

## CHANGING FROM OLD TO NEW! - RECIPES

Courtesy Utah State Extension

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

Adjust the following recipes to make them lower in fat and salt content.

### PIZZA RICE CASSEROLE

#### Adjustment

2 cups cooked rice  
2 Tablespoons oil  
1 pound regular ground beef  
1 onion, chopped  
2-8 ounce cans tomato sauce  
1 teaspoon garlic salt  
1 teaspoon sugar  
Dash pepper  
1/4 teaspoon oregano leaves  
1 teaspoon parsley flakes  
2 cups shredded Cheddar Cheese

Preheat oven to 375°F. Have rice ready. Brown ground beef and onion with 2 Tbsp. oil. Drain fat. Add tomato sauce and spices to beef-onion mixture. Cover and simmer for 15 minutes. Combine 1 1/2 cups cheddar cheese and rice. Put a third of rice mixture in lightly oiled casserole dish. Top with a third of meat-tomato sauce. Continue to alternate layers, ending with tomato sauce. Sprinkle 1/2 cup cheddar cheese on top. Bake for 15 to 20 minutes or until hot and bubbly. Makes 6 servings.

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## **TANGY POTATO SALAD**

### Adjustment

6 medium potatoes  
2 hard cooked eggs  
1/2 cup finely chopped sweet pickles  
1/4 cup finely chopped onion  
1/4 teaspoon salt  
1/8 teaspoon pepper

#### Dressing:

1 cup Mayonnaise  
6 Tablespoons sweet pickle juice  
1 Tablespoons prepared mustard  
Paprika for garnish

Cook unpeeled potatoes until tender (about 45 minutes). Drain and peel while hot. Stir with fork to break up into very small pieces. Add chopped egg, pickles, onion and pepper. Refrigerate in covered container until serving time.

Prepare dressing by mixing together the mayonnaise, sweet pickle juice and mustard. Refrigerate separately. Just before serving, stir the dressing into the potato mixture. Garnish with paprika. Makes 6 servings.

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## BRAN MUFFINS

### Adjustment

- 1 1/4 cups flour
- 1 Tablespoon baking powder
- 1/2 teaspoon salt
- 1/4 cup sugar
- 1 1/2 cups Bran Buds or All Bran Cereal
- 1 1/4 cups whole milk
- 1 egg
- 1/3 cup vegetable oil

Measure cereal and milk into mixing bowl. Stir to combine. Let stand 1-2 minutes or until cereal is softened. Meanwhile, mix together the flour, baking powder, salt and sugar. Set aside. To the cereal mixture, add egg and oil. Beat well. Add dry ingredients to cereal mixture stirring **only until combined**. Spoon batter evenly into 12 lightly greased 2 1/2 inch muffin pan cups. Bake in oven at 400°F. about 25 minutes or until muffins are golden brown. Remove from pan immediately. Makes 12 muffins.