



Module 4 Whole Wheat Apple Muffins

RECIPE

Directions:

- 1 Pre-heat oven to 400 degrees and coat muffin cups with cooking spray.
- 2 With your child, whisk whole-wheat flour, salt, baking powder, cinnamon and nutmeg together in a large bowl. Then toss the chopped apple pieces with these ingredients. Set aside.
- 3 In a separate bowl, whisk oil, brown sugar, eggs and lowfat milk together.
- 4 Slowly add the milk mixture into the flour and apple mixture. Blend until just combined. Try not to over mix the muffins, or they may come out tough.
- 5 Scoop batter into prepared muffin cup pan.
- 6 Bake until muffin tops spring back when touched lightly, 15-20 minutes.



Ingredients:

- ☐ 3 Tablespoons canola oil
- ☐ 1/2 cup brown sugar
- ☐ 2 eggs
- ☐ 1 3/4 cups whole wheat flour
- ☐ 1/2 teaspoon salt
- ☐ 1 3/4 teaspoons baking powder
- ☐ 1 teaspoon cinnamon
- ☐ 1/2 teaspoon nutmeg (optional)
- ☐ 1 cup lowfat (1%) or fat free milk
- ☐ 1 cup peeled and chopped apple

SAFETY TIPS!

Keep children away from a hot stove and hot pans



TIPS:

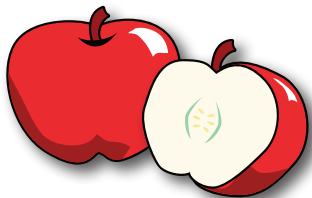
1. For fun, try adding a handful of raisins or walnuts (or both!) to this recipe.
2. Remember that your child is more likely to try a new food if you try it with them.





SHOPPING LIST

- ☐ Canola oil
- ☐ Brown sugar
- ☐ Eggs
- ☐ Whole wheat flour
- ☐ Salt
- ☐ Baking powder
- ☐ Cinnamon
- ☐ Nutmeg (optional)
- ☐ Lowfat (1%) or fat free milk
- ☐ Apples



This institution is an equal opportunity provider and employer. Printing of this material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-432-6217.



Ingredients:

- ☐ 2 cups low fat cottage cheese
- ☐ 1 egg
- ☐ 2 cups shredded part-skim mozzarella cheese
- ☐ 1 jar (32 oz) spaghetti sauce
- ☐ 1 package (10 oz) frozen spinach, thawed and drained
- ☐ 9 uncooked whole wheat lasagna noodles
- ☐ 1 cup water
- ☐ 1/8 teaspoon pepper
- ☐ 3/4 teaspoon oregano
- ☐ Salt to taste

Directions:

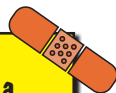
- 1 Preheat oven to 350 degrees and spray a 13x9x2 cooking dish with non-stick cooking spray.
- 2 In a large bowl, mix spinach, 1 cup part-skim mozzarella cheese, cottage cheese, seasoning, and egg. Ask your child to help mix.
- 3 Layer 1/2 cup spaghetti sauce, 3 noodles, and 1/2 cheese mixture. Ask your child to help.
- 4 Repeat another layer.
- 5 Top with remaining noodles, sauce, and 1 cup of part-skim mozzarella cheese.
- 6 Pour water around edges.
- 7 Cover with foil and bake for 60 to 75 minutes.

TIP:

Remember that your child is more likely to try a new food if you try the new food with them!

SAFETY TIPS!

Keep children away from a hot stove and hot pans





SHOPPING LIST

- ☐ 1 package (10 oz) frozen spinach
- ☐ Low fat cottage cheese
- ☐ Eggs
- ☐ Part-skim mozzarella cheese
- ☐ 1 jar (32 oz) spaghetti sauce
- ☐ Whole wheat lasagna noodles
- ☐ Pepper
- ☐ Oregano



This institution is an equal opportunity provider and employer. Printing of this material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-432-6217.



Ground beef found in the grocery stores is usually 75% lean/25% fat. Leaner types are sometimes available, but cost more money. These tips will help your family reduce the fat in ground beef for a healthier meal without paying extra money at the grocery store.

Reducing the Fat in Cooked Beef Crumbles by Rinsing and Draining:

Use in recipes that call for cooked ground beef crumbles (chili, Sloppy Joes, spaghetti with meat sauce, tacos, etc).

- 1 Brown ground beef in a skillet over medium heat for 8 to 10 minutes or until meat reaches 160 degrees Fahrenheit (no longer pink and juices run clear). Stir occasionally to break chunks of ground beef into smaller pieces.
- 2 While ground beef is cooking, microwave four cups of water in a microwavable container on high for 5 to 6 minutes or until very hot, but NOT boiling. Careful, the water will be very HOT.
- 3 Using a slotted spoon, remove ground beef pieces from skillet and place on a large plate lined with 3 layers of white paper towels. Let sit for 1 minute. Blot top of beef crumbles with more paper towels.
- 4 Place beef crumbles in a mesh strainer or colander and set in a large, sturdy bowl.
- 5 Pour hot water over beef to rinse off fat. Drain for 5 minutes.
- 6 Pour fat into container and let cool and solidify. Place in trash. NEVER pour fat, oil, or grease down the drain or garbage disposal.





Cooking Tips: If your recipe calls for onions or garlic, these items can be added during the cooking process since rinsing the beef will not greatly reduce the flavor. Other seasoning, such as herbs, can be added after rinsing.

If it is not possible to rinse and drain the ground beef, consider using a leaner (90% lean/10% fat) ground beef.

Use reduced fat or low-fat alternatives to other high fat recipe ingredients such as cheese and sour cream.

Add additional foods, such as fruits and vegetables, which are low in fat.

Reducing the Fat in Cooked Ground Beef Burgers:

- 1 Shape raw ground beef into 4-ounce patties. Cook immediately.
- 2 Heat nonstick skillet over medium heat until hot. Do NOT add oil and place patties in skillet.
- 3 Cook for 10-12 minutes or until the internal temperature reaches 160 degrees Fahrenheit (center no longer pink and clear juices). Turn once halfway through cooking.
- 4 Remove patties and place on large plate lined with 3 layers of paper towels. Let stand 1 minute, turning over after 30 seconds. Season as desired and serve.

Reducing the Fat in Meatballs and Meatloaf:

- 1 Roast the meatballs and meatloaf on a rack to allow for fat to drip away while cooking.
- 2 After roasting, place on large plate lined with non-recycled paper towels and blot sides and tops (if not glazed) to further reduce the fat.

This institution is an equal opportunity provider and employer. Printing of this material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-432-6217.



Module 4

Making Whole Wheat Tortillas at Home

RECIPE

Ingredients:

- ☐ 4 cups whole wheat flour
- ☐ 1 teaspoon baking powder
- ☐ ½ teaspoon salt
- ☐ ¼ cup canola oil
- ☐ 1½ cups warm water



Directions:

- 1 In a large mixing bowl, combine the whole wheat flour, baking powder and salt and then add the canola oil and $\frac{3}{4}$ cup of the water. Mix together with your hands and continue to add water into the dough until it forms a solid ball, but is not too sticky. Add more flour or water as needed.
- 2 Knead the dough on a floured board for 5 minutes.
- 3 Separate the dough with your hands into 8 to 10 round pieces and cover them with a damp towel. Let the dough rest for about 20 minutes, which will make them easier to roll out.
- 4 Heat a cast iron pan or griddle to medium heat.
- 5 Roll out the dough, one piece at a time to about $\frac{1}{4}$ inch thickness on a lightly floured surface.
- 6 Place one round of dough on the griddle and cook on each side for about 30 seconds, then continue with the remaining portions of dough.





PURCHASING WHOLE WHEAT TORTILLAS **TIPS**

When buying tortillas, look for tortillas made from whole wheat. Reading the list of ingredients will ensure that your family is eating whole wheat tortillas at home. Look below for some tips.

TIP 1: Look for “100% Whole Wheat”, “100% Whole Grain”, or “Whole Wheat” on the tortilla bags.

TIP 2: Look at the list of ingredients. Select tortillas that list “whole” wheat or “whole” grain as the first ingredient. Look at the list of ingredients below. Which tortilla is made from whole grains?

Ingredients: enriched bleached white flour, water, vegetable shortening, baking powder, salt, rice flour

Ingredients: whole wheat flour, water, vegetable shortening, salt, rice flour

The first list of ingredients is for a tortilla made from white flour, which is a refined grain. The second list of ingredients is from a whole wheat tortilla.

TIP 3: Whole wheat tortillas sometimes cost more than white flour tortillas. Tortillas made from whole wheat are made from ALL parts of the wheat seed and has more of the “good stuff” our bodies need, such as fiber, making them well worth the extra cents.

TIP 4: If your local grocery store does not sell whole wheat tortillas, ask the store manager to stock them!

This institution is an equal opportunity provider and employer. Printing of this material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact 1-800-432-6217.