-Actively participate in the preparation of a complex carbohydrate food from scratch. (Standard 3)

-Compare the nutritional content and cost of a comparable convenience food vs. the complex carbohydrate food from scratch. (Standard 3)

**Complex Carbohydrate Recipes**

**1- IHOP Copycat Pancakes vs. Buttermilk Pancake Mix**

**2- Buttermilk Biscuits vs. Refrigerator Buttermilk Biscuits**

**3- Pumpkin Muffins vs. Store bought Muffins**

**4- Fried Rice vs. Fried Rice in Frozen Food Section**

**5- Pasta from scratch vs. store bought dried or fresh pasta.**

**6- Gramma J’s Oatmeal Cookies vs. store bought oatmeal cookies**

**1 – IHOP CopyCat Pancakes**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Ingredient | Cost | Total Fat | Saturated Fat | | Sodium |
| 1 ¼ c. Flour | .10 cents | 0 g | 0 g | | 0 mg. |
| 1 tsp. Baking Powder | .02 cents | 0 g | 0 g | | 480 mg. |
| 1 tsp. Baking Soda | .01 cents | 0 g | 0 g | | 1280 mg. |
| 1/8 tsp. Salt | .01 cents | 0 g | 0 g | | 295 mg. |
| 1 Egg, beaten | .19 cents | 5 g | 1.5 g. | | 50 mg. |
| 1 ¼ c. Buttermilk | .55 cents | 3.1 g | 1.9 g | | 363 mg. |
| 2 Tbsp. Melted Butter (salted) | .22 cents | 22 g | 14 g | | 180 mg. |
| ¼ c. Sugar | .05 cents | 0 g | 0 g | | 0 mg. |
| Totals |  |  |  | |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving | | |  | |
| Fat per Serving | Total Fat / Number of Servings = Fat per Serving | | |  | |
| Saturated Fat per Serving | Total Saturated Fat / Number of Servings = Saturated Fat per Serving | | |  | |
| Sodium per Serving | Total Sat / Number of Servings = Salt per Serving | | |  | |

In a large bowl mix together flour, baking powder, baking soda, and salt. Mix the beaten egg with the buttermilk and add to flour mixture. Stir just until smooth. Add the melted butter and sugar. Preheat **non-stick** griddle or frying pan for 5 minutes on medium heat. Fry pancakes until golden brown on each side. YOU DON’T NEED TO GREASE THE PAN.

**2 – Buttermilk Biscuits**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Ingredient | Cost | Total Fat | Saturated Fat | | Sodium |
| 2 1/4 c. flour | .18 cents | 0 g | 0 g | | 0 mg. |
| 1 Tbsp. baking powder | .06 cents | 0 g | 0 g | | 1440 mg. |
| 1/2 tsp. salt | .04 cents | 0 g | 0 g | | 1180 mg. |
| 1/2 tsp. baking soda | .01 cents | 0 g | 0 g | | 640 mg. |
| 1/4 c. Shortening | .16 cents | 48 g | 14 g | | 0 mg. |
| 1/4 c. Butter | .44 cents | 44 g | 28 g | | 360 mg. |
| 3/4 c. buttermilk | .34 cents | 6 g | 4 g | | 219 mg. |
| Totals |  |  |  | |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving | | |  | |
| Fat per Serving | Total Fat / Number of Servings = Fat per Serving | | |  | |
| Saturated Fat per Serving | Total Saturated Fat / Number of Servings = Saturated Fat per Serving | | |  | |
| Sodium per Serving | Total Sat / Number of Servings = Salt per Serving | | |  | |

1. Preheat oven to 425°.

2. In a large mixing bowl, combine flour, baking powder, salt and baking soda.

3. Using a pastry blender, cut the shortening and butter into the flour mixture until it looks crumbly.

4. Add the buttermilk and mix until a dough forms.

5. Lightly flour your counter and knead the dough for 10 times.

6. Press dough out to 1/2 inch thick. Cut out biscuits with a biscuit cutter.

7. Place biscuits on greased cookie sheet close together.

8. Bake at 425° for 12 minutes.

9. Remove from oven and eat warm. Enjoy!

**3 – Pumpkin Muffins**

¾ c. White Sugar

¼ c. Vegetable Oil

2 Eggs

¾ c. Canned Pumpkin

¼ c. Water

1 ½ c. Flour

¾ tsp. Baking Powder

½ tsp. Baking Soda

¼ tsp. Cloves

½ tsp. Cinnamon

¼ tsp. Salt

¼ tsp. Nutmeg

½ c. Semisweet Chocolate Chips (Optional)

Preheat oven to 400°F. Place paper liners in regular cupcake pan.

Mix sugar, oil, eggs. Add pumpkin and water. In separate bowl mix flour, baking powder, baking soda, salt and spices. Add wet mixture and stir well. Stir in chocolate chips.

Fill muffin cups 2/3 full with batter. Bake in preheated oven for 20-25 minutes. Makes 12 muffins.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Ingredient | Cost | Total Fat | Saturated Fat | | Sodium |
| ¾ c. White Sugar | .15 cents | 0 g | 0 g | | 0 mg. |
| ¼ c. Vegetable Oil | .22 cents | 56 g | 4 g | | 0 mg. |
| 2 Eggs | .38 cents | 10 g | 3 g. | | 100 mg. |
| ¾ c. Canned Pumpkin | .52 cents | .75 g | 0 g | | 7.5 mg. |
| 1 ½ c. Flour | .12 cents | 0 g | 0 g | | 0 mg. |
| ¾ tsp. Baking Powder | .01 cents | 0 g | 0 g | | 960 mg. |
| ½ tsp. Baking Soda | .01 cents | 0 g | 0 g | | 640 mg. |
| ¼ tsp. Cloves | .01 cents | 0 g | 0 g | | 0 mg. |
| ½ tsp. Cinnamon | .02 cents | 0 g | 0 g | | 0 mg. |
| ¼ tsp. Salt | .01 cents | 0 g | 0 g | | 590 mg. |
| ¼ tsp. Nutmeg | .01 cents | 0 g | 0 g | | 0 g |
| ½ c. Semisweet Chocolate Chips (Optional) | .88 cents | 32 g | 20 g | | 0 g |
| Totals |  |  |  | |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving | | |  | |

**4 – Fried Rice**

**4 – Rice – Get Rice started cooking.**

1 c. Rice

2 c. Water

Mix rice and water in a sauce pan and bring to boil. When mixture begins to boil, turn heat to low and cover with a lid. Let rice cook for 20 minutes. Remove from heat and let stand 5 minutes. Fluff with fork before serving.

3 c. Cooked Rice

2 Tbsp. Oil

¼ c. Diced Ham or Turkey Ham

1 stalk Celery, sliced

1 Green Onion, sliced

2 Tbsp. Water Chestnuts, chopped

1/4-1/2 c. Frozen Mixed Vegetables

2 Eggs

1-2 Tbsp. Soy Sauce

Sauté celery and ham in oil for 3 minutes on medium high heat, stirring constantly. Stir in rice, water chestnuts and green onion; stir fry for 2 minutes. Push food to one side and cook the slightly beaten eggs. When egg is cooked, mix in with other ingredients in the pan and stir-fry. Season with soy sauce.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Ingredient | Cost | Total Fat | Saturated Fat | | Sodium |
| 1 c. Rice | .29 cents | 0 g | 0 g | | 0 mg |
| 2 Tbsp. Oil | .11 cents | 28 g | 2 g | | 0 mg. |
| 1/2 c. Turkey Ham | .87 cents | 4 g | 1 g | | 510 mg. |
| 1 stalk Celery, sliced | .17 cents | 0 g | 0 g | | 0 mg. |
| 1 Green Onion, sliced | .06 | 0 g | 0 g | | 0 mg. |
| 2 Tbsp. Water Chestnuts | .18 cents | 0 g | 0 g | | 1 mg. |
| 2/3 c. Frozen Mixed Vegetables | .23 cents | 0 g | 0 g | | 20 mg. |
| 2 Eggs | .38 cents | 10 g | 3 g. | | 100 mg. |
| 1-2 Tbsp. Soy Sauce | .06-.12 cents | 0 g | 0 g | | 900/T. or 1800/2T. |
| Totals |  |  |  | |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving | | |  | |

**5 – Pasta**

1- Bring large pot of water to boil. (Use lid to boil faster)

**Ingredients:**

1 1/3 c. Flour

¼ t. Salt

\*Mix and make a well.

1 T. Olive Oil

2 eggs

\*Pour this into well and knead. Wrap. Let sit for 10-15 minutes to relax the gluten.

**Instructions:**

Divide dough into 4 pieces.

Roll through large roller, then next smallest, then next smallest.

Roll through linguini cutter.

Place in boiling water for 1 minute.

Toss with butter or olive oil and garlic salt or alfredo sauce.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Ingredient | Cost | Total Fat | Saturated Fat | | Sodium |
| 1 1/3 c. Flour | .11 cents | 0 g | 0 g | | 0 mg. |
| ¼ t. Salt | .01 cents | 0 g | 0 g | | 590 mg. |
| 1 T. Olive Oil | .11 cents | 14 g | 2 g | | 0 mg. |
| 2 eggs | .38 cents | 10 g | 3 g. | | 100 mg. |
| Pasta Sauce Mix (Alfredo)  McCormick Alfredo Sauce Packet | $2.12 | 7 g | 5 g | | 1220 mg. |
| Butter (3 Tbsp.) | .33 cents | 33 g | 21 g | | 180 mg. |
| Milk (1 c. Skim) | .14 cents | 0 g | 0 g | | 130 mg. |
| Totals |  |  |  | |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving | | |  | |

**6 – Gramma J’s Oatmeal Cookies**

½ c. Shortening

1 Tbsp. Butter

1/3 c. Sugar

½ c. Brown Sugar

1 Egg

1 tsp. Vanilla

1 c. Flour

½ tsp. Baking Soda

½ tsp. Baking Powder

¼ tsp. Salt

1 c. Oatmeal

\*Preheat oven to to 350ºF.

Cream shortening, butter, sugar and brown sugar until smooth. Add eggs and vanilla to sugar mixture and blend well.

Mix together in separate bowl the flour, salt, baking soda, and baking powder. Add to egg/sugar mixture and blend. Stir in oatmeal, mix well. Roll into balls and place on greased or lined cookie sheet. Flatten with fork or palm of your hand. Bake for

8-10 minutes. Makes 18 large or 24 small cookies.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Ingredient | Cost | Total Fat | Saturated Fat | | Sodium |
| ½ c. Shortening | .32 cents | 96 g | 28 g | | 0 mg. |
| 1 Tbsp. Butter | .11 cents | 11 g | 7 g | | 90 mg. |
| 1/3 c. Sugar | .18 | 0 g | 0 g | | 0 mg. |
| ½ c. Brown Sugar | .14 cents | 0 g | 0 g | | 0 mg. |
| 1 Egg | .19 cents | 5 g | 1.5 g. | | 50 mg. |
| 1 tsp. Vanilla | .02 cents | 0 g | 0 g | | 0 mg. |
| 1 c. Flour | .08 cents | 0 g | 0 g | | 0 mg. |
| ½ tsp. Baking Soda | .01 cents | 0 g | 0 g | | 640 mg. |
| ½ tsp. Baking Powder | .01 cents | 0 g | 0 g | | 640 mg. |
| ¼ tsp. Salt | .01 cents | 0 g | 0 g | | 590 mg. |
| 1 c. Oatmeal (Quick Cooking) | .22 cents | 6 g | 1 g | | 0 mg. |
| Totals |  |  |  | |  |
| Cost per Serving | Total Cost / Number of Servings = Cost per Serving | | |  | |