



By Alice Henneman, MS, RD, UNL Extension Educator

A serving of “Old Fashioned Bread Pudding” is a delicious way to add whole grain breads to your meals! Buttering each slice of bread and sprinkling it with cinnamon before cutting it into cubes makes every bite especially tasty!

Old Fashioned Bread Pudding

(Serving Size: 1/2 cup • Yield: 6 servings)

5 slices whole wheat bread
2 tablespoons margarine or butter
1/4 teaspoon cinnamon
1/3 cup sugar, white or brown
1/2 cup raisins
3 eggs
2 cups nonfat liquid milk
1/4 teaspoon salt
1 teaspoon vanilla extract



Preheat oven to 350 degrees F. Spread one side of bread with margarine or butter. Sprinkle with cinnamon. Cut bread into 1-inch cubes. In a medium-sized bowl, combine bread cubes, sugar and raisins. In another bowl, blend eggs, milk, salt and vanilla. Pour liquid over bread mixture; lightly mix. Transfer mixture to a casserole dish coated with oil or sprayed with a nonstick spray. An 8 x 8-inch square baking dish works well. Bake uncovered for 50 to 60 minutes or until the center of the mixture reaches 160 degrees F when measured with a food thermometer. At this temperature, a metal knife inserted near the center of the pudding comes out clean. Serve warm or cold. Do not let bread pudding set at room temperature over two hours TOTAL time. Eat within three to four days.

Source: Adapted from: Montana Extension Nutrition Education Program, Web site Recipes, Montana State University Extension Service, available at Food Stamp Nutrition Connection Recipe Finder at <http://recipefinder.nal.usda.gov>

Alice's notes: Avoid overcooking eggs in custard-type dishes—such as this recipe—AND assure safety by using a food thermometer. Overcooking may cause curdled or weeping custard. To determine doneness in egg dishes such as bread or rice pudding, quiche, casseroles, stratas, etc., the center of the mixture should reach 160 degrees F when measured with a food thermometer.

At this temperature, the very center of a custard-type dish may still be slightly liquid; however, the heat retained in the mixture will cause it to continue cooking and to set after removal from the oven. You may need to insert the thermometer at an angle to assure enough of the thermometer reaches into the food to measure the temperature.

Sarah Phillips, <http://baking911.com>, notes a custard pie is done when the liquid area in the center of the pie is smaller than a quarter. This is why you may see the recommendation to insert a metal knife near the center of custard-type dishes to check if it comes out clean.

Do a “Don’t Do” List!

Fitting in Healthy Food and Fitness

Alice Henneman, MS, RD
 UNL Extension Educator

If you're like most people you could use a few more hours to accommodate your daily “to do” list activities. Rather than adding “take a time management class” to your “to do” list, consider starting a “don't do” list.

You may discover doing LESS can bring MORE enjoyment to your life. Especially if doing less allows you to spend time doing more to contribute to your health and happiness!

Exercise and diet are two areas often given short shift in the typical time-squeezed day. Yet they are important for our overall quality of life. Free-up your time so you can achieve your personal fitness goals.

What Can You Stop Doing?

“Great idea,” you may be saying, “but how?” Here are some tips from time-savvy registered dietitians who were asked: What one or more things have you STOPPED doing to have more time to focus on eating healthy and exercising? Perhaps one will trigger a “don't do” for you.

“The most helpful thing I can think of that I have done to make more time is we moved our TV set out of our living room on the main floor of our home, to the rec room in our basement. I watch very little TV now that I have to make the intentional decision to go downstairs to watch it; what I do watch is usually planned watching and not something I just happened



to get interested in because the set was on and it caught my eye.

I also refuse to buy any clothing for me or my family members that requires ironing.”

—Carol Selden Jackson

“I stopped painting my fingernails to have time for a Master's Swimming program. I used to spend one night a week on my nails and now I spend it swimming instead.

I replaced styling my hair, mousse and hair spray and got a wash and wear haircut so I can work out during my lunch hour and still get back to work.

Instead of getting together with girlfriends for birthday lunches, we get together for birthday runs or bike rides.”

—Lizann Powers-Hammond

“Don't stay up late watching lame shows on TV. Go to bed early, get up early, and head to the gym to exercise. You'll feel better all day long.”

—Jane Erickson

“Don't go near the kitchen or any place else there's food while you're on the telephone.”

—Shari P. Mermelstein

“Don't try so hard to please your family with all the proper food groups and favorites when pushed for time—whole-grain cereal with milk, fresh fruit, yogurt, juice and peanut butter are favorites for all family members, take just minutes to put on the table and can fulfill all of the food groups. The five-course meal will have to wait. Don't keep searching your calendar for an hour block of time to go to the gym or health club and away from your family—look for those opportunities to play and be active—it counts!!! Playing in the park, biking, walking at the zoo, raking and playing in the leaves are all fun for kids and provide a chance to be active.

Physical activity . . . it's everywhere you go!!!”

—Barbara Fraser

“I no longer answer the phone in the middle of exercising. Important messages are now left on my answering machine—other callers simply hang up! I can always return a call, but . . . I may not return to exercising.”

—Alice Henneman

Now. Start thinking “don't do” and start “don't doing” it NOW!

5 More Main Dishes—Each Using Only 5 Ingredients



Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Mardel Meinke
 UNL Extension Associate

To help answer the question “What's for dinner,” five main dishes using ground beef were featured last month. This article will highlight main dish recipes using chicken (online at <http://lancaster.unl.edu/nebline>). The first four recipes use cooked chicken which can be cooked, de-boned (if not boneless), chopped and frozen ahead of time. The last recipe uses uncooked chicken breasts. These recipes make about four servings and can be doubled for more servings or to use for a later meal.

Plan each meal to include all five food groups and enjoy!

Chicken Enchiladas

1 cup cooked chicken, chopped
4 ounces cream cheese
1 can (4 ounces) chopped green chilies
4 flour tortillas
4–6 ounces Mexican or cheddar cheese, shredded

Heat oven to 350 degrees. Mix the chicken, cream cheese and green chilies. Spread this mixture over the flour tortillas and roll up. Place the tortillas in a greased baking dish. Sprinkle the cheese over the top, cover and bake for 20 minutes. For a more moist enchilada, pour 1/2 cup milk over the enchiladas before baking.

Chicken Salad Sandwiches

1 cup cooked chicken, chopped
2 tablespoons salad dressing
2 tablespoons ranch dressing
1 tablespoon pickle juice
1/3 cup celery, finely chopped

Mix all the ingredients together and serve over toasted buns.

Creamy Chicken Stew

4 medium red potatoes
1 cup cooked chicken
1 can cream of chicken soup
2 cups frozen peas and carrots
1/4 cup zesty Italian dressing

Poke several holes through each potato and cook in the microwave until tender, (about 7 minutes on High). Cut potatoes into bite-size pieces and put in a large saucepan. Add the rest of the ingredients and simmer on medium for 10–20 minutes. Refrigerate leftovers promptly.

Chicken and Stuffing Bake

1 can (14.5 ounces) diced tomatoes, undrained
1 package (6 ounces) stuffing mix for chicken
1/2 cup water
1 cup cooked chicken, chopped
1 cup mozzarella cheese

Heat oven to 375 degrees. Mix diced tomatoes, stuffing mix and water until just moistened. Layer chicken, cheese and stuffing mixture in this order, in a medium baking dish. Cover and bake 30 minutes or until chicken is cooked through. Refrigerate leftovers promptly. To reheat, cover each serving and microwave on HIGH about 1-1/2 minutes.

Chicken Fingers

2 chicken breasts, boneless not cooked
1 cup flour
2 eggs, beaten
1 cup butter-flavored cracker crumbs
1/4 cup Parmesan cheese
1/2 teaspoon onion powder (optional)
1/4 teaspoon garlic powder (optional)

Cut chicken in 1-inch strips. Put flour in a small bowl and beaten eggs into another bowl. Mix cracker crumbs, Parmesan cheese and seasonings in another small bowl. Dip and coat each strip in the flour, then egg, then cracker crumb/cheese mixture. Place strips in large frying pan coated with 2 tablespoons vegetable oil. Cook on medium heat, turning once, until chicken is done (about 15 minutes).