

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

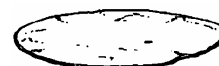
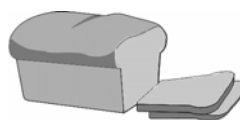


Ideas For Eating Better For Less

Bread at Mealtime

**Bread is a cheap and nutritious food.
Choose whole grain breads often.**

- ◆ Sliced bread, English muffin, bagel, tortilla, hamburger and hot dog buns are just a few of your bread choices.
- ◆ Make simple dishes with bread.
 - Grilled cheese sandwich
 - French toast
 - Mini-pizzas (Ex. Use English muffin, bagel or hamburger bun for crust.)
- ◆ Stretch your food dollar with “day-old” bread from a thrift store.
 - **Selecting “day-old” bread**
Look for the “sell by” date on the wrapper. The bread should still be fresh on that date and stay fresh a couple days longer. Check bread for mold before serving. For long term storage, freeze bread.
 - “Day-old” bread is great in casseroles or for making croutons.



Turkey Casserole Serves 6.

8 slices day-old bread
1 1/2 cups cooked turkey, cubed
3 eggs
2 tsp. prepared mustard

1 cup mixed vegetables
1/4 cup chopped onion
1 1/2 cups skim milk



1. Spray oven-proof baking dish with non-stick spray. Place 4 slices of bread in bottom of dish.
2. Cover bread with cooked turkey.
3. Place 4 remaining slices of bread on top of turkey.
4. In a bowl beat eggs and mustard together. Add vegetables, onion and milk. Stir and pour over bread.
5. Cover and place in refrigerator about 8 hours or overnight.
6. Place casserole in COLD oven. Then immediately set oven to bake at 350°F. for about one hour. Use a meat thermometer to make sure eggs are thoroughly cooked. Casserole should reach an internal temperature of 160°F.
7. Let stand 5 to 10 minutes before serving.

NUTRITION FACTS (per serving) - Calories 230 ~ fat 7 g ~ calories from fat 60 ~ sodium 350 mg ~ total carbohydrate 24 g ~ fiber 4 g

Breakfast Oats Serves 8.

8 slices day-old bread, cubed
3/4 cup rolled oats/oatmeal
2 eggs, beaten
1 1/2 cups low fat milk

1/2 cup brown sugar
1 tsp. cinnamon
1/2 cup chopped nuts



1. Preheat oven to 325°F. Lightly oil 13 x 9 inch baking dish.
2. Place bread cubes in baking dish. Sprinkle with oats.
3. In a separate bowl, mix eggs, milk, sugar and cinnamon. Add nuts.
4. Pour egg mixture over bread and gently mix.
5. Bake until golden brown, about 1 hour.
6. Use a meat thermometer to make sure eggs are thoroughly cooked. Casserole should reach an internal temperature of 160°F.

NUTRITION FACTS (per serving) - Calories 240 ~ fat 8 g ~ calories from fat 70 ~ sodium 190 mg ~ total carbohydrate 37 g ~ fiber 4 g

Nuts for Good Health

- Nuts are nutritious and cholesterol free.
- Nuts are a high fat food so you only need a handful of nuts each day. One-half ounce of nuts or seeds or 1 tablespoon of peanut butter can be considered as 1 ounce of meat.
- Add chopped nuts to vegetable salads, fruit salads, yogurt, breakfast cereal, hot oatmeal, home-baked breads and muffins, pancakes, rice dishes, chicken salad, and stir-fry dishes.



Tip of the Month: Nuts contain “heart-healthy” fats. Nuts are also high in calories. So, one handful of nuts, which is equal to about 1 ounce, is all you need each day.