

## Bread is part of a healthy diet.

- ☺ We need 6-11 servings a day from the "bread and cereal" group.
- ☺ The starch in bread is a carbohydrate that gives us energy and makes us feel full.
- ☺ Breads also have vitamins, minerals and fiber. For the most fiber, choose whole grain bread and cereal products.

## Creative Uses For Bread

- ❖ Make *bread crumbs* by letting bread dry out and crushing. (Save bread slices in freezer. When you need crumbs, grate or put in blender.) Use breadcrumbs:
  - in meat loaf or meatballs,
  - to coat chicken, fish or pork chops before baking,
  - and as a topping on casseroles.
- ❖ Make *salad croutons*:
  - cut bread into  $\frac{1}{2}$  - 1 inch cubes, arrange on shallow pan and bake until golden brown, about 20 minutes, stirring occasionally.
  - for seasoned croutons, spray cubes before baking with cooking spray and sprinkle with Italian seasoning or poultry seasoning.

## Food Safety and Storage Tips

- ✓ Keep bread in a closed plastic bag, at room temperature in a dry place. When the weather is hot and humid, refrigerate or freeze breads to keep mold from growing. (*If bread becomes moldy, don't eat it.*)
- ✓ Freeze bread for up to 3 months. Double-bagging will help keep it from drying out. Thaw at room temperature; for toast, bread slices can go straight from the freezer to the toaster without thawing.

## "Easy Supper" Bread Bake

- 6 slices day-old bread or rolls, cubed (about 6 cups)
- 1 - 2 cups frozen broccoli, thawed
- 1 cup shredded cheese
- 1 T. finely chopped onion
- 1 cup diced, cooked meat (ham, chicken or turkey)
- 5 eggs
- 2 cups milk
- $\frac{1}{2}$  tsp. salt

Spray a 9x9 inch pan with cooking spray and place half of bread in pan. Top with vegetables, cheese and meat. Put rest of bread on top. In a bowl, mix eggs, milk and salt; pour over bread. Cover and refrigerate at least 1 hour or overnight. Bake uncovered at 325° F for 1-1 $\frac{1}{4}$  hours until center is firm and slightly browned. Makes 6 servings.

## "Make Your Own" Stuffing

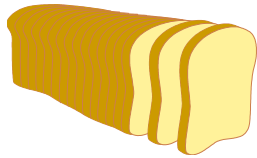
- 10 cups dry bread cubes from white or wheat bread or buns
- $\frac{1}{3}$  cup water
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{2}$  cup chopped celery
- 1 tsp. dried parsley
- 2 apples, peeled and chopped
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. pepper
- 1 $\frac{1}{2}$  cups milk
- 1 egg, beaten
- $\frac{1}{4}$  cup raisins

In a saucepan, cook onion and celery in water for a few minutes. Add seasonings; do not drain. Pour over bread in a large bowl. Stir in egg, milk, apples and raisins. Spoon into a 2-quart baking dish that has been sprayed with cooking spray. Bake at 350° F. for 1 hour. Makes 8 servings.

## Bread Pudding

8 slices of bread, lightly buttered  
 2 eggs (or  $\frac{1}{2}$  cup egg substitute)  
 2 cups milk  $\frac{1}{3}$  cup sugar  
 $\frac{1}{4}$  tsp. salt  $\frac{1}{2}$  tsp. vanilla  
 $\frac{1}{4}$  tsp. cinnamon  $\frac{1}{2}$  cup raisins (optional)

Spray or grease a 9x9x2 inch baking pan. In a bowl, combine eggs, milk, sugar, salt, vanilla, and cinnamon. Cut bread into cubes or leave whole and place in pan. Sprinkle fruit on top. Pour egg/milk mixture over the bread. Bake at 350° F for 45-50 minutes, until set. Serve hot or cold. Top with syrup or sauce.



## Fantastic French Toast

6 slices day-old bread 2 eggs  
 $\frac{1}{2}$  cup milk  $\frac{1}{2}$  tsp. vanilla

Preheat griddle or electric skillet to medium heat or 375° F. In a shallow bowl or pie pan, mix eggs, milk and vanilla with a fork until blended. Spray griddle with cooking spray. Dip both sides of bread, one slice at a time in egg mixture and place on hot griddle. Cook on both sides until golden brown. Serve with syrup, applesauce or jam.

# Bread— the Basics, and Beyond!



Bread makes any meal more satisfying!  
 Use breads, rolls and buns to add variety  
 to your families' meals.

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