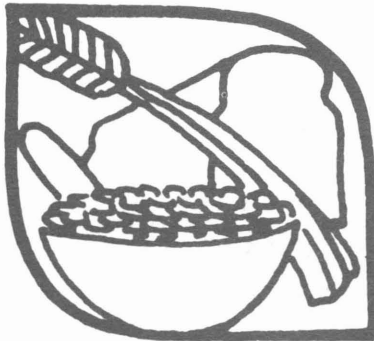


EAT WELL FOR LESS FROM THE BREAD AND CEREAL GROUP



Mary K. Sweeten*

Nutritional Value

Foods in the bread and cereal group furnish protein, iron, several B-Vitamins and food energy. Eat four servings of whole grain, enriched or restored breads and cereals every day. Read the label to insure that these products are enriched or restored. *Enriched* describes the addition of the B-Vitamins and iron to white flour, macaroni, rice and cornmeal. *Whole grain* means that all the nutrients found in the grain are there. *Restored* is defined as total replacement of certain nutrients lost in the processing or refining of food.

Buying Tips

Compare the cost per serving of ready-to-eat cereal with to-be-cooked cereal. Generally, you can save money by buying the to-be-cooked instead of the dry cereal. Sugar-coated products cost more. You can add sugar at home for less.

Longer cooking, short-grain rice is less expensive than instant or converted rice. Noodles, macaroni and rice can be used as a meat extender.

The cost of prepared mixes should be compared with that of homemade mixes, and home-prepared yeast bread with commercially baked bread. Often money is saved by preparing these

mixes and breads at home instead of buying them at the supermarket or bakery. However, it is helpful to watch for specials on bakery products at the supermarket or bakery.

Day-old bakery products usually sell at a reduced price. Leftover bread can be used for bread pudding, croutons, French toast or bread crumbs for making stuffing, topping casseroles or coating croquettes.

In order to help stretch the food dollar, start making more pancakes, waffles, muffins, cornbread and biscuits, which add taste as well as nutrients to meals. Extra waffles or muffins can be frozen and reheated.

Storage

Store breads and cereals at room temperature in a dry place or freeze. Storing bread in the refrigerator retards mold growth but hastens staling.

Plain cakes and cookies can be stored in covered containers or wrapped in moisture-vapor-proof material and frozen. Refrigerate cakes with cream cheese or butter frosting. Store crackers in airtight containers. If crackers become soft, heat in the oven for crisping.

Ready-to-eat cereals, to-be-cooked cereals, flour, cornmeal, rice, noodles, macaroni and ready-mixes should be stored in closed containers in the preparation center of the kitchen cabinet.

Preparation

When cooking breakfast cereals, noodles, pastas and rice, use the proportions of ingredients and the recommended cooking times on the package. Noodles, pastas and rice may be combined with other foods in casseroles, soups and loaves.

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Breads may be prepared at home from commercial mixes or by using yeast or other chemical agents such as baking powder or soda. Breads leavened by yeast are known as *yeast breads*; breads by chemical agents, *quick breads*. Yeast

breads should be mixed and kneaded to develop the gluten to insure a high-quality product.

In preparing quick breads such as cornbread or muffins, follow the recipe. Too much mixing will toughen quick breads.

BREAD AND CEREAL GROUP RECIPES



Oatmeal Cookies

1½ cups flour	2 cups rolled oats
3 tablespoons dry milk	1 cup raisins
2 teaspoons baking powder	½ cup fat
½ teaspoon salt	1 cup sugar
½ teaspoon cinnamon	2 eggs
	½ cup water

Sift together flour, milk, baking powder, salt and cinnamon; stir in oatmeal and raisins. Cream fat, gradually add sugar and cream until smooth, add eggs and beat well. Add water and flour to oatmeal mixture and mix well. Drop from teaspoon on greased cookie sheet. Bake at 375° F. about 15 minutes. Makes 36 cookies.

Garden Rice

1 cup uncooked rice	1 cup cooked carrots or
½ cup chopped onion	1 cup cooked chopped
½ cup margarine	greens
2 cups milk (use dry milk)	1 teaspoon salt
½ cup grated cheese, optional	pepper

Saute rice and onions in margarine in saucepan until onions are tender and rice is slightly browned. Add milk, vegetables and seasonings. Bring to a boil, stir once. Cover, reduce heat and simmer 14 minutes or until rice is tender and liquid is absorbed. If desired, sprinkle cheese on top. Serves six.

A&M Coffee Cake

1½ cups flour, sifted	⅔ cup brown sugar
1 teaspoon baking powder	1 egg
⅓ teaspoon salt	⅓ teaspoon soda
⅔ teaspoon cinnamon	½ cup buttermilk
⅓ cup shortening	⅓ cup Texas pecans (optional)

Sift flour, baking powder, salt and cinnamon together. Cream sugar and shortening together until light and fluffy. Add eggs and continue to mix until well blended. Combine soda and buttermilk. Add the flour mixture and liquid alternately to the sugar mixture. Blend; pour into greased cake pans; sprinkle nuts on top. Bake at 325° F. for 40 minutes. Serves six.

Crusty Bread

1 cup cooked black-eyed peas	½ cup corn oil
1 cup white cornmeal	½ pound grated cheese
½ cup flour	1 chopped onion
1 tablespoon soda	2 chopped jalapeños
2 eggs	¾ cup creamed corn
1 cup buttermilk	1 pound browned and drained ground beef

Mix together all ingredients. Add cheese last. Pour into greased pan and bake at 350° F. for 45 minutes. Serves eight.

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