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NEBLINE

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Making a Meal With What's on Hand

Struggling to make meals with what you have on hand? Are you wanting to make a favorite recipe, but missing some of the ingredients? Are you tired of buying ingredients you only use once?

Here are some examples to spark your imagination:

Want to make sandwiches, but you've just eaten your last slice of bread? Use tortillas, bagels, pita bread, French bread, English muffin, rolls, focaccia, biscuits or lettuce wrap instead.

Feel like pasta, but you're missing the pasta sauce? Try these tasty alternatives:

- Olive or vegetable oil with garlic.
- Pesto or fresh tomatoes with garlic, olive oil, salt and pepper.
- Top your pasta with chili or soup. For some soups, you may wish to add less liquid, so they make a thicker sauce.

Craving tacos or burritos, but you are short on ingredients?

- No tortillas, use rice instead to make rice bowls.
- No ground beef or chicken, use a can of black beans in place of the meat. Drain and rinse the black beans. Sauté with 1 teaspoon of olive or vegetable

oil and 1/2 of a taco-seasoning packet for a plant-based meal.

I want to make a smoothie, but I'm out of yogurt! No problem, swap the yogurt out for applesauce, fruit juice, milk or frozen bananas. Then, add fruits (fresh, frozen or canned) you have on hand and blend it up.

Hungry for pizza, but missing some ingredients?

- Warm a tortilla shell in a skillet and top with your favorite pizza toppings.
- Use another type of crust such as canned or homemade biscuits, English muffins, Naan bread or French rolls.
- Make your own homemade pizza sauce by combining 15 oz canned diced tomatoes, 2 tablespoon minced garlic, 2 teaspoon olive oil, 1 teaspoon sugar, 1 teaspoon salt and 1/2 teaspoon black pepper. Add to a blender and pulse 2–3 times until tomatoes are finely diced.
- Use black or white beans to make a bean pizza sauce. The smoother you want the sauce, the more you need to smash the beans with a fork or food processor prior to adding your desired flavoring.

Save my salad, I'm out of dressing! Homemade salad

dressing is a breeze with this simple salad equation. Simply add 1 cup oil with 1/2 cup lemon juice or vinegar in a sealable container. Add 1 teaspoon garlic, 1 teaspoon salt and 2 teaspoon dried herbs of your choice. Shake until combined.

Your favorite meat marinade ran out? Use an oil and vinegar salad dressing, also known as a vinaigrette. It makes a great marinade.

Out of pasta for casseroles? Substitute another starchy food such as cooked rice, cooked or canned potatoes, carrots or sweet potatoes, cooked or canned beans, or lentils for pasta.

Out of fresh fruit? Add dried, canned or frozen fruit to your recipe. Dried fruits are very dense, so if you substitute them into a recipe, keep in mind the ratio of one cup of fresh fruit is equal to about 1/4 cup of dried.

This article was originally written by Alice Henneman, MS, RD. Updated and reviewed in 2020. Additional contributors include: Brenda Aufdenkamp, Donnia Behrends, Kayla Colgrove, Ann Fenton, Lisa Franzen-Castle, Brie Frickenstein, Jamie Goffena, Hannah Guenther, Carrie Schneider-Miller, Natalie Sehi, Nancy Urbanec and Cami Wells.

Source: Tastings publication, Food and Culinary professionals practice group of the Academy of Nutrition and Dietetics.

Family Food & Fun at Home Website

food.unl.edu/familyfood

Spending more time at home? Looking for easy meals, ways to involve your children in preparing meals and snacks, or how to stay active? Check out Family Food & Fun at Home for the following ideas: basic cooking tips, tips for cooking with kids, recipes for cooking with kids, easy family meal recipes and staying active at home.



RECIPE OF THE MONTH

HOMEMADE PIZZA CRUST

(Yield: 8 servings)

- 1 1/4 cup whole wheat flour
- 1 1/4 cup all-purpose flour
- 2 3/4 teaspoons baking powder
- 1 teaspoon salt
- 1 Tablespoon vegetable oil
- 3/4 cup water
- 1/2 cup pizza sauce
- 2 cups vegetables (sliced tomatoes, shredded carrots, sliced bell pepper, sliced onion)
- 5 ounces Mozzarella cheese, shredded
- Fresh basil leaves, gently rubbed under cold running water (optional)

1. Wash hands with soap and water.
2. Preheat oven to 400°F.
3. Spray a large baking sheet or pizza pan with non-stick cooking spray. Set aside.
4. In a medium bowl, combine flour, baking powder and salt.
5. Add oil and water. Stir until it forms a ball. If dough is stiff add up to 1/4 cup more water.
6. Knead dough on a floured surface for 3–4 minutes.
7. Press/roll dough out on prepared pan.
8. Spoon pizza sauce on dough.
9. Arrange desired toppings over sauce. Sprinkle on cheese.
10. Bake for 15–25 minutes. If using basil leaves, sprinkle on pizza before serving.

Nutrition Information: Serving Size (1/8 of pizza): Calories 220 Total Fat 6g Saturated Fat 2g Sodium 582mg Total Carbohydrates 32g Fiber 3g Protein 10g

Source: Nebraska Extension Nutrition Education Program



Craig Chandler, UNL Communications