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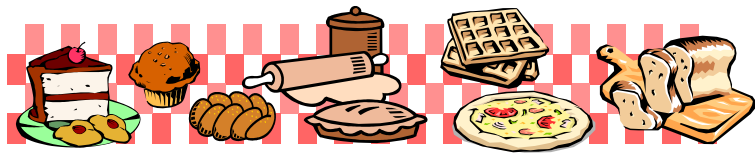


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This project is funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Workforce Services Community Center or your local Extension office.

Family Nutrition Program Publication #102

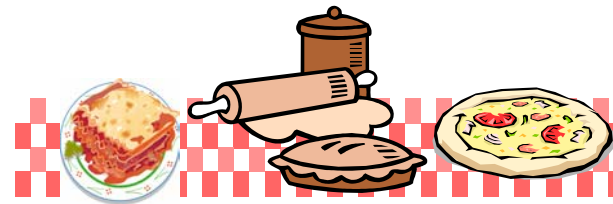




Utah Ready-Quick Mix

Using Ready-Quick Mix when preparing biscuits, muffins, pancakes, desserts, and main dishes is guaranteed to save you time, money, and give you peace of mind.

- Saves time. The measuring and sifting of standard dry ingredients, the addition of non-fat dry milk, and the blending of fat for dozens of recipes is done ahead of time. Clean-up time is shortened because fewer dishes are used when making recipes.
- Saves money. Mix made at home is less expensive than mixes bought at the store. Ready-Quick Mix is made from standard pantry ingredients and someone else isn't paid to mix them together.
- Peace of mind. The guesswork is taken out of ingredients lists because you know all of the ingredients used in Ready-Quick Mix.
- Easy preparation. Children and beginning cooks will find cooking with Ready-Quick Mix is fun and easy.
- Ready-Quick Mix will keep on the shelf for at least 6 weeks. Store in metal, plastic or glass canisters with a tight fitting lid. To make using Ready-Quick Mix more convenient, pre-measured portions can be stored in self-closing plastic bags to cut out one more measuring step.



Meat Pinwheels

Makes 14 pinwheels

Ingredients:

2 cups Ready-Quick Mix

1/2 cup water

1-1/2 to 2 cups cooked ground meat (seasoned & cold)

(Meat may be ground left-over roast beef, ham, chicken, or browned ground beef.)

2/3 cup *SOS mix and 2 cups water **OR**

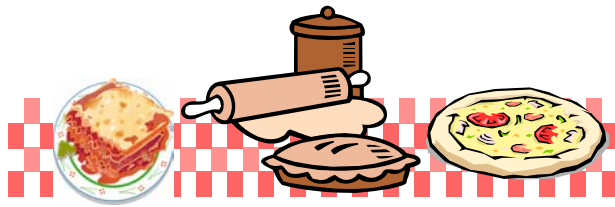
1 can Cream of Mushroom Soup and 1 cup milk

Directions:

Heat oven to 425°F. Mix dry ingredients and water until a soft dough is formed. Knead dough 12 times. Do not over knead. Roll dough on board lightly dusted with flour, to prevent sticking, into rectangular shape about 1/4 inch thick. Mix SOS mix with water, cook until thick or mix soup with one cup milk. Add 1/2 sauce to cooked ground meat. Spread meat mixture over dough, leaving 1/2 inch margin all around the edge. Roll as for jelly roll, beginning with long edge. Cut into one inch-slices. Place on greased baking sheet. Bake for 20 to 25 minutes until browned. Serve hot with additional heated sauce.

*SOS—Soup or Sauce Mix (Family Nutrition Program Publication Number 101).

<p>Nutrition Facts per pinwheel: 308 Cal 21g Total fat (8g sat fat) 332mg sodium 14g carbo. 0g fiber 14g pro Daily Values: 0% vit A; 1% vit C; 14% calcium; 10% iron</p>
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Tuna Cheese Swirls Casserole

Makes 8–2½ slices

Ingredients:

- 1 large (9-1/4 oz.) can water-packed tuna
- 1 cup frozen peas
- 1 can Cream of Chicken soup **OR**
1/3 cup *SOS with 1-1/4 cups water, cook and stir until thickened
- 1-1/2 cups Ready-Quick Mix
- 1/3 cup water
- 1/2 cup shredded Cheddar cheese

Directions:

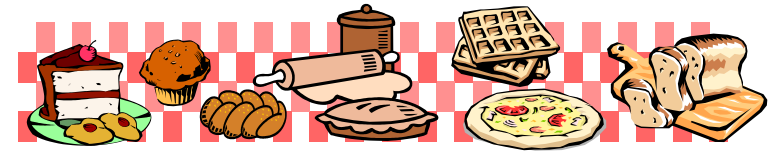
Heat oven to 425°F. Lightly oil or spray casserole dish. Combine tuna, peas, and Cream of Chicken soup or thickened *SOS in a bowl. Pour into prepared casserole dish.

In a small bowl, combine Ready-Quick Mix and water. Stir until blended. On lightly floured surface, knead dough gently 10 times. Roll out to 6x10" rectangle, about 1/4 inch thick. Sprinkle with cheese and roll like a jelly roll. Seal edges. Cut into ½ inch thick slices. Place on top of casserole.

Bake for 15-20 minutes, until biscuits are golden brown. Refrigerate leftovers.

* SOS—Soup or Sauce Mix (Family Nutrition Program Publication Number 101).

Nutrition Facts per slice: 212 Cal 8g Total fat (3g sat fat)
504mg sodium 19g carbo. 1g fiber 15g pro
Daily Values: 5% vit A; 6% vit C; 21% calcium; 10% iron



Utah Ready-Quick Mix

Ingredients	Makes 29 cups	Makes 13 cups
Flour	5 pounds (about 20 cups)	9 cups
Double-acting Baking Powder	3/4 cup	1/3 cup
Salt	2 Tbsp. + 1 tsp.	4 tsp.
Shortening—which does not require refrigeration	4 cups	1-3/4 cups
Non-fat dry milk	2-3/4 cups	1-3/4 cups

Stir baking powder, non-fat dry milk, and salt into the flour. Cut fat into flour mixture until all particles of fat are thoroughly coated and mixture resembles coarse cornmeal. This can be done with a pastry blender, fork, or electric mixer.

Measuring Mix for recipes: Do not sift mix. Stir lightly before measuring. Lift lightly into cup and level with straight edge.

Storage: When deciding how much Ready-Quick Mix to make, consider how quickly it will be used and if you have a large enough container to make and store 29 cups. Store in a tightly covered container, at room temperature for up to six weeks.



Basic Biscuits

Ingredients	Makes 18-2½"	Makes 6-2½"
Ready-Quick Mix	3 cups	1 cup
Water	2/3 cup	1/4 cup

Directions:

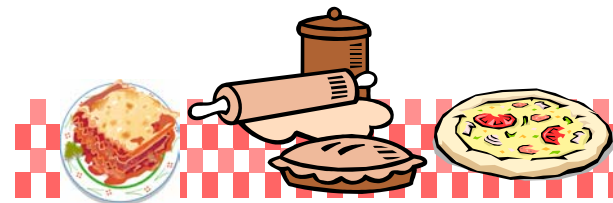
Heat oven to 450°F. Mix Ready-Quick Mix and water together until a soft dough is formed. Knead dough 10-12 strokes on lightly floured board. Over kneading makes biscuits tough. Roll ½ inch thick. Cut biscuits with a biscuit cutter or glass turned upside down, dipped in flour or pat into a rectangle and cut into squares. Bake on ungreased shiny baking sheet 10-15 minutes.

DROP BISCUITS: Increase liquid in basic recipe to ¾ cup for 3 cups of Ready-Quick Mix. No kneading or rolling is required. Drop by spoonfuls onto greased baking sheet, or into well-greased muffin pans. **Variations:** Add ¼ cup grated cheese, 2 Tbsp. snipped, fresh parsley, other chopped herbs or raisins to mix before water is added and mix as above.

Nutrition Facts per biscuit: 101 Cal 5g Total fat (1g sat fat)
205 mg sodium 12g carbo. 0g fiber 2g pro
Daily Values: 0% vit A; 0% vit C; 10% calcium; 4% iron

Pumpkin biscuits: Add ¾ cup (large) or ¼ cup (small) pureed pumpkin or winter squash. Decrease water to ¼ cup (large) and 1 Tbsp. (small) and proceed as above.

Nutrition Facts per biscuit: 149 Cal 7g Total fat (2g sat fat)
297 mg sodium 18g carbo. 2g fiber 3g pro
Daily Values: 45% vit A; 1% vit C; 14% calcium; 7% iron



Taco Pizza

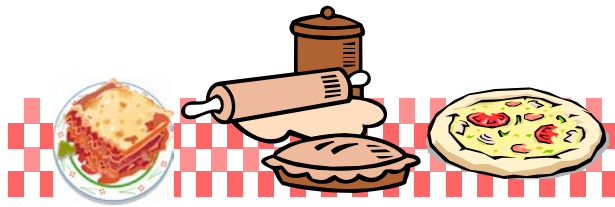
Makes one pizza (8 slices)

Ingredients:	¾ cup cheese OR
2 cups Ready-Quick Mix	1 cup low-fat cheese, shredded
1/2 cup water	1/2 cup onion
2 Tbsp. flour	2 cups lettuce, chopped (optional)
1/2 lb. hamburger	1 cup fresh tomatoes, diced OR
1 pkg. taco seasoning	1 can tomato pieces (drained)
1 can (16 oz.) refried beans	
1/2 cup water	

Directions:

Heat oven to 400°F. Mix together Ready-Quick Mix and 1/2 cup water with a fork. Turn dough out onto a flat surface that has been sprinkled with flour. Knead dough 5 or 6 times. Roll dough to fit a pizza pan or cookie sheet. Place dough on ungreased pan, push it with your hand to build up the sides of the crust so it will hold the sauce. Bake for 10-12 minutes or until light brown. While crust is baking, brown hamburger in skillet; drain off fat. Add taco seasoning, 1/2 cup water and beans. Mix well and simmer until heated through. Spread baked crust with meat and bean mixture. Sprinkle cheese and onion on top and bake for 5 minutes. Remove from oven; put lettuce and tomatoes on the pizza and serve.

Nutrition Facts per slice: 366 Cal 20g Total fat (8g sat fat)
587mg sodium 31g carbo. 4g fiber 15g pro
Daily Values: 6% vit A; 15% vit C; 27% calcium; 16% iron



Biscuit Pizzas

Makes 12 biscuits or 24 $\frac{1}{2}$ biscuit pizzas

Ingredients:

2 cups Ready-Quick Mix	1/4 tsp. garlic powder
1/2 cup water	1/2 tsp. oregano
2 Tbsp. onions, diced	1/2 tsp. basil
2 Tbsp. green pepper, diced	1 (6 oz.) can tomato paste OR
6 oz. ground beef, browned and drained	3/4 cup canned spaghetti sauce
	1-1/2 cups grated Mozzarella cheese

Directions:

Heat oven to 450°F. Combine Ready-Quick Mix with water until it forms a soft dough. Beat vigorously 20 strokes. Gently smooth into a ball on floured surface. Knead 5 times. Pat dough 1/4 inch thick. Cut with floured biscuit cutter, drinking glass, or other cutter to make the size wanted.

Bake on ungreased cookie sheet until golden brown, about 8 minutes. Cool; split biscuits.

Mix together tomato paste, onion, green pepper, garlic, oregano, and basil or spread biscuit halves with 1-2 tablespoons spaghetti sauce. Top with ground beef and grated cheese. Put under broiler or in microwave until cheese melts.

Nutrition Facts for 2 $\frac{1}{2}$ biscuit pizzas: 125Cal 8g Total fat (4g sat fat) 187mg sodium 8g carbo. 1g fiber 6g pro
Daily Values: 6% vit A; 7% vit C; 14% calcium; 5% iron



Orange Biscuits

Makes 12- 2 $\frac{1}{2}$ inch biscuits

Ingredients:

2 cups Ready-Quick Mix
 1 to 2 tsp. sugar
 1 tsp. grated orange rind
 1/2 cup orange juice

Directions:

Heat oven to 450°F. Mix Ready-Quick Mix, sugar, and grated orange rind together in a medium sized bowl. Add orange juice and mix until a soft dough is formed. Turn onto lightly floured board and knead dough about 10-15 times. Over kneading makes biscuits tough. Roll dough to $\frac{1}{2}$ inch thickness. Cut biscuits with a biscuit cutter or drinking glass turned upside down, dipped in flour or cut with knife into squares. Bake on ungreased shiny baking sheet 10-15 minutes.

Nutrition Facts per biscuit: 71 Cal 3g Total fat (1g sat fat) 206mg sodium 47mg carbo. 0g fiber, 2g pro
Daily Values: 0% vit A; 7% vit C; 3% calcium; 5% iron



Muffins

Ingredients	Makes 12	Makes 4-6
Ready-Quick Mix	3 cups	1 cup
Sugar	3 Tbsp.	1 Tbsp.
Water	1 cup	1/3 cup
Egg	1 egg	1/2 egg or yolk

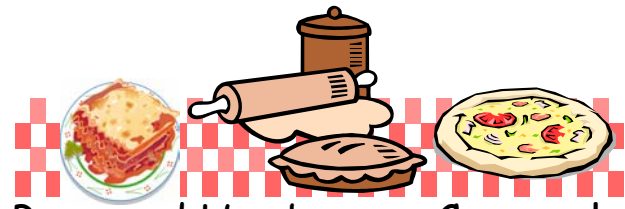
Directions:

Heat oven to 400° F. Stir sugar into Ready-Quick Mix. Beat egg and add to water, add to dry ingredients. Stir about 15 strokes or just until the ingredients are moistened. Extra stirring causes toughness and large tunnels in muffins. Grease only the bottom of the muffin cup or use muffin papers. Fill the muffin cups 2/3 full to allow for rising. A standard muffin is about 2½ inches in diameter. Bake for about 20 minutes. Decrease oven temperature to 375° F. if making smaller sized muffins.

Nutrition Facts per muffin: 115 Cal 5g Total fat (1g sat fat)
211 mg sodium 14g carbo. 0g fiber 3g pro
Daily Values: 1% vit A; 0% vit C; 10% calcium; 5% iron

Blueberry Muffins: Fold into batter 3/4 cup fresh, frozen or canned blueberries before baking. If canned blueberries are used, rinse and drain the berries well before adding.

Nutrition Facts per muffin: 126 Cal 6g Total fat (1g sat fat)
212 mg sodium 14g carbo. 0g fiber 4g pro
Daily Values: 1% vit A; 0% vit C; 10% calcium; 5% iron



Bean and Hamburger Casserole

Makes 6 servings

Ingredients:

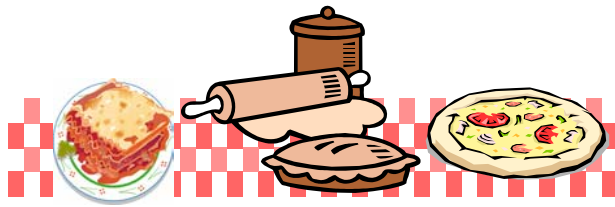
1/2 lb. ground beef
1/2 cup onion, chopped
1 Tbsp. mustard
1 can (16 oz.) pork and beans
1 can (8 oz.) tomato sauce
1 cup Ready-Quick Mix
1/3 cup water

Directions:

Heat oven to 350°F. Cook and stir ground beef and onion until beef is brown, drain excess fat. Combine beef mixture, mustard, pork and beans, and tomato sauce in ungreased casserole dish or 8 inch square pan.

In bowl, mix Ready-Quick Mix with water until soft biscuit dough forms, beat vigorously 15 times. Drop spoonfuls of dough onto beef mixture. Bake for 24-30 minutes uncovered until biscuits are golden brown.

Nutrition Facts per serving: 311 Cal 16g Total fat (6g sat fat)
825mg sodium 31g carbo. 5g fiber 13g pro
Daily Values: 9% vit A; 14% vit C; 15% calcium; 24% iron



Four Food Group Pie

Makes one 9" deep dish pie (8 slices)

Ingredients:

3 cups of any assortment of vegetables
(broccoli, green beans, cauliflower, corn,
green peppers, onions, carrots **OR**
frozen mixed vegetables
1 cup shredded Cheddar cheese
1/2 cup cooked kidney beans
1-1/2 cups water
3/4 cup Ready-Quick Mix
3 eggs
pepper to taste
vegetable spray or oil

Directions:

Heat oven to 400°F. Lightly oil or spray 9" pie pan. Wash, chop, and cook vegetables. Drain well.

Mix vegetables, kidney beans, and cheese. Put in pie pan.
Beat remaining ingredients until smooth. Process 15 seconds in a blender or beat 1 minute with a beater.

Pour mixture over top of vegetable mixture in pie pan. Bake until golden brown, 35-40 minutes.

Nutrition Facts per slice: 185 Cal 10g Total fat (4g sat fat)
238mg sodium 15g carbo. 2g fiber 9g pro
Daily Values: 34% vit A; 21% vit C; 18% calcium; 8% iron



Pancakes or Waffles

Ingredients	Makes 16	Makes 6
Ready-Quick Mix	3 cups	1 cup
Water	1-1/2 cup	1/2 cup
Egg	1 egg	1/2 egg or 1 yolk
Sugar	2 tsp.	1/2 tsp.

Directions:

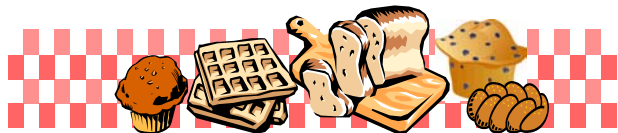
Add sugar to Ready-Quick Mix. Beat egg slightly and combine with water, add Ready-Quick Mix and stir about 25 strokes. (Batter will not be smooth.) Pour about 2 Tbsp. of batter onto a heated griddle. Turn when bubbles appear on surface of pancakes. Increase water if a thinner pancake is desired.

Variations:

Waffles: Add 1-2 Tbsp. water for a thinner batter. Thinner batter requires longer baking time to make waffles crisp.

Blueberry: Add 1/2 cup fresh or frozen blueberries to batter. Canned blueberries must be well drained. Blueberry juice may be used in making syrup for pancakes or waffles.

Nutrition Facts for 2 pancakes or 1 waffle: 80 Cal 4g Total fat (1g sat fat) 158mg sodium 9g carbo. 0g fiber 2g pro
Daily Values: 0% vit A; 0% vit C; 7% calcium; 4% iron



Cornbread

Ingredients	Makes 8x8x2" pan	Makes 4-2½" muffins
Ready-Quick Mix	1-1/2 cups	3/4 cup
Corn Meal	3/4 cup	1/3 cup
Salt	1/2 tsp.	1/4 tsp.
Sugar	2 Tbsp.	1 Tbsp.
Water	1 cup	1/2 cup
Egg	1 egg	1 egg

Directions:

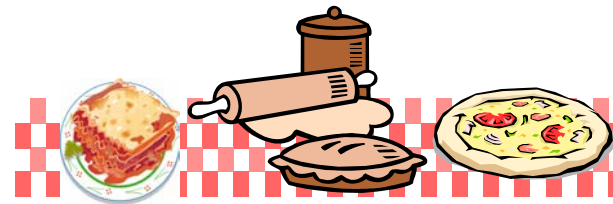
Heat oven to 400°F. Stir corn meal, salt, and sugar into Ready-Quick Mix. Combine water and beaten egg in separate bowl. Add to dry ingredients. Mix, stirring until blended. Bake in a greased 8x8x2 inch pan for 20 minutes, or bake as corn meal muffins.

Variations:

Dry Corn Bread: Use 3/4 cup water for the pan size and 1/3 cup water for the muffin size.

Topping: Corn bread can also be used as a topping for a well-seasoned vegetable or meat pie.

Nutrition Facts per 2 inch square or 1 muffin: 185Cal
7g Total fat (2g sat fat) 349mg sodium 25g carbo. 0g fiber 5g pro
Daily Values: 3% vit A; 0% vit C; 12% calcium; 8% iron



Magic Chicken and Broccoli Pie

Makes one 9" deep dish pie (8 slices)

Ingredients:

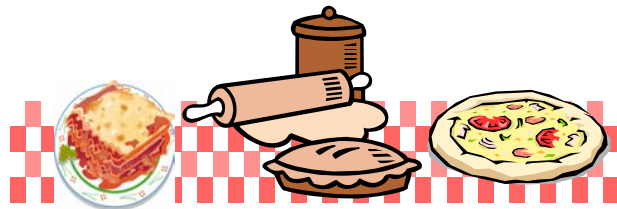
1 pkg. (10 oz.) frozen broccoli **OR**
1 lb. fresh broccoli, chopped
2 cups shredded cheese
2/3 cups onion, chopped
1-1/2 cups cooked chicken, diced
1-1/3 cups water
3 eggs
3/4 cup Ready-Quick Mix
1/2 tsp. salt (optional)
1/4 tsp. pepper
Vegetable spray or oil

Directions:

Heat oven to 400°F. Thaw broccoli and drain. Lightly oil 9" pie pan. Mix broccoli, 2 cups cheese, onion, and chicken. Put in pie pan. Mix water, eggs, Ready-Quick Mix, salt, and pepper until smooth. Pour over mixture in pie pan.

Bake for 25-35 minutes until knife inserted in the center comes out clean. Cool 5 minutes before serving.

Nutrition Facts per slice: 290 Cal 17g Total fat (8g sat fat)
541mg sodium 14g carbo. 1g fiber 20g pro
Daily Values: 22% vit A; 26% vit C; 31% calcium; 9% iron



Magic Taco Pie

Make one 9" deep dish pie (8 slices)

Ingredients:

1/2 to 1 lb. ground beef
1/2 onion, chopped
1 envelope (1-1/4 oz.) taco seasoning mix
1 (12 oz.) can diced tomatoes, drained, reserve juice
Reserve juice plus water to make 1-1/4 cups
3/4 cup Ready-Quick Mix
3 eggs
1 cup shredded Cheddar cheese
vegetable spray or oil

Directions:

Heat oven to 400°F. Lightly oil or spray pie pan. Cook and stir ground beef and onion over medium heat until beef is browned. Drain excess fat. Stir in taco seasoning mix and drained tomatoes. Spread meat mixture in 9" pie pan.

In a mixing bowl, beat water and reserve juice, Ready-Quick Mix, and eggs until smooth using a wire whisk or fork. Pour over meat mixture in pie pan. Bake 25 minutes then remove from oven and top with cheese. Return to oven and bake 5 minutes or until cheese is melted.

Nutrition Facts per slice: 357 Cal 24g Total fat (10g sat fat)
254mg sodium 22g carbo. 4g fiber 19g pro
Daily Values: 9% vit A; 14% vit C; 20% calcium; 14% iron



Cinnamon Spins

Makes 14 Cinnamon Spins

Ingredients:

2 Cups Ready-Quick Mix
1/3-1/2 cup water
1 egg
3 Tbsp. sugar
2 tsp. cinnamon
Raisins (optional)
4 Tbsp. melted butter or margarine

Directions:

Heat oven to 425°F. Combine Ready-Quick Mix, egg and water. Mix lightly with fork. Turn dough onto floured board and knead 5 times. Pat or roll to 1/4 inch thick rectangle 8 x 14 inches. Spread with butter or margarine and sprinkle top with sugar mixed with cinnamon. Roll as for jelly roll starting with long side. Cut into 1-inch slices. Place close together on a greased pan. Bake for 15 to 20 minutes.

While warm, brush the top with a glaze made from 1/4 cup powdered sugar mixed with 2 Tbsp. warm water.

Nutrition Facts per roll: 140 Cal 8g Total fat (2g sat fat)
219mg sodium 16g carbo. 1g fiber 2g pro
Daily Values: 3% vit A; 0% vit C; 9% calcium; 5% iron



Banana Nut Bread

Makes one 8x4x2" loaf pan (16 slices)

Ingredients:

3 cups Ready-Quick Mix	1/2 cup water
3/4 cup sugar	1 egg, beaten
1 cup mashed ripe bananas	3/4 cup chopped nuts (optional)

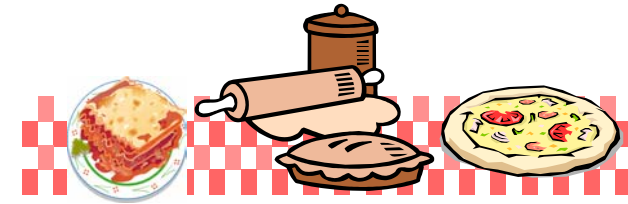
Directions:

Heat oven to 350°F. Mix first five ingredients together until moistened. Stir in nuts. Pour into well greased loaf pan. Bake 55-60 minutes or until toothpick inserted in center comes out clean. Cool before slicing.

Variation:

Banana Nut Muffins: Fill prepared muffin cups 2/3 full. Bake for 20 to 30 minutes at 350°F.

Nutrition Facts per slice: 168 Cal 9g Total fat (2g sat fat)
 234mg sodium 18g carbo. 1g fiber 4g pro
Daily Values: 1% vit A; 2% vit C; 11% calcium; 6% iron



Magic Spinach-Cheese Pie

Makes one 9" deep dish pie (8 slices)

Ingredients:

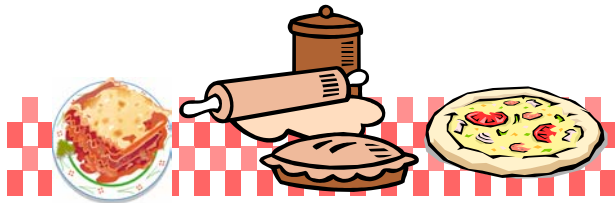
Paprika
 1-1/2 cups low-fat cottage cheese
 3 eggs
 1/2 tsp. salt (optional)
 1 (10 oz.) package frozen, chopped spinach, thawed and drained
 1/4 tsp. nutmeg
 3 Tbsp. grated onion **OR** 1 Tbsp. onion powder
 2/3 cup Ready-Quick Mix

Directions:

Heat oven to 350°F. Grease well 9" pie pan; sprinkle paprika on bottom and sides. The paprika helps the soft, self crust to brown. In a bowl, beat with a fork the eggs, salt, nutmeg, and onion until blended. Stir in cottage cheese and spinach. Blend in the Ready-Quick Mix.

Pour batter into prepared 9" pie pan. Bake for about 45 minutes until a knife inserted 1" from center comes out clean. Remove from oven and let stand for 10 minutes before serving.

Nutrition Facts per slice: 120 Cal 5g Total fat (2g sat fat)
 309mg sodium 9g carbo. 1g fiber 10g pro
Daily Values: 6% vit A; 18% vit C; 12% calcium; 8% iron



Magic Cheeseburger Pie

Makes one 9" deep dish pie (8 slices)

Ingredients:

1 lb. ground beef	1/2 tsp. salt (optional)
1 cup chopped onion	1 to 1-1/2 cup Cheddar
1 cup water	cheese, shredded
1/2 cups Ready-Quick Mix	2 eggs

Directions:

Heat oven to 400°F. Spray 9" pie pan with cooking spray or lightly oil. Cook ground beef and onion until beef is brown; drain. Stir in salt. Spread in pie pan; sprinkle with cheese. Stir remaining ingredients with fork until blended. Pour over mixture in pie pan. Bake 25 minutes or until knife inserted in center comes out clean.

Nutrition Facts per slice: 326 Cal 25g Total fat 11g sat fat)
410mg sodium 7g carbo. 1g fiber 17g pro
Daily Values: 6% vit A; 2% vit C; 20% calcium; 9% iron



Dumplings

Ingredients	Makes 12	Makes 4
Ready-Quick Mix	3 cups	1 cup
Water	3/4 cup	1/4 cup

Directions:

Add water to Ready-Quick Mix all at once, stir about 30 strokes. Drop batter by tablespoons on top of boiling soup or stew. Cover and boil gently 12 minutes without removing the cover. These can be used as a topping on meat or vegetable casseroles and baked in a hot oven, 425°F., about 20 minutes.

Nutrition Facts for 2 dumplings serving: 101 Cal 5g Total fat (2g sat fat) 205mg sodium 12g carbo. 0g fiber 2g pro
Daily Values: 0% vit A; 0% vit C; 10% calcium; 4% iron



Caramel Dumplings

Ingredients	Makes 12 small	Makes 4 small
Sauce		
Butter	2 Tbsp.	1 Tbsp.
Brown Sugar	1-1/2 cups	1/2 cup
Water	1 Tbsp.	1 tsp.
Dumplings		
Ready-Quick Mix	1-1/2 cups	1/2 cup
Sugar	1/3 cup	2 Tbsp.
Water	1/3 cup	2 Tbsp.

Directions:

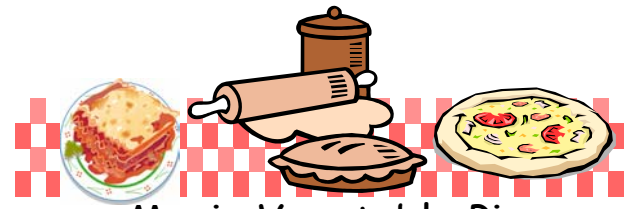
Combine ingredients for caramel sauce in sauce pan. Heat to boiling.

Stir sugar into Ready-Quick Mix. Add water all at once, stir about 30 strokes. Drop by tablespoon on top of boiling caramel sauce. Cover and boil gently for 20 minutes without removing the cover.

Variation:

Sweetened fruit or berry syrup can be used instead of caramel sauce.

Nutrition Facts for 2 dumplings: 193 Cal 6g Total fat (3g sat fat) 190mg sodium 33g carbo. 0g fiber 2g pro
Daily Values: 2% vit A; 0% vit C; 9% calcium; 5% iron



Magic Vegetable Pie

Makes one 9" deep dish pie (8 slices)

Ingredients:

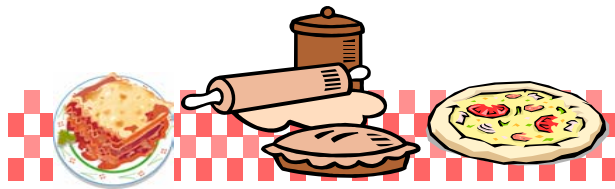
2 cups frozen chopped broccoli or cauliflower, thawed and drained
 1 cup shredded cheese
 1/2 cup onion, chopped
 1/2 cup green pepper, chopped
 1-1/2 cups water
 3 eggs
 1/4 tsp. pepper
 3/4 cup Ready-Quick Mix

Directions:

Heat oven to 400°F. Spray 9" pie pan with cooking spray or lightly oil. Grate or shred 1 cup cheese. Set aside. Chop onion and green pepper, add to broccoli. Beat water, eggs, pepper, and Ready-Quick Mix in a mixing bowl until smooth. Add vegetables and cheese to egg mixture.

Pour mixture into pie pan. Bake at 400° F. for about 30-35 minutes or until a knife inserted halfway between center and the edge comes out clean. Let stand 5 minutes before cutting.

Nutrition Facts per slice: 191 Cal 12g Total fat (1g sat fat) 426mg sodium 12g carbo. 1g fiber 10g pro
Daily Values: 11% vit A; 47% vit C; 21% calcium; 7% iron



Magic Lasagna Pie

Makes one 9" deep dish pie (8 slices)

Ingredients:

1/2 cup cottage cheese	1/2 cup canned spaghetti sauce
1 lb. ground beef	1/2 tsp. salt (optional)
1/2 cup chopped onion	2 eggs
1 cup mozzarella cheese, shredded	1/2 cup Ready-Quick Mix
1 tsp. Italian seasoning	1 cup water
1/4 tsp. garlic powder	

Directions:

Heat oven to 400°F. Spray 9" pie pan with cooking spray or lightly oil. Spread cottage cheese in pan. Cook ground beef and onion until brown; drain. Stir in 1/2 cup of the mozzarella cheese, salt, Italian seasoning, garlic and spaghetti sauce; spoon evenly over cottage cheese. Stir water, eggs, and Ready-Quick Mix with fork until blended. Pour over ingredients in pie pan. Bake 30-35 minutes or until knife inserted in center comes out clean. Sprinkle with remaining cheese. Bake 1 to 2 minutes longer or until cheese is melted.



Tortillas

Makes 16 tortillas

Ingredients:

3 cups Ready-Quick Mix
 1-1/2 cups all purpose or whole wheat flour
 1/2 tsp. salt
 1-1/2 cups warm water

Directions:

Combine Ready-Quick Mix, flour, and salt in a medium sized bowl. Add warm water and mix to form a soft dough. Knead 8-10 minutes on a floured board until dough is smooth and elastic. Let rest for a few minutes. Divide dough into 16 pieces. Let dough rest 10-20 minutes. Roll each small ball until very thin. Bake on heated ungreased grill until cooked, but still pliable, about 30-45 seconds per side. Unused tortillas can be stored in a plastic bag in the refrigerator for several weeks or for up to three months in the freezer.

Nutrition Facts per slice: 297 Cal 22g Total fat (9g sat fat)
 453mg sodium 9g carbo. 0g fiber 16g pro
Daily Values: 8% vit A; 4% vit C; 12% calcium; 10% iron

Nutrition Facts per tortilla: 416 Cal 15g Total fat (4g sat fat)
 812mg sodium 61g carbo. 2g fiber 10g pro
Daily Values: 0% vit A; 0% vit C; 29% calcium; 21% iron



Gingerbread

Ingredients	Makes 9x9 pan	Makes 3-4 muffins
Ready-Quick Mix	2 cups	1 cup
Sugar	1/4 cup	2 Tbsp.
Cinnamon	1/2 tsp.	1/4 tsp.
Cloves	1/4 tsp.	1/4 tsp.
Ginger	1 tsp.	1/2 tsp.
Egg	1 egg	1/2 egg or 1 yolk
Molasses	1/2 cup	1/4 cup
Water	1/2 cup	1/4 cup
Raisins (Optional)	1/2 cup	1/4 cup

Directions:

Heat oven to 350°F. Stir sugar and spices into the Ready-Quick-Mix. In separate bowl, combine egg, molasses and water. Stir half the liquid into the mix and beat two minutes. Stir in remaining liquid and beat one minute. Bake in greased pan about 40 minutes.

Variations:

Gingerbread Muffins: Fill prepared muffin cups 2/3 full. Bake at 400°F for about 20 minutes.

Gingerbread Waffles: Bake in a waffle iron for gingerbread waffles. Gingerbread waffles can be topped with sweetened whipped cream and chopped bananas or applesauce.

Nutrition Facts per 3 inch square: 238Cal 8g Total fat (2g sat fat) 323mg sodium 39g carbo. 1g fiber 4g pro
Daily Values: 1% vit A; 1% vit C; 19% calcium; 13% iron



Magic Pumpkin Pie

Makes one 9" pie (8 slices)

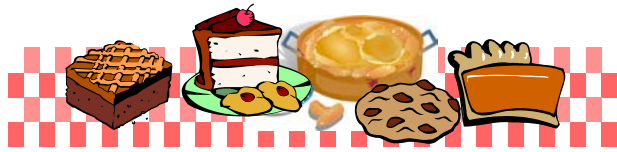
Ingredients:

15 oz. can pumpkin
 1-12 oz. can evaporated milk (1-1/2 cups)
 3 eggs
 1/2 cup Ready-Quick Mix
 3/4 cup brown sugar
 1 tsp. cinnamon
 1/2 tsp. ginger
 1/4 tsp. cloves

Directions:

Heat oven to 350°F. Put all ingredients in a blender or mixer. Blend 1 minute. Bake in 9" pie pan for 50-60 minutes or until a knife inserted in the middle comes out clean.

Nutrition Facts per slice: 192 Cal 7g Total fat (3g sat fat)
 153mg sodium 27g carbo. 2g fiber 6g pro
Daily Values: 239% vit A; 5% vit C; 19% calcium; 10% iron



Peach Cobbler

Makes one 8x8x2" baking dish

Ingredients:

1 can sliced peaches, drained (reserve juice)	1/8 tsp. salt
1/2 cup reserve peach juice	1 tsp. lemon juice
2 Tbsp. sugar	2 Tbsp. Ready-Quick Mix

Directions:

Heat oven to 350° F. Combine peach juice, lemon juice, sugar, Ready-Quick Mix, and salt. Mix well. Stir in peaches. Pour into 8"x8"x2" baking dish.

Topping

1 cup Ready Quick-Mix	2 Tbsp. sugar
1 egg, beaten	2 Tbsp. peach juice (from canned peaches)

Directions:

Add 1 Tbsp. sugar to Ready-Quick Mix. Combine peach juice and egg and stir into dry ingredients. Mix thoroughly and drop by teaspoons over peaches in baking dish. Sprinkle remaining 1 Tbsp. sugar over top of dough. Bake for 30 minutes. Serve while warm.

Nutrition Facts one 2x2 inch slice: 151 Cal 6g Total fat (1g sat fat) 235mg sodium 22g carbo. 0g fiber 3g pro
Daily Values: 7% vit A; 8% vit C; 9% calcium; 6% iron



Coffee Cake

Ingredients-Cake	Makes 9x9" pan	Makes 3-4 muffins
Ready-Quick Mix	2-1/4 cups	1 cup
Sugar	1/3 cup	3 Tbsp.
Water	1/2 cup	3 Tbsp.
Egg	1 egg	1/2 egg or 1 yolk
Basic Topping/ Filling		
Brown Sugar	1/2 cup	1/4 cup
Butter or margarine	3 Tbsp.	1 Tbsp.
Cinnamon	1/2 tsp.	1/4 tsp.

Directions:

Heat oven to 400°F. Stir sugar into Ready-Quick Mix. Combine water and beaten egg. Stir into the Ready-Quick Mix until well blended (about one minute). Put into shallow greased pan or fill prepared muffin tins 2/3 full. In separate bowl combine brown sugar, butter (or margarine), and cinnamon, blend together. Sprinkle topping over batter and bake about 25 minutes. Check muffins after 20 minutes.

Variation:

Brown Sugar Filling: Spread about half the batter in the pan, then a thin layer of filling and then the remaining batter.

Nutrition Facts per 3 inch square or muffin: 255 Cal 11g Total fat (4g sat fat) 348mg sodium 37g carbo. 1g fiber 4g pro
Daily Values: 3% vit A; 0% vit C; 16% calcium; 8% iron



Orange Raisin Cake

Ingredients	2-9" Layers	1-9" layer
Ready-Quick Mix	3 cups	1-1/2 cup
Sugar	1 cups	2/3 cup
Juice of 1 orange plus enough water to make	1 cup	1/2 cup
Eggs	2 eggs	1 egg
Chopped raisins	2/3 cup	1/3 cup
Grated orange rind	1 orange	1 orange

Directions:

Heat oven to 375°F. Stir sugar into the Ready-Quick Mix. Combine water mixture and beaten egg(s). Add half of the egg water mixture to the Ready-Quick Mix and beat two minutes. Scrape bowl occasionally. Add remaining egg water mixture, raisins, and orange rind. Beat two more minutes. Pour batter into pans that have been greased and floured and bake about 25 minutes or until tooth pick inserted into center comes out clean.

Nutrition Facts per 1/12 of cake slice (2 layers): 292 Cal
8g Total fat (2g sat fat) 318 mg sodium 53g carbo. 1g fiber 5g pro
Daily Values: 2% vit A; 28% vit C; 16% calcium; 8% iron



Peanut Butter Refrigerator Cookies

Makes 3½ dozen cookies

Ingredients:

2 cup Ready-Quick Mix
2/3 cup sugar
1 cup chunk-style peanut butter

1 egg, beaten
1 Tbsp. water

Directions:

Heat oven to 375° F. Stir sugar and peanut butter into Ready-Quick Mix. Combine water and beaten egg. Add to dry ingredients. Stir thoroughly, shape into a log and wrap in plastic wrap. Refrigerate for at least 30 minutes or until needed. To use, slice about 1/4" thick. Place on ungreased baking sheet and bake for 10-12 minutes.

Variation:

Criss-Cross Peanut Butter Cookie: If desired, dough may be baked without refrigeration by rolling into balls and placing on ungreased baking sheet. Flatten with fork and bake for 10-12 minutes.

Nutrition Facts for 2 cookies: 79 Cal 5g Total fat (1g sat fat)
90mg sodium 6g carbo. 1g fiber 2g pro
Daily Values: 0% vit A; 0% vit C; 3% calcium; 2% iron



Chocolate Chip Cookies

Makes 2 dozen cookies

Ingredients:

1-2/3 cup Ready-Quick Mix	1 egg, beaten
1/4 cup margarine	6 oz. chocolate chips
1/4 cup white sugar	1 tsp. vanilla
1/2 cup brown sugar	1/2 cup chopped nuts
2 Tbsp. flour	

Directions:

Heat oven to 375° F. Mix above ingredients together and drop by rounded teaspoons onto ungreased cookie sheet. Bake for 10-12 minutes.

Nutrition Facts for 2 cookies: 126 Cal 7g Total fat (2g sat fat)
 97mg sodium 15g carbo. 0g fiber 2g pro
Daily Values: 2% vit A; 0% vit C; 4% calcium; 4% iron



Apple Cake

Ingredients	9x9" pan	Makes 3-4 muffins
Ready-Quick Mix	2-1/3 cups	1-1/4 cups
Brown Sugar	1 cup	1/2 cup
Cinnamon	1 tsp.	1/2 tsp.
Cloves	1/2 tsp.	1/4 tsp.
Eggs	2 eggs	1 egg
Chopped apples	2 cups	1 cup
Raisins	1/2 cup	1/4 cup
Nut meats-chopped	1/2 cup	1/4 cup

Directions:

Heat oven to 375°F. Add sugar, spices, and eggs to Ready-Quick Mix. Beat one minute. Add apples. Beat two minutes. Stir in raisins and nuts. Pour into greased square pan or prepared muffin pan. Bake about 35 minutes for cake and 20-25 minutes for muffins.

If a moister cake is desired, add 1/3 cup water to the pan recipe and 2 Tbsp. water to the muffin size recipe.

Nutrition Facts per 2x2 inch slice or muffin: 396 Cal 15g
 Total fat (3g sat fat) 403mg sodium 61g carbo. 2g fiber 8g pro
Daily Values: 2% vit A; 3% vit C; 20% calcium; 12% iron



Chocolate Cake

Ingredients	2-9" layers	9" layer
Ready-Quick Mix	3 cups	1-1/2 cup
Cocoa	1/2 cup	1/4 cup
Sugar	1-1/2 cups	3/4 cup
Water	1-1/4 cup	2/3 cup
Eggs	2 eggs	1 egg
Vanilla	1 tsp.	1/2 tsp.

Directions:

Heat oven to 375°F. Add cocoa to the sugar and stir into the Ready-Quick Mix. In a separate bowl, combine water, eggs, and vanilla. Stir half of the liquid into the Ready-Quick Mix and beat two minutes or use electric mixer for the same length of time at low speed. Scrape bowl occasionally. Add the remaining liquid and beat for two minutes. Pour batter into pans that have been greased and floured. Bake about 25 minutes or until tooth pick inserted into center comes out clean.

Variation:

Chocolate Waffles: Chocolate cake batter can be baked in a waffle iron and served with ice cream or whipped cream.

Nutrition Facts per 1/12 cake slice (2 layers): 271 Cal 8g Total fat (2g sat fat) 324mg sodium 45g carbo. 1g fiber 5g pro
Daily Values: 1% vit A; 0% vit C; 16% calcium; 7% iron



Drop Cookie Variations

Variations	Makes 4 dozen 2 inch cookies	Makes 2½ dozen 2 inch cookies
Chocolate Chunks and Chopped nuts	1/2 cup	1/3 cup
Raisins and Dates	1/2 cup	1/3 cup
Orange rind and Raisins (no vanilla)	1 Tbsp. 1/2 cup	2 tsp. 1/3 cup
Molasses (instead of water) Cinnamon	1/3 cup 1 tsp.	1/4 cup 1/2 tsp.
Cloves Ginger	1/2 tsp. 1/2 tsp.	1/4 tsp. 1/4 tsp.

Directions:

For Molasses Cookies, roll in 1 inch balls and then roll in sugar. Place on cookie sheet and bake.

Date Raisin Drop Cookies

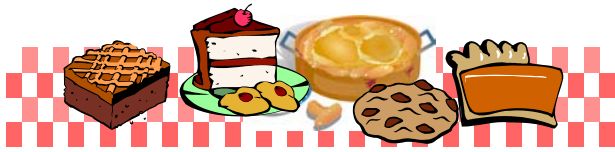
Nutrition Facts for 2 cookies: 70 Cal 2g Total fat (1g sat fat) 85mg sodium 12g carbo. 0g fiber 1g pro
Daily Values: 0% vit A; 0% vit C; 4% calcium; 2% iron

Orange Raisin Drop Cookies

Nutrition Facts for 2 cookies: 65 Cal 2g Total fat (1g sat fat) 85mg sodium 11g carbo. 0g fiber 1g pro
Daily Values: 0% vit A; 0% vit C; 4% calcium; 2% iron

Molasses Drop Cookies

Nutrition Facts for 2 cookies: 67 Cal 2g Total fat (1g sat fat) 61mg sodium 11g carbo. 0g fiber 1g pro
Daily Values: 0% vit A; 0% vit C; 4% calcium; 3% iron



Drop Cookies

Ingredients	Makes 4 dozen	Makes 2½ dozen
Ready-Quick Mix	3 cups	2 cups
Sugar	1 cup	2/3 cup
Water	1/3 cup	1/4 cup
Egg	1 egg	1 egg
Vanilla	1 tsp.	1/2 tsp.

Directions:

Heat oven to 375°F. Stir sugar into the Ready-Quick-Mix. In a separate bowl, combine water, beaten egg and vanilla. Stir into the mix until well blended. Drop by rounded teaspoons onto greased baking sheet. Bake for 10 to 12 minutes.

Variation:

Rolled Cookies: Omit the water and use 2 eggs.

Nutrition Facts for 2 cookies: 60 Cal 2g Total fat (1g sat fat)
84mg sodium 9g carbo. 0g fiber 1g pro
Daily Values: 0% vit A; 0% vit C; 4% calcium; 2% iron

Chocolate Chunks and Nuts Drop Cookies

Nutrition Facts for 2 cookies: 77 Cal 3g Total fat (1g sat fat)
85mg sodium 11g carbo. 0g fiber 2g pro
Daily Values: 0% vit A; 0% vit C; 4% calcium; 2% iron



Brownies

Makes 8x8x2" pan

Ingredients:

1 -1/3 cups Ready-Quick Mix	1/3 cup cocoa
1 cup sugar	2 eggs
2 Tbsp. water	1 tsp. vanilla
1/2 cups chopped nuts (optional)	

Directions:

Heat oven to 350°F. Beat eggs and water together until well mixed. Stir in vanilla, sugar, and cocoa. Add Ready-Quick Mix and blend well. Stir in nuts. Spread in a greased 8"x8"x2" pan. Bake for about 30 minutes.

Nutrition Facts per 2x2 inch square: 134 Cal 5g Total fat
(1g sat fat) 107mg sodium 19g carbo. 0g fiber 3g pro
Daily Values: 1% vit A; 0% vit C; 6% calcium; 3% iron



Raisin Pudding Cake Dessert

Makes one 8x8x2" pan

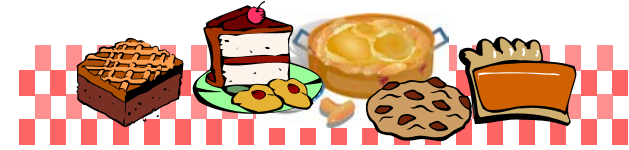
Ingredients:

1 cup raisins	1/2 tsp. salt
1 cup hot water	2 tsp. vanilla
1/2 cup sugar	2 cups hot water
2 cups Ready-Quick Mix	3/4 cup brown sugar
1 tsp. nutmeg	1 Tbsp. butter or margarine

Directions:

Heat oven to 375°F. Soak raisins in hot water enough to cover while other ingredients are mixed. Mix together sugar, Ready-Quick Mix, nutmeg, salt, 1 cup water, and vanilla. Add drained raisins. Pour batter into a greased 8x8x2 inch pan. Mix together 2 cups water, brown sugar, butter (or margarine), and a pinch of salt. Bring to a boil. Pour over cake batter. Bake for 35-40 minutes.

Nutrition Facts per 2x2 inch square: 82 Cal 2g Total fat (1g sat fat) 108mg sodium 17g carbo. 0g fiber 1g pro
Daily Values: 0% vit A; 0% vit C; 3% calcium; 2% iron



Raisin Oatmeal Cookies

Ingredients-Cake	Makes 2 doz. cookies	Makes 6 cookies
Ready-Quick Mix	2-1/4 cups	3/4 cup
Brown sugar	1-3/4 cups	1/2 cup
Cinnamon	1 tsp.	1/4 tsp.
Water	1/3 cup	2 Tbsp.
Egg(s)	2 eggs	1 small egg
Vegetable oil	1/2 cup	3 Tbsp.
Nut meats, chopped (optional)	1/2 cup	3 Tbsp.
Oatmeal (quick)	3 cups	1 cup
Raisins	1 cup	1/4 cup

Directions:

Heat oven to 375°F. Stir sugar and cinnamon into Ready-Quick Mix. Combine water, beaten egg(s), and shortening. Stir into mix until well blended. Stir in oatmeal, nuts and raisins. Drop by rounded teaspoons onto greased baking sheet. Bake about 12 minutes.

Nutrition Facts for 2 cookies: 72 Cal 4g Total fat (1g sat fat) 43mg sodium 9g carbo. 1g fiber 2g pro
Daily Values: 0% vit A; 0% vit C; 2% calcium; 2% iron