



By Alice Henneman, RD, UNL Extension Educator

May is National Egg Month! Eggs are a good source of the highest quality protein, as well as an excellent source of choline which is essential in memory and brain development. And eggs provide varying amounts of all the essential vitamins other than vitamin C. A staple in your refrigerator, they're an unbeatable quick-and-easy meal solution. Turn a package of frozen pasta and vegetables into a mouth watering frittata with this recipe from Mary Torell, Public Information Officer, Poultry & Egg Division, Nebraska Department of Agriculture.

For more free egg recipes or nutritional information on eggs, visit the Nebraska Department of Agriculture Poultry & Egg Division's Web site at www.nebraskapoultry.org or contact Mary Torell at mtorell2@unl.edu or call 472-0752.

Saucy Pasta & Veggie Frittata

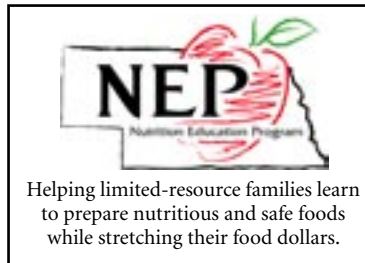
(4 servings)

- cooking spray
- 1 package (16 oz.) frozen pasta and vegetables in sauce
- water
- 4 eggs
- 1/4 cup skim milk
- sliced cherry tomatoes, optional

Evenly coat a 10-inch omelet pan or skillet with spray. Add pasta and vegetables in sauce along with water called for on package. Over medium heat, bring to boiling. Cover. Reduce heat to low. Cook, stirring occasionally, until pasta is tender, about 5 minutes. In a medium bowl, beat together eggs and milk until blended. Pour over pasta/vegetable mixture. Add tomatoes, if desired. Cover. Cook over medium heat until eggs are almost set, about 5 to 6 minutes. Remove from heat. Let stand, covered, until eggs are completely set in center and no visible liquid egg remains, about 2 to 3 minutes. Cut into wedges and serve from pan.

Nutritional information per serving of 1/4 recipe using pasta and vegetables in cheddar cheese sauce without optional tomatoes: Calories, 233; Carbohydrates, 23 gm; Protein, 12 gm; Total Fat, 10 gm; Cholesterol, 22 gm; Sodium, 453 gm.

\$tretch Your Food Dollar by \$pending \$mart



Mardel Meinke
UNL Extension Associate

We have all asked, "Where does the money go?" Where do those nickels, dimes, quarters and dollars disappear? Answer these questions to discover ways you manage your food dollars wisely.

1. Does our family limit spending on the "little things"?

Do we routinely buy a soda, cup of coffee or snack from the vending machine or the convenience shop? Do we routinely eat out? Do we have other habits that make money disappear? This can easily add up to \$5 or more a day. We don't always think of this spending as part of our food budget. If you invested \$5 a day at 10 percent, you would have \$1,885 after only one year; \$11,616 in five years. Those nickels, dimes, quarters and dollars add up.

2. Does our family have a "spending plan"?

How much can your family spend for food each month? Part of that budget may also include paper and cleaning products, which add to the cost. If your family shops once a week,

divide the monthly budget by the number of weeks so your family can stay within the budget. The more trips we make to the store, the more we spend on both groceries and gas.

3. Does our family make a weekly menu plan?

There are many good reasons to make a menu plan, especially for the main meal of the day. Most important, your family is more likely to share important family time by eating at home. Your family also stays healthier by eating a greater variety of foods and saves you money.

Look for specials, use coupons and buy store brands, if less expensive. Also buy in larger quantity if the unit cost is less, storage space is available and you will use the product before it is outdated.

Balance buying more expensive foods with low-cost foods. One woman who was on a limited budget chose to buy steak once a month with the money she saved by stretching her dollars with bulk foods.

"Planned leftovers" stretch your food budget, save time and taste good. Look through grocery sale ads and coupon specials to incorporate those foods into your menu plan. Find local sale items by reading advertisements in the newspaper or on-line. Involve your family in suggesting their favorite foods. Include plenty of fruits and vegetables for low calorie, healthy snacks. Find a routine time each week to write down your family's

menu ideas.

4. Do we use a shopping list?

Keep a running list of foods to buy as items run low during the week. Keep this list in a handy spot so everyone may add to the list. Look in your cupboards, refrigerator and freezer for foods you need to use.

5. Do we read the Nutrition Facts Labels?

This information is the most accurate way to find out what we are actually purchasing. First look at how many servings are in the container. Recommendations are based on a 2,000 calorie diet, which is considered "average". The Daily Values (DV) listed are for one serving. Look for low-fat, sugar and salt content. Below five percent of the DV is considered low. Twenty percent or higher DV is considered high.

6. Are we paying for the food, not the package?

We pay a lot for packaging of advertised brands, individually packaged foods, canned foods and convenience foods. In fact, 90 percent or more of the cost of a food item may be just for the package. Minimize packaging costs by purchasing more foods in bulk and fresh produce. Limit individual serving-size foods.

If you answer "yes" to five or six of these questions, congratulations! You are Spending Smart.

Walk Nebraska (a Virtual Tour!)



Grab your walking shoes and hit the trail! Take a walk in your neighborhood, at the mall or anywhere at all. Then log on to this University of Nebraska-Lincoln's Web site at <http://www.walknebraska.org> and convert your mileage into a virtual tour of our state. View eye-catching scenery. Discover interesting facts. Read monthly newsletters for additional information.

Calories Expended in Common Physical Activities

The new MyPyramid recommends we include at least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time. Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer or dancing the night away are all good examples of being active.



How many calories does physical activity use?

A 154-pound man (5'10") will use up about the number of calories listed doing each activity below. Those who weigh more will use more calories, and those who weigh less will use fewer. The calorie values listed include both calories used by the activity and the calories used for normal body functioning.

APPROXIMATE CALORIES USED BY A 154 POUND MAN

| Moderate physical activities: | In 1 hour | In 30 minutes |
|---|-----------|---------------|
| Hiking | 370 | 185 |
| Light gardening/yard work | 330 | 165 |
| Dancing | 330 | 165 |
| Golf (walking and carrying clubs) | 330 | 165 |
| Bicycling (less than 10 miles per hour) | 290 | 145 |
| Walking (3½ miles per hour) | 280 | 140 |
| Weight training (general light workout) | 220 | 110 |
| Stretching | 180 | 90 |
| Vigorous physical activities: | In 1 hour | In 30 minutes |
| Running/jogging (5 miles per hour) | 590 | 295 |
| Bicycling (more than 10 miles per hour) | 590 | 295 |
| Swimming (slow freestyle laps) | 510 | 255 |
| Aerobics | 480 | 240 |
| Walking (4½ miles per hour) | 460 | 230 |
| Heavy yard work (chopping wood) | 440 | 220 |
| Weight lifting (vigorous effort) | 440 | 220 |
| Basketball (vigorous) | 440 | 220 |

Source: MyPyramid at http://mypyramid.gov/pyramid/calories_used.html#