



Cornell University
Cooperative Extension



EFNEP Newsletter

For more information about this and other Cornell Cooperative Extension of Steuben County programs, call 607-664-2300

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Ingredient Substitutions

With all of the extra cooking you may be doing this holiday season, chances are you might run out of an ingredient you need. Try these common ingredient substitutions.

- **Buttermilk** - 1 cup: Use 1 tablespoon of vinegar or lemon juice plus enough milk to make 1 cup
- **Egg** - 1 whole: Use ¼ cup egg substitutes (like *Egg Beaters*)
- **Cake flour** - 1 cup: 1 cup all-purpose flour minus 2 tablespoons, plus 2 tablespoons cornstarch
- **Self-rising flour** - 1 cup: 1 cup all-purpose flour minus 2 tablespoons plus 1 ½ teaspoons baking powder and ½ teaspoon salt
- **Fresh Herbs** - 1 tablespoon: 1 teaspoon dried leaf herbs or ½ teaspoon ground herbs. Does not substitute well in every recipe, but it does in most recipes.
- **Mayonnaise** - 1 cup (for salads and salad dressings): 1 cup sour cream or 1 cup plain yogurt or any combination of sour cream or plain yogurt and mayonnaise to make 1 cup
- **Dry mustard** - 1 teaspoon: 1 tablespoon prepared mustard
- **Red wine** - any amount: the same amount of grape or cranberry juice
- **White wine** - any amount: the same amount of apple or white grape juice

Holiday Recipes that Use Raw Eggs

Many of us have old family recipes that call for the use of raw eggs. Cream pies and eggnog are a few recipes that quickly come to mind. Even Grade A eggs without cracked or damaged shells can contain Salmonella bacteria. That's why it is important to cook all recipes that contain eggs. Many recipes that don't instruct you to cook the eggs can be used as long as you slowly cook the egg mixture to a temperature of 160 degrees.

KORNER IDS

The EFNEP program provides nutrition education to low income families and children in counties throughout New York State.

A series of 8 classes is offered to adults in a variety of settings.

Workshop series include:

Eating Smart Being Active
Finding A Balance—
Diabetes
Healthy Children, Healthy
Families
Healthy Cents
Breastfeeding

A series of 6 classes is offered to youth aged 8-12 in school and at after school locations.

Workshop series include:

Choose Health: Food, Fun
and Fitness
Cooking Up Fun! Vary
Your Veggies

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

607-664-2300



Cornell University
Cooperative Extension
Steuben County

3 E. Pulteney Square
Bath, New York 14810
607-664-2300

PutKnowledgeToWork.org

During the December school break, with your child take a trip to the local public library and borrow *Let's Look at Winter* by Sarah L. Schuette. The book explains what happens in nature during the winter. After you've read the book, take a walk outside with your child and explore winter in your own yard or neighborhood. How is what you find similar to and different from what you read in the book?

Pumpkin Soup

Serves: 4

Serving size: 1 1/2 cups

Ingredients:

- 1 - 15 ounce can white beans (rinsed and drained)
- 1 small onion, chopped
- 1 cup water
- 1 - 15 ounce can pumpkin puree (not pie filling)
- 1 - 14.5 ounce can vegetable or reduced-sodium chicken broth
- 1/2 teaspoon dried thyme or tarragon
- Salt and pepper to taste (optional)

Directions:

1. Blend white beans, onion and water in a blender or place the beans, onion and water in a soup pot and mash with a potato masher.
2. In a soup pot, mix bean puree with pumpkin, broth, thyme or tarragon and salt and pepper.
3. Cover and cook over low heat for about 15 to 20 minutes until warmed through.

Source: University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters

Source: *Share Our Strength's Cooking Matters: For Families*. Published July 2011

Recipe from Cornell University Cooperative Extension - New York City Nutrition & Health Program Recipe Collection.

Nutrition Facts: Serving Size: 1 1/2 cups, 150 calories, 10 calories from fat, 1g total fat, 0g saturated fat, 0mg cholesterol, 320 mg sodium, 27 g total carbohydrate, 10 g dietary fiber, 6g sugar, 11g protein, Vitamin A 260% DV, Vitamin C 4% DV, Calcium 8% DV, Iron 15% DV