinnamon together until there are no lumps of sugar.
Add the margarine and mix until topping is fine and crumbly.

Preheat oven to 400°F. In a separate bowl, beat the egg slightly with the water in a bowl. Stir in the Whole Wheat Convenience Mix and raisins just until dry ingredients are moistened. Spread evenly in greased 8- x 8-inch baking pan. Sprinkle with Crumb Topping and bake in preheated 400°F oven about 25 minutes. Cut in squares. Best served warm.

Nutrition Facts			
Serving Size 1.00 item(s) (69g)			
Amount Per Serving			
Calories	214	Calories from Fat	68
% Daily Value			
Total Fat	7.6g		12 %
Saturated Fat	1.0g		5 %
Trans Fat	0.5g		
Cholesterol	24.0mg		8 %
Sodium	281.1mg		12 %
Total Carbohydrate	33.5g		11 %
Dietary Fiber	1.6g		6 %
Sugars	15.9g		
Protein	4.3g		
Vitamin A	4 %	Calcium	7 %
Vitamin C	1 %	Iron	7 %

Convenience Mix #3

Corn Bread Convenience Mix

Makes 11 cups

4 cups flour
1/2 cup sugar
4 cups cornmeal
1/4 cup baking powder
1 1/2 cups instant dry milk
1 tablespoon salt
1 cup margarine

Stir dry ingredients together until well mixed. Cut in margarine with a pastry blender. Store in tightly covered container in the refrigerator or freezer. Use within a month.

Nutrition Facts	
Serving Size 1.00 cup(s) (134g)	
Amount Per Serving	
Calories	548
Calories from Fat	168
% Daily Value	
Total Fat	18.7g 29 %
Saturated Fat	3.5g 17 %
Trans Fat	3.1g
Cholesterol	1.7mg 1 %
Sodium	1325.7mg 55 %
Total Carbohydrate	84.3g 28 %
Dietary Fiber	4.5g 18 %
Sugars	14.4g
Protein	11.6g
Vitamin A	21 %
Calcium	21 %
Vitamin C	1 %
Iron	20 %

Recipes Using Corn Bread Convenience Mix

- Corn Bread Convenience Mix
- Golden Bread Drops
- Golden Corn Bread, Corn Muffins, or Corn Sticks
- Corn Bread Variations
- Corn Doodle Cookies
- Golden Goody Pancakes

Golden Bread Drops

2 cups Corn Bread Convenience Mix
1/2 cup water

Combine Convenience Mix and water and drop onto baking sheet. Bake at 425°F for 10 to 12 minutes. Or mix and drop onto a heavy skillet that has been greased and heated. Cook 5 to 7 minutes on each side on top of stove.

Nutrition Facts	
Serving Size 1.00 serving(s) (32g)	
Amount Per Serving	
Calories	91
Calories from Fat	28
% Daily Value	
Total Fat	3.1g 5 %
Saturated Fat	0.6g 3 %
Trans Fat	0.5g
Cholesterol	0.3mg 0 %
Sodium	221.2mg 9 %
Total Carbohydrate	14.0g 5 %
Dietary Fiber	0.7g 3 %
Sugars	2.4g
Protein	1.9g
Vitamin A	3 %
Calcium	3 %
Vitamin C	0 %
Iron	3 %

Golden Corn Bread, Corn Muffins, or Corn Sticks

Makes 9

2 cups Corn Bread Convenience Mix

2/3 cup water

1 egg

Mix Convenience Mix, water, and egg. Pour mixture into greased 8- x 8-inch pan, greased muffin pan, or hot, greased corn-stick pan. Bake at 425°F 20 to 25 minutes until lightly browned or a toothpick inserted in the center comes out clean.

Nutrition Facts		
Serving Size 1.00 serving(s) (53g)		
Amount Per Serving		
Calories	130	Calories from Fat 42
% Daily Value		
Total Fat	4.7g	7 %
Saturated Fat	0.9g	5 %
Trans Fat	0.7g	
Cholesterol	23.9mg	8 %
Sodium	302.9mg	13 %
Total Carbohydrate	18.8g	6 %
Dietary Fiber	1.0g	4 %
Sugars	3.2g	
Protein	3.3g	
Vitamin A	5 %	Calcium 5 %
Vitamin C	0 %	Iron 5 %

Corn Bread Variations

Blueberry Squares:

Add 1 cup blueberries.

Harvest Corn Squares:

Add 2 tablespoons sugar and 3/4 cup diced apples.

Nutrition Facts		
Serving Size 1.00 serving(s) (69g)		
Amount Per Serving		
Calories	139	Calories from Fat 43
% Daily Value		
Total Fat	4.8g	7 %
Saturated Fat	0.9g	5 %
Trans Fat	0.7g	
Cholesterol	23.9mg	8 %
Sodium	303.1mg	13 %
Total Carbohydrate	21.1g	7 %
Dietary Fiber	1.4g	6 %
Sugars	4.8g	
Protein	3.4g	
Vitamin A	5 %	Calcium 5 %
Vitamin C	3 %	Iron 5 %

Nutrition Facts		
Serving Size 1.00 serving(s) (65g)		
Amount Per Serving		
Calories	145	Calories from Fat 42
% Daily Value		
Total Fat	4.7g	7 %
Saturated Fat	0.9g	5 %
Trans Fat	0.7g	
Cholesterol	23.9mg	8 %
Sodium	303.0mg	13 %
Total Carbohydrate	22.8g	8 %
Dietary Fiber	1.2g	5 %
Sugars	7.0g	
Protein	3.3g	
Vitamin A	5 %	Calcium 5 %
Vitamin C	1 %	Iron 5 %

Corn Bread Variations

Onion-Cheese Corn Bread:

Add 1/3 cup chopped onion and 1/2 cup shredded cheddar cheese.

Nutrition Facts			
Serving Size 1.00 serving(s) (65g)			
Amount Per Serving			
Calories	157	Calories from Fat	61
% Daily Value			
Total Fat	6.8g		10 %
Saturated Fat	2.3g		11 %
Trans Fat	0.7g		
Cholesterol	30.5mg		10 %
Sodium	342.1mg		14 %
Total Carbohydrate	19.4g		6 %
Dietary Fiber	1.1g		4 %
Sugars	3.5g		
Protein	4.9g		
Vitamin A	6 %	Calcium	10 %
Vitamin C	1 %	Iron	5 %

Corn Doodle Cookies

2 cups Corn Bread Convenience Mix

1/3 cup sugar

1/2 teaspoon cinnamon

1 egg

3 tablespoons water

1/4 teaspoon vanilla

Stir together Convenience Mix, sugar, and cinnamon. Blend in egg, water, and vanilla. Drop by teaspoons onto greased baking sheets. Bake at 375°F, 10 to 12 minutes, until lightly browned on edges. Remove from oven. Cool on baking sheet and loosen cookies with spatula.

Nutrition Facts			
Serving Size 1.00 serving(s) (18g)			
Amount Per Serving			
Calories	60	Calories from Fat	16
% Daily Value			
Total Fat	1.8g		3 %
Saturated Fat	0.4g		2 %
Trans Fat	0.3g		
Cholesterol	9.0mg		3 %
Sodium	113.5mg		5 %
Total Carbohydrate	9.8g		3 %
Dietary Fiber	0.4g		2 %
Sugars	4.0g		
Protein	1.2g		
Vitamin A	2 %	Calcium	2 %
Vitamin C	0 %	Iron	2 %

Golden Goody Pancakes

Makes 8 to 10 pancakes

2 cups Corn Bread Convenience Mix

1 egg

1 cup water

Mix Convenience Mix, egg, and water. Drop onto hot greased skillet or griddle. Turn over when edges look dry. Cook until lightly browned on bottom. Serve with molasses.

Nutrition Facts			
Serving Size 1.00 serving(s) (56g)			
Amount Per Serving			
Calories	117	Calories from Fat	38
			% Daily Value
Total Fat	4.2g		7 %
Saturated Fat	0.8g		4 %
Trans Fat	0.6g		
Cholesterol	21.5mg		7 %
Sodium	272.8mg		11 %
Total Carbohydrate	16.9g		6 %
Dietary Fiber	0.9g		4 %
Sugars	2.9g		
Protein	2.9g		
Vitamin A	5 %	Calcium	4 %
Vitamin C	0 %	Iron	5 %

Convenience Mix #4

Rolled Oats Convenience Mix

Makes 10 cups

- 4 cups flour
- 1 teaspoon salt
- 4 cups quick-cooking oats (not instant)
- 1/4 cup baking powder
- 1 1/2 cups nonfat dry milk
- 3/4 cup butter or margarine

Put all ingredients except margarine in large bowl and stir until very well mixed. Cut in margarine with a fork or pastry cutter until well blended. Cover and refrigerate; will keep 1 month.

NOTE: Store in airtight glass jars or canisters. To measure, spoon into cup, pack lightly, and level off.

Nutrition Facts

10 servings per container	
Serving size	1 cup (118g)
Amount per serving	
Calories	490
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 9g	45%
Trans Fat 0.5g	
Cholesterol 40mg	13%
Sodium 290mg	13%
Total Carbohydrate 68g	25%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 1mcg	6%
Calcium 875mg	70%
Iron 4mg	20%
Potassium 243mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipes Using Rolled Oats Convenience Mix

- Rolled Oats Convenience Mix
- Oat Muffins
- Oat Pancakes
- Date-Nut Oat Bread
- Coconut Dreams
- Coconut Dreams Variation
- Cranberry Fruit Bar
- Cranberry Fruit Bar Variation
- Hermits
- Applesauce Cookies
- Oat-Raisin Cookies

Oat Muffins

- 2 1/4 cups Rolled Oats Convenience Mix
- 1/4 cup raisins (optional)
- 2 Tablespoons sugar
- 2/3 cup water
- 1 egg, beaten

Put all ingredients in bowl and stir until just moist. Spoon into 12 greased 2 1/2-inch muffin cups and bake at 425°F about 20 minutes.

Nutrition Facts

12 servings per container	
Serving size	1 serving(s) (44g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 60mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 168mg	15%
Iron 1mg	6%
Potassium 77mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Oat Pancakes

Makes about 16 3-inch pancakes

- 1 1/2 cups Rolled Oats Convenience Mix
- 1 cup water
- 1 egg

Stir all ingredients in a bowl with a spoon until blended. Cook on hot griddle or in a skillet until browned on both sides and done. Top with fresh berries or syrup.

Nutrition Facts	
16 servings per container	
Serving size 1 serving(s) (29g)	
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 0mg	0%
Potassium 27mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Date-Nut Oat Bread

- 8 ounces pitted dates
- 1 cup boiling water
- 1/2 cup sugar
- 1 egg
- 3 cups Rolled Oats Convenience Mix
- 1 cup chopped walnuts

Chop dates and put in bowl. Cover with the boiling water and mix well. Stir in sugar, let stand until lukewarm, then add remaining ingredients and mix well. Put in greased, 9- x 5- x 3-inch loaf pan and bake at 350°F for 1 hour, or until done. Remove from pan and cool before slicing.

Nutrition Facts	
10 servings per container	
Serving size 1 serving(s) (106g)	
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 95mg	4%
Total Carbohydrate 45g	16%
Dietary Fiber 4g	14%
Total Sugars 24g	
Includes 7g Added Sugars	14%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 288mg	20%
Iron 2mg	10%
Potassium 275mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Coconut Dreams

Makes 24

- 2 cups Rolled Oats Convenience Mix
- 2 tablespoons milk
- 1 egg
- 1/2 teaspoon vanilla
- 1/2 cup shredded coconut
- 1/3 cup sugar

Mix all ingredients thoroughly. Drop by teaspoons onto a greased cookie sheet, 2 inches apart. Bake at 350°F for 10 to 12 minutes.

Nutrition Facts	
24 servings per container	
Serving size 1 item(s) (18g)	
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 30mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 0mg	0%
Potassium 23mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Coconut Dreams Variation

Nut Dreams:

In place of coconut, use 1/2 cup nuts.

Nutrition Facts

24 servings per container	
Serving size	1 item(s) (18g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 30mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 0mg	0%
Potassium 23mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cranberry Fruit Bar

Makes 20

2 cups Rolled Oats Convenience Mix

1/2 cup sugar

1/4 cup water

1 1/3 cups thick, sweetened cranberry sauce (canned or homemade)

Mix Convenience Mix, sugar, and water. Grease bottom of 9- x 13-inch pan. Spread half of rolled oat mixture over bottom of pan and press. Spread cranberry sauce over the mix. Sprinkle rest of mix evenly over the fruit and press down lightly. Bake at 350°F for 25 to 30 minutes. Cool and cut into squares.

Cranberry Fruit Bar Variation

Fruit Bars:

Any dried, cooked, sweetened fruit may be used in place of the cranberry sauce, if it's not runny. Try dates or peach conserves.

Nutrition Facts

20 servings per container	
Serving size	1 serving(s) (37g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 30mg	1%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 88mg	6%
Iron 0mg	0%
Potassium 29mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Hermits

3 cups Rolled Oats Convenience Mix

1/4 cup brown sugar, packed

1/2 cup sugar

1 teaspoon cinnamon

1/2 teaspoon cloves

1 egg

1/2 cup milk

3/4 cup mixture of chopped nuts, raisins, and dates

Combine all dry ingredients. Beat egg and milk in a separate bowl. Add liquid mixture to dry mixture, and stir until all ingredients are well blended. Mix in nuts or fruit. Drop by teaspoons onto a greased cookie sheet. Bake at 350°F for 15 minutes or until lightly browned. Makes about 2 dozen cookies.

Nutrition Facts

24 servings per container	
Serving size	1 serving(s) (32g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 45mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 5g Added Sugars	10%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 123mg	10%
Iron 1mg	6%
Potassium 66mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Applesauce Cookies

Makes about 2 dozen cookies

3 1/3 cups Rolled Oats Convenience Mix
1/4 cup brown sugar, packed
1/2 cup sugar
1/4 teaspoon baking soda
1/2 teaspoon ground cloves
1/2 teaspoon ground nutmeg
1 egg
2/3 cup applesauce
1/2 cup raisins

Combine all dry ingredients. Beat egg in a separate bowl and add applesauce. Add liquid mixture to dry mixture, and stir until all ingredients are well blended. Drop by teaspoons onto a greased cookie sheet. Bake at 350°F for 15 minutes.

Nutrition Facts

24 servings per container	
Serving size 1 serving(s) (34g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 60mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 5g Added Sugars	10%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 127mg	10%
Iron 1mg	6%
Potassium 71mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Oat-Raisin Cookies

Makes about 2 dozen

2 1/2 cups Rolled Oats Convenience Mix
1/2 cup sugar
1/3 cup raisins
1/4 cup water
1 egg, beaten
1 teaspoon cinnamon
1 teaspoon vanilla

Mix all ingredients and drop from teaspoon onto greased baking sheets. Bake at 375°F for 12 to 15 minutes.

Nutrition Facts

24 servings per container	
Serving size 1 serving(s) (22g)	
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 35mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 95mg	8%
Iron 1mg	6%
Potassium 46mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Convenience Mix #5

Hot Cocoa Convenience Mix

Makes 2 1/2 cups | Serving Size: 4 Tbsp. (1/4 cup) of mix

2/3 cup sugar

1 1/2 cups dry nonfat milk

2/3 cup unsweetened cocoa

Add sugar and dry nonfat milk powder into a mixing bowl. Sift cocoa powder into the same bowl. Mix ingredients thoroughly and store in an airtight container. To use, bring 1 cup of water (8 oz.) to boil in a saucepan, mix in 4 tablespoons of hot cocoa convenience mix and stir well.

Nutrition Facts

10 servings per container
Serving size 4 Tablespoons
(25g)

Amount per serving
Calories 80

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 18g 7%

Dietary Fiber 2g 7%

Total Sugars 15g

Includes 10g Added Sugars 20%

Protein 5g

Vitamin D 1mcg 6%

Calcium 134mg 10%

Iron 2mg 10%

Potassium 255mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipes Using Hot Cocoa Convenience Mix

- Hot Cocoa Convenience Mix
- Mocha Mix

Mocha Mix

Combine 1/3 cup Hot Cocoa Convenience Mix and 1/4 cup instant coffee. Store in an airtight container. To serve, measure 1 1/2 tablespoons mix into a cup. Add boiling water and stir well.

Nutrition Facts

4 servings per container
Serving size 1.5 tablespoon(s)
(11g)

Amount per serving
Calories 40

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 8g 3%

Dietary Fiber 0g 0%

Total Sugars 5g

Includes 2g Added Sugars 4%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0mg 0%

Potassium 168mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Convenience Mix #6

Convenience Spaghetti Sauce Seasoning Mix

Makes 8 servings or 2 1/4 cups mix

1/2 cup instant minced onion
1/2 cup parsley flakes
1/2 cup cornstarch
2 teaspoons salt
2 tablespoons sugar
2 tablespoons Italian seasoning
1 teaspoon garlic powder

Combine all ingredients. Store in a jar and cover tightly. The above recipe makes 8 servings of mix. Measure out 1/4 cup plus 1 teaspoon mix for each serving. (Option: store in packets.)

Nutrition Facts

Serving Size 1.00 serving(s) (21g)			
Amount Per Serving			
Calories	64	Calories from Fat	1
% Daily Value			
Total Fat	0.1g		0 %
Saturated Fat	0.0g		0 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	587.5mg		24 %
Total Carbohydrate	15.3g		5 %
Dietary Fiber	0.8g		3 %
Sugars	5.1g		
Protein	0.8g		
Vitamin A	0 %	Calcium	2 %
Vitamin C	8 %	Iron	2 %

Recipes Using Spaghetti Sauce Seasoning Mix

- Convenience Spaghetti Sauce Seasoning Mix
- Spaghetti
- Sloppy Joes

Spaghetti

Makes 4 servings

1 lb lean hamburger
1 6-oz can tomato paste
2 cups water
1 serving Spaghetti Sauce Seasoning Mix (1/4 cup + 1 tsp.)

Brown hamburger and drain fat. Stir together tomato paste, water, and Seasoning Mix. Add sauce to hamburger. Cover and simmer 20 minutes.

Nutrition Facts

Serving Size 1.00 serving(s) (280g)			
Amount Per Serving			
Calories	230	Calories from Fat	79
% Daily Value			
Total Fat	8.8g		14 %
Saturated Fat	3.6g		18 %
Trans Fat	0.3g		
Cholesterol	62.4mg		21 %
Sodium	558.9mg		23 %
Total Carbohydrate	11.9g		4 %
Dietary Fiber	1.9g		8 %
Sugars	6.5g		
Protein	25.7g		
Vitamin A	13 %	Calcium	3 %
Vitamin C	18 %	Iron	20 %

Spaghetti Alternative:

Use one 6-oz can tomato paste, 1 cup stewed tomatoes, 1 cup water, and 1 serving Seasoning Mix.

Nutrition Facts			
Serving Size 1.00 serving(s) (132g)			
Amount Per Serving			
Calories	71	Calories from Fat	8
% Daily Value			
Total Fat	0.9g		1 %
Saturated Fat	0.2g		1 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	599.5mg		25 %
Total Carbohydrate	15.2g		5 %
Dietary Fiber	2.4g		9 %
Sugars	7.1g		
Protein	2.5g		
Vitamin A	16 %	Calcium	3 %
Vitamin C	25 %	Iron	9 %

Sloppy Joes

Makes 6 servings

- 1 lb lean hamburger
- 1 6-oz can tomato paste
- 1 1/4 cups water
- 1 serving Spaghetti Sauce Seasoning Mix

Brown hamburger and drain fat. Stir together tomato paste, water, and Seasoning Mix. Add sauce to meat. Cover and simmer 20 minutes. Serve on hamburger buns.

Nutrition Facts			
Serving Size 1.00 serving(s) (200g)			
Amount Per Serving			
Calories	273	Calories from Fat	70
% Daily Value			
Total Fat	7.7g		12 %
Saturated Fat	2.9g		14 %
Trans Fat	0.2g		
Cholesterol	41.6mg		14 %
Sodium	577.7mg		24 %
Total Carbohydrate	29.2g		10 %
Dietary Fiber	2.2g		9 %
Sugars	7.0g		
Protein	21.2g		
Vitamin A	9 %	Calcium	8 %
Vitamin C	12 %	Iron	21 %

Nutrition Facts includes
1 serving of Sloppy Joes and
1 hamburger roll.

Convenience Mix #7

Convenience Taco Seasoning Mix

Makes 8 servings or 1 cup mix

1/3 cup instant minced onion
1 tablespoon crushed dried red pepper
1 teaspoon salt
1 tablespoon instant minced garlic
1 tablespoon curry powder
3 tablespoons chili powder
1 tablespoon cornstarch
2 teaspoons oregano

Combine all ingredients. Store in a jar and cover tightly. Measure out 2 tablespoons for each serving. (Option: store in packets.)

Nutrition Facts

Serving Size 1.00 serving(s) (13g)			
Amount Per Serving			
Calories	42	Calories from Fat	5
% Daily Value			
Total Fat	0.6g		1 %
Saturated Fat	0.1g		0 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	340.7mg		14 %
Total Carbohydrate	8.7g		3 %
Dietary Fiber	2.8g		11 %
Sugars	1.5g		
Protein	1.1g		
Vitamin A	18 %	Calcium	4 %
Vitamin C	4 %	Iron	5 %

Recipes Using Convenience Taco Seasoning Mix

- Convenience Taco Seasoning Mix
- Tacos

Tacos

Makes 10 tacos

1 lb lean hamburger
1 serving Convenience Taco Seasoning Mix
3/4 cup water
10 taco shells
10 ounces shredded cheddar cheese
1 cup chopped tomato
1 cup shredded lettuce

Brown hamburger in skillet. Drain excess fat. Add Taco Mix and water; bring to boil. Reduce heat and simmer uncovered for 10 minutes or until liquid is reduced. Stir. Place about 2 tablespoons meat mixture into each taco shell. Top the meat with shredded cheddar cheese, chopped tomatoes, and finely shredded lettuce.

Nutrition Facts

Serving Size 1.00 serving(s) (163g)			
Amount Per Serving			
Calories	261	Calories from Fat	142
% Daily Value			
Total Fat	15.8g		24 %
Saturated Fat	8.3g		41 %
Trans Fat	0.1g		
Cholesterol	54.7mg		18 %
Sodium	295.7mg		12 %
Total Carbohydrate	11.5g		4 %
Dietary Fiber	1.6g		6 %
Sugars	1.8g		
Protein	18.1g		
Vitamin A	15 %	Calcium	23 %
Vitamin C	8 %	Iron	9 %

Convenience Mix #8

Convenience Chili Seasoning Mix

Makes 8 packages or 2 1/2 cups mix

- 1 cup flour
- 1 tablespoon instant minced garlic
- 1 cup instant minced onion
- 1/4 cup chili powder
- 1 tablespoon crushed, dried red pepper, if desired
- 1 tablespoon curry powder

Combine all ingredients. Store in a covered container. Use 1/4 cup plus 1 tablespoon for each packet.

Nutrition Facts			
Serving Size 1.00 serving(s) (34g)			
Amount Per Serving			
Calories	120	Calories from Fat	9
% Daily Value			
Total Fat	1.0g		1 %
Saturated Fat	0.2g		1 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	42.7mg		2 %
Total Carbohydrate	25.7g		9 %
Dietary Fiber	3.7g		15 %
Sugars	4.1g		
Protein	3.4g		
Vitamin A	23 %	Calcium	4 %
Vitamin C	17 %	Iron	10 %

Recipes Using Convenience Chili Seasoning Mix

- Convenience Chili Seasoning Mix
- Chili

Chili

Makes 4 to 6 servings

- 1 lb lean hamburger
- 1 serving Convenience Chili Seasoning Mix
- 1 1-lb can whole tomatoes
- 1/2 cup water
- 1 15-oz can kidney beans

Brown hamburger in skillet. Drain excess fat. Stir in Chili Seasoning mix. Add tomatoes (cut into pieces), water, and kidney beans. Bring to boil. Reduce heat, cover and simmer for 10 minutes.

Nutrition Facts			
Serving Size 1.00 serving(s) (248g)			
Amount Per Serving			
Calories	218	Calories from Fat	55
% Daily Value			
Total Fat	6.2g		9 %
Saturated Fat	2.5g		12 %
Trans Fat	0.2g		
Cholesterol	41.6mg		14 %
Sodium	362.9mg		15 %
Total Carbohydrate	19.0g		6 %
Dietary Fiber	5.1g		20 %
Sugars	4.5g		
Protein	20.4g		
Vitamin A	6 %	Calcium	7 %
Vitamin C	20 %	Iron	17 %

Convenience Mix #9

Convenience Meat Loaf or Meatball Seasoning Mix

Makes 3 cups mix or 4 individual packages

- 2 cups dried bread crumbs
- 1/2 cup nonfat dry milk
- 1 tablespoon poultry seasoning
- 1/2 teaspoon black pepper
- 3 tablespoons instant minced onion flakes
- 1 tablespoon parsley flakes

Combine ingredients. Store whole mix recipe in a tightly covered container. Use 3/4 cup of mix for each recipe.

Nutrition Facts

Amount Per Serving		Calories from Fat 31	
		% Daily Value	
Calories	278		
Total Fat	3.5g		5 %
Saturated Fat	0.9g		5 %
Trans Fat	0.0g		
Cholesterol	2.1mg		1 %
Sodium	1104.2mg		46 %
Total Carbohydrate	49.7g		17 %
Dietary Fiber	3.5g		14 %
Sugars	9.3g		
Protein	12.0g		
Vitamin A	7 %	Calcium	24 %
Vitamin C	9 %	Iron	19 %

Recipes Using Convenience Chili Seasoning Mix

- Convenience Meat Loaf or Meatball Seasoning Mix
- Meatloaf
- Meatballs

Meatloaf

Makes 6 servings

- 1/2 medium green pepper, chopped
- 1 tablespoon vegetable oil
- 1/3 cup water
- 1 egg, beaten
- 1 pound lean hamburger
- 3/4 cup Meat Loaf or Meatball Seasoning Mix

Sauté green pepper in vegetable oil until soft. In a large bowl, add water, egg, and 3/4 cup Seasoning Mix to hamburger. Mix well and press into 8- x 4-inch loaf pan. Bake at 350°F 1 hour or until done (160°F on meat thermometer).

Nutrition Facts

Amount Per Serving		Calories from Fat 85	
		% Daily Value	
Calories	200		
Total Fat	9.4g		14 %
Saturated Fat	3.0g		15 %
Trans Fat	0.2g		
Cholesterol	73.0mg		24 %
Sodium	245.0mg		10 %
Total Carbohydrate	8.9g		3 %
Dietary Fiber	0.8g		3 %
Sugars	1.9g		
Protein	18.9g		
Vitamin A	3 %	Calcium	5 %
Vitamin C	18 %	Iron	12 %

Meatballs

Makes 18 meatballs

Prepare as for meat loaf mixture. Shape mixture into 2-inch balls, brown on all sides in small amount of fat, add to spaghetti sauce and simmer until thoroughly cooked.

Nutrition Facts			
Serving Size 1.00 serving(s) (41g)			
Amount Per Serving			
Calories	67	Calories from Fat	28
			% Daily Value
Total Fat	3.1g		5 %
Saturated Fat	1.0g		5 %
Trans Fat	0.1g		
Cholesterol	24.3mg		8 %
Sodium	81.7mg		3 %
Total Carbohydrate	3.0g		1 %
Dietary Fiber	0.3g		1 %
Sugars	0.6g		
Protein	6.3g		
Vitamin A	1 %	Calcium	2 %
Vitamin C	6 %	Iron	4 %

Convenience Mix #10

Convenience Seasoning Mixes For Rice

Below are recipes for making rice flavoring mix. Add 1 packet of mix to 1 cup brown rice, 2 1/2 cups water. Bring water, rice, and seasoning to a boil. Reduce heat; cover and simmer for 50 minutes or until the water is absorbed. 1 cup of uncooked brown rice makes about 3 cups of cooked rice.

To use white rice instead of brown rice, reduce the water to 2 cups and reduce the cooking time to 20 minutes.

Recipes Using Convenience Seasoning Mix

- Convenience Seasoning Mixes For Rice
- Curry Mix
- Beef Mix
- Chicken Mix
- Spanish Rice Mix
- Pre-Mix Flavorings

Curry Mix

Makes 6 recipes

Mix 1/2 cup instant onion, 3 table-
spoons curry powder, 3 tablespoons
low-sodium chicken bouillon granules,
1 teaspoon garlic powder and 1/2
teaspoon ground turmeric. Place in
container. Use 2 tablespoons plus 1
teaspoon mix for each recipe.

Nutrition Facts			
Serving Size 1.00 serving(s) (10g)			
Amount Per Serving			
Calories	42	Calories from Fat	0
% Daily Value			
Total Fat	0.1g		0 %
Saturated Fat	0.0g		0 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	42.1mg		2 %
Total Carbohydrate	9.0g		3 %
Dietary Fiber	0.7g		3 %
Sugars	2.6g		
Protein	0.7g		
Vitamin A	0 %	Calcium	2 %
Vitamin C	9 %	Iron	1 %

Curry Mix Nutrition Facts

Nutrition Facts			
Serving Size 1.00 serving(s) (2g)			
Amount Per Serving			
Calories	7	Calories from Fat	1
% Daily Value			
Total Fat	0.1g		0 %
Saturated Fat	0.0g		0 %
Trans Fat			
Cholesterol	0.1mg		0 %
Sodium	7.2mg		0 %
Total Carbohydrate	1.4g		0 %
Dietary Fiber	0.1g		0 %
Sugars	0.5g		
Protein	0.2g		
Vitamin A	0 %	Calcium	0 %
Vitamin C	1 %	Iron	0 %

Curry Mix Per Half Cup
Serving of Rice Nutrition Facts

Beef Mix

Makes 6 recipes

Combine 3 tablespoons low-sodium
beef bouillon granules, 1/2 cup instant
minced onion, 1/2 cup parsley flakes.
Place in container. Use 2-1/2
tablespoons mix for each recipe.

Nutrition Facts			
Serving Size 1.00 serving(s) (12g)			
Amount Per Serving			
Calories	44	Calories from Fat	6
% Daily Value			
Total Fat	0.6g		1 %
Saturated Fat	0.1g		1 %
Trans Fat			
Cholesterol	0.5mg		0 %
Sodium	48.4mg		2 %
Total Carbohydrate	8.7g		3 %
Dietary Fiber	1.0g		4 %
Sugars	3.2g		
Protein	1.5g		
Vitamin A	3 %	Calcium	4 %
Vitamin C	11 %	Iron	7 %

Beef Mix Nutrition Facts

Nutrition Facts			
Serving Size 1.00 serving(s) (2g)			
Amount Per Serving			
Calories	7	Calories from Fat	1
% Daily Value			
Total Fat	0.1g		0 %
Saturated Fat	0.0g		0 %
Trans Fat			
Cholesterol	0.1mg		0 %
Sodium	8.1mg		0 %
Total Carbohydrate	1.5g		0 %
Dietary Fiber	0.2g		1 %
Sugars	0.5g		
Protein	0.3g		
Vitamin A	0 %	Calcium	1 %
Vitamin C	2 %	Iron	1 %

Beef Mix Per Half Cup Serving
of Rice Nutrition Facts

Chicken Mix

Makes 6 recipes

Combine 3 tablespoons low-sodium chicken bouillon granules, 1/2 cup parsley flakes, 1 tablespoon celery flakes, 1/2 cup instant minced onion, and 1/4 teaspoon pepper. Place in a container. Use 3 tablespoons mix for each recipe.

Nutrition Facts			
Serving Size 1.00 serving(s) (12g)			
Amount Per Serving			
Calories	46	Calories from Fat	6
% Daily Value			
Total Fat	0.6g		1 %
Saturated Fat	0.1g		1 %
Trans Fat			
Cholesterol	0.5mg		0 %
Sodium	55.7mg		2 %
Total Carbohydrate	9.1g		3 %
Dietary Fiber	1.1g		5 %
Sugars	3.3g		
Protein	1.6g		
Vitamin A	3 %	Calcium	5 %
Vitamin C	12 %	Iron	8 %

Chicken Mix Nutrition Facts

Nutrition Facts			
Serving Size 1.00 serving(s) (2g)			
Amount Per Serving			
Calories	8	Calories from Fat	1
% Daily Value			
Total Fat	0.1g		0 %
Saturated Fat	0.0g		0 %
Trans Fat			
Cholesterol	0.1mg		0 %
Sodium	9.3mg		0 %
Total Carbohydrate	1.5g		1 %
Dietary Fiber	0.2g		1 %
Sugars	0.6g		
Protein	0.3g		
Vitamin A	1 %	Calcium	1 %
Vitamin C	2 %	Iron	1 %

Chicken Mix Per Half Cup Serving of Rice Nutrition Facts

Spanish Rice Mix

Makes 4 recipes

Combine 1 tablespoons instant minced onion, 1/4 cup parsley flakes, 1 teaspoon salt, 1/2 teaspoon black pepper, 1 teaspoon garlic powder, and 1 teaspoon turmeric. Store in a container. Use 1/4 cup mix for each recipe.

When using this seasoning mix, add one 14 ounce can of stewed tomatoes along with 1 cup of rice and 2 1/2 cups of water.

Nutrition Facts			
Serving Size 1.00 serving(s) (5g)			
Amount Per Serving			
Calories	12	Calories from Fat	1
% Daily Value			
Total Fat	0.1g		0 %
Saturated Fat	0.0g		0 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	586.4mg		24 %
Total Carbohydrate	2.5g		1 %
Dietary Fiber	0.6g		2 %
Sugars	0.6g		
Protein	0.5g		
Vitamin A	0 %	Calcium	2 %
Vitamin C	4 %	Iron	3 %

Spanish Rice Mix Nutrition Facts

Nutrition Facts			
Serving Size 1.00 serving(s) (1g)			
Amount Per Serving			
Calories	2	Calories from Fat	0
% Daily Value			
Total Fat	0.0g		0 %
Saturated Fat	0.0g		0 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	97.7mg		4 %
Total Carbohydrate	0.4g		0 %
Dietary Fiber	0.1g		0 %
Sugars	0.1g		
Protein	0.1g		
Vitamin A	0 %	Calcium	0 %
Vitamin C	1 %	Iron	0 %

Spanish Rice Mix Per Half Cup Serving of Rice Nutrition Facts

Pre-Mix Flavorings

Mexican Flavoring:

Cumin powder is an important ingredient for Mexican flavoring. Cayenne pepper can be added for the hot taste and the red color. To make a milder recipe and still maintain the color, try blending some cayenne pepper and paprika. Add both cumin and chili powder to onion when it is being sautéed.

Italian Flavoring:

Makes 27 teaspoons

Combine 6 tablespoons basil, 2 tablespoons oregano, 1 tablespoon thyme and keep package in a dry container. Add about 1 teaspoon per cup of tomatoes, tomato sauce or puree, or add to taste.

Nutrition Facts			
Serving Size 1.00 teaspoon(s) (1g)			
Amount Per Serving			
Calories	2	Calories from Fat	0
% Daily Value			
Total Fat	0.0g		0 %
Saturated Fat	0.0g		0 %
Trans Fat			
Cholesterol	0.0mg		0 %
Sodium	0.2mg		0 %
Total Carbohydrate	0.3g		0 %
Dietary Fiber	0.2g		1 %
Sugars	0.0g		
Protein	0.1g		
Vitamin A	1 %	Calcium	1 %
Vitamin C	1 %	Iron	2 %

Convenience Mix #11

Convenience Seasoned Coating Mix for Meat, Fish, and Poultry

Makes 3 cups of seasoned coating mix or 4 packages.

- 2 cups fine bread crumbs*
- 1 teaspoon poultry seasoning*
- 1/2 cup white or whole wheat flour*
- 1/2 teaspoon pepper*
- 2 tablespoons margarine*
- 1 tablespoon paprika*

Combine dry ingredients. Cut in margarine thoroughly. Store whole recipe in a tightly covered container in the refrigerator or measure 3/4-cup portions into plastic bags with twist ties or other small, airtight containers in the refrigerator.

To use coating: Place 3/4 cup seasoned coating mix in a brown paper or plastic bag. Add a cutlet, fish, chop, a piece of chicken, or other meat to bag and shake until coated. Bake or fry as desired.

Nutrition Facts			
Serving Size 1.00 serving(s) (79g)			
Amount Per Serving			
Calories	327	Calories from Fat	81
% Daily Value			
Total Fat	8.9g		14 %
Saturated Fat	1.8g		9 %
Trans Fat	1.0g		
Cholesterol	0.0mg		0 %
Sodium	463.3mg		19 %
Total Carbohydrate	52.1g		17 %
Dietary Fiber	3.5g		14 %
Sugars	3.6g		
Protein	9.1g		
Vitamin A	21 %	Calcium	11 %
Vitamin C	0 %	Iron	21 %

Convenience Mix #12

Convenience Seasoned Cornmeal Coating Mix for Meat, Fish, and Poultry

Makes 2 1/2 cups seasoned cornmeal coating mix or 3 packages

- 1 cup white or whole wheat flour
- 1 cup cornmeal
- 2 teaspoons sugar
- 1/2 cup dry milk
- 1/8 teaspoon pepper
- 1/2 teaspoon poultry seasoning
- 1/8 teaspoon paprika, if desired

Combine ingredients. Store whole recipe in a tightly covered container, or measure out 3/4-cup portions into plastic bag with twist tie or other small, airtight container.

To use coating: Place 3/4 cup seasoned cornmeal coating mix in a brown paper bag. Add a cutlet, chop, fish, a piece of chicken, or other meat to the bag and shake until coated. Bake or fry as desired.

Nutrition Facts			
Serving Size 1.00 serving(s) (97g)			
Amount Per Serving			
Calories	352	Calories from Fat	18
% Daily Value			
Total Fat	2.0g		3 %
Saturated Fat	0.3g		2 %
Trans Fat	0.0g		
Cholesterol	2.0mg		1 %
Sodium	77.5mg		3 %
Total Carbohydrate	72.0g		24 %
Dietary Fiber	4.2g		17 %
Sugars	9.1g		
Protein	11.6g		
Vitamin A	8 %	Calcium	15 %
Vitamin C	1 %	Iron	19 %

Convenience Mix #13

Convenience Salt-Free Seasoning Mix

- 1 teaspoon dried thyme
- 2 teaspoons dry mustard
- 1-1/2 teaspoon dried oregano
- 1/2 teaspoon onion powder
- 1-1/2 teaspoon garlic powder
- 1/4 teaspoon dill weed
- 2 teaspoons paprika

Combine and place in an airtight container; store in a cool place. Use in place of salt to season food.

Nutrition Facts			
Serving Size 0.50 tablespoon(s) (5g)			
Amount Per Serving			
Calories	8	Calories from Fat	2
% Daily Value			
Total Fat	0.2g		0 %
Saturated Fat	0.0g		0 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	0.8mg		0 %
Total Carbohydrate	1.7g		1 %
Dietary Fiber	0.7g		3 %
Sugars	0.4g		
Protein	0.4g		
Vitamin A	11 %	Calcium	1 %
Vitamin C	2 %	Iron	3 %

Convenience Mix #14

Basic Oil and Vinegar Dressing Mix

Makes 4 cups

- 4 teaspoons salt
- 3 tablespoons sugar
- 1 teaspoon dry mustard
- 1 cup vinegar
- 3 cups salad oil
- 1/4 teaspoon ground red pepper
- 1/2 teaspoon pepper

Combine all ingredients in a glass jar or bottle. Cover, shake well and store in refrigerator. Shake again before using.

Nutrition Facts

Serving Size 1.00 tablespoon(s) (15g)

Amount Per Serving			
Calories	93	Calories from Fat	92
% Daily Value			
Total Fat	10.2g		16 %
Saturated Fat	0.8g		4 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	145.4mg		6 %
Total Carbohydrate	0.8g		0 %
Dietary Fiber	0.0g		0 %
Sugars	0.6g		
Protein	0.0g		
Vitamin A	0 %	Calcium	0 %
Vitamin C	0 %	Iron	0 %

Recipes Using Basic Oil and Vinegar Dressing Mix

- Basic Oil and Vinegar Dressing Mix
- Dressing Variations

Dressing Variations

Curry Dressing:

1 teaspoon curry powder, 1/4 teaspoon dry mustard (optional) and 1 or 2 finely chopped, hard-cooked eggs.

Florentine Dressing:

3 tablespoons finely minced raw spinach.

Nutrition Facts

Serving Size 1.00 tablespoon(s) (18g)

Amount Per Serving			
Calories	98	Calories from Fat	95
% Daily Value			
Total Fat	10.6g		16 %
Saturated Fat	0.9g		4 %
Trans Fat	0.0g		
Cholesterol	13.3mg		4 %
Sodium	149.3mg		6 %
Total Carbohydrate	0.9g		0 %
Dietary Fiber	0.0g		0 %
Sugars	0.6g		
Protein	0.4g		
Vitamin A	0 %	Calcium	0 %
Vitamin C	0 %	Iron	1 %

Nutrition Facts

Serving Size 1.00 tablespoon(s) (15g)

Amount Per Serving			
Calories	93	Calories from Fat	92
% Daily Value			
Total Fat	10.2g		16 %
Saturated Fat	0.8g		4 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	145.7mg		6 %
Total Carbohydrate	0.8g		0 %
Dietary Fiber	0.0g		0 %
Sugars	0.6g		
Protein	0.0g		
Vitamin A	1 %	Calcium	0 %
Vitamin C	0 %	Iron	0 %

Dressing Variations

Parmesan Dressing:

3 to 4 tablespoons grated Parmesan cheese.

Nutrition Facts			
Serving Size 1.00 tablespoon(s) (16g)			
Amount Per Serving			
Calories	97	Calories from Fat	94
% Daily Value			
Total Fat	10.5g		16 %
Saturated Fat	0.9g		5 %
Trans Fat	0.0g		
Cholesterol	0.8mg		0 %
Sodium	159.7mg		7 %
Total Carbohydrate	0.9g		0 %
Dietary Fiber	0.0g		0 %
Sugars	0.6g		
Protein	0.4g		
Vitamin A	0 %	Calcium	1 %
Vitamin C	0 %	Iron	0 %

Vinaigrette Dressing:

2 teaspoons finely chopped chives and 1 to 2 finely chopped, hard-cooked eggs.

Nutrition Facts			
Serving Size 1.00 tablespoon(s) (18g)			
Amount Per Serving			
Calories	98	Calories from Fat	95
% Daily Value			
Total Fat	10.5g		16 %
Saturated Fat	0.9g		4 %
Trans Fat	0.0g		
Cholesterol	13.3mg		4 %
Sodium	149.3mg		6 %
Total Carbohydrate	0.9g		0 %
Dietary Fiber	0.0g		0 %
Sugars	0.6g		
Protein	0.4g		
Vitamin A	1 %	Calcium	0 %
Vitamin C	0 %	Iron	0 %

Chiffonade Dressing:

4 teaspoons minced pimento, 1 teaspoon dried parsley flakes, and 1 finely chopped, hard-cooked egg.

Nutrition Facts			
Serving Size 1.00 tablespoon(s) (19g)			
Amount Per Serving			
Calories	98	Calories from Fat	95
% Daily Value			
Total Fat	10.5g		16 %
Saturated Fat	0.9g		4 %
Trans Fat	0.0g		
Cholesterol	13.3mg		4 %
Sodium	149.5mg		6 %
Total Carbohydrate	0.9g		0 %
Dietary Fiber	0.0g		0 %
Sugars	0.7g		
Protein	0.4g		
Vitamin A	1 %	Calcium	0 %
Vitamin C	1 %	Iron	1 %

Mint Dressing:

2 tablespoons dried mint leaves and 4 teaspoons sugar.

Nutrition Facts			
Serving Size 1.00 tablespoon(s) (16g)			
Amount Per Serving			
Calories	98	Calories from Fat	92
% Daily Value			
Total Fat	10.2g		16 %
Saturated Fat	0.8g		4 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	146.0mg		6 %
Total Carbohydrate	2.0g		1 %
Dietary Fiber	0.1g		0 %
Sugars	1.7g		
Protein	0.0g		
Vitamin A	0 %	Calcium	0 %
Vitamin C	0 %	Iron	1 %

Dressing Variations

Indian Rose Dressing:

1 small cooked beet, finely chopped, 1/2 teaspoon Worcestershire sauce, and 2 tablespoons chopped sweet pickle.

Nutrition Facts			
Serving Size 1.00 tablespoon(s) (20g)			
Amount Per Serving			
Calories	96	Calories from Fat	92
% Daily Value			
Total Fat	10.2g		16 %
Saturated Fat	0.8g		4 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	155.6mg		6 %
Total Carbohydrate	1.4g		0 %
Dietary Fiber	0.1g		0 %
Sugars	1.1g		
Protein	0.1g		
Vitamin A	0 %	Calcium	0 %
Vitamin C	0 %	Iron	0 %

Spicy Red Dressing:

1/3 cup ketchup, 1/2 teaspoon dried oregano, 1 teaspoon parsley flakes, 1/2 teaspoon dried basil flakes, 1/2 teaspoon dried dill weed, and 1/4 teaspoon celery salt (cover and refrigerate for 1 week to give herbs time to flavor dressing).

Nutrition Facts			
Serving Size 1.00 tablespoon(s) (20g)			
Amount Per Serving			
Calories	98	Calories from Fat	92
% Daily Value			
Total Fat	10.2g		16 %
Saturated Fat	0.8g		4 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	201.2mg		8 %
Total Carbohydrate	2.2g		1 %
Dietary Fiber	0.1g		0 %
Sugars	1.7g		
Protein	0.1g		
Vitamin A	1 %	Calcium	0 %
Vitamin C	1 %	Iron	1 %

Blue Cheese Dressing:

1/4 cup crumbled blue cheese.

Nutrition Facts			
Serving Size 1.00 tablespoon(s) (17g)			
Amount Per Serving			
Calories	100	Calories from Fat	97
% Daily Value			
Total Fat	10.8g		17 %
Saturated Fat	1.1g		6 %
Trans Fat	0.0g		
Cholesterol	1.6mg		1 %
Sodium	174.8mg		7 %
Total Carbohydrate	0.9g		0 %
Dietary Fiber	0.0g		0 %
Sugars	0.6g		
Protein	0.5g		
Vitamin A	0 %	Calcium	1 %
Vitamin C	0 %	Iron	0 %

Celery Dressing:

1 teaspoon celery seeds.

Nutrition Facts			
Serving Size 1.00 tablespoon(s) (15g)			
Amount Per Serving			
Calories	94	Calories from Fat	92
% Daily Value			
Total Fat	10.2g		16 %
Saturated Fat	0.8g		4 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	145.6mg		6 %
Total Carbohydrate	0.9g		0 %
Dietary Fiber	0.0g		0 %
Sugars	0.6g		
Protein	0.0g		
Vitamin A	0 %	Calcium	0 %
Vitamin C	0 %	Iron	0 %

Honey-Celery Dressing:

1/2 cup honey and 1 tablespoon celery seeds.

Nutrition Facts			
Serving Size 1.00 tablespoon(s) (26g)			
Amount Per Serving			
Calories	126	Calories from Fat	93
% Daily Value			
Total Fat	10.3g		16 %
Saturated Fat	0.8g		4 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	146.4mg		6 %
Total Carbohydrate	9.6g		3 %
Dietary Fiber	0.1g		0 %
Sugars	9.2g		
Protein	0.1g		
Vitamin A	0 %	Calcium	1 %
Vitamin C	0 %	Iron	1 %

Honey-Lemon-Orange Dressing:

2 tablespoons honey, 4 teaspoons lemon juice, 1 teaspoon orange juice, and 1/2 to 1 teaspoon grated lemon peel.

Nutrition Facts			
Serving Size 1.00 tablespoon(s) (19g)			
Amount Per Serving			
Calories	102	Calories from Fat	92
% Daily Value			
Total Fat	10.2g		16 %
Saturated Fat	0.8g		4 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	145.5mg		6 %
Total Carbohydrate	3.1g		1 %
Dietary Fiber	0.0g		0 %
Sugars	2.8g		
Protein	0.0g		
Vitamin A	0 %	Calcium	0 %
Vitamin C	1 %	Iron	0 %

Honey-Orange Dressing:

2 tablespoons honey, 4 teaspoons orange juice, 1 teaspoon lemon juice, and 1/2 teaspoon grated orange peel.

Nutrition Facts			
Serving Size 1.00 tablespoon(s) (19g)			
Amount Per Serving			
Calories	102	Calories from Fat	92
% Daily Value			
Total Fat	10.2g		16 %
Saturated Fat	0.8g		4 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	145.5mg		6 %
Total Carbohydrate	3.2g		1 %
Dietary Fiber	0.0g		0 %
Sugars	2.9g		
Protein	0.0g		
Vitamin A	0 %	Calcium	0 %
Vitamin C	1 %	Iron	0 %

Convenience Mix #15

High-Fiber Convenience Snack Mix

Makes 10 cups

8 cups high-fiber cereal or a combination (rice, multi-Grain, or wheat “Chex”-type cereal)

1/2 cup peanuts

1 cup pretzel sticks

2 tablespoons margarine

1/2 to 1 teaspoon garlic powder

1 1/2 tablespoons Worcestershire sauce

Set oven to 250°F. Heat margarine in shallow baking pan in oven until melted. Remove pan from oven and stir in garlic powder and Worcestershire sauce. Add cereal, nuts, and pretzels. Mix until all pieces are coated. Heat in oven 1 hour, stirring every 15 minutes. Spread on absorbent paper to cool.

Note: Snack Mix can be frozen, so make a double batch. Thaw at room temperature in its storage container.

Nutrition Facts			
Serving Size 1.00 cup(s) (53g)			
Amount Per Serving			
Calories	206	Calories from Fat	60
% Daily Value			
Total Fat	6.6g		10 %
Saturated Fat	0.9g		5 %
Trans Fat	0.4g		
Cholesterol	0.0mg		0 %
Sodium	405.4mg		17 %
Total Carbohydrate	34.7g		12 %
Dietary Fiber	3.4g		14 %
Sugars	4.0g		
Protein	5.2g		
Vitamin A	11 %	Calcium	10 %
Vitamin C	10 %	Iron	65 %