

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

How To Read A Recipe



If you are new to cooking or are trying a recipe for the first time, it's important to follow the recipe's directions so that it turns out successful. Choose recipes that have:

- | | |
|------------------------------|--|
| RECIPE NAME (TITLE) - | tells what you will be cooking or baking |
| SERVINGS - | number of servings the recipe will make |
| INGREDIENTS - | list of food items needed to make the recipe |
| DIRECTIONS - | steps needed to make the recipe |
| NUTRITION FACTS - | number of calories and other nutrients in the recipe |

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Title: **Baked French Toast** Servings: Serves 4.

Ingredients:

- | | |
|----------------------------|---|
| 8 slices whole wheat bread | 1/4 cup sugar |
| 5 eggs | 1/2 tsp. vanilla |
| 1 1/2 cups skim milk | Assorted fruit toppings (berries, applesauce) |

Directions:

1. Lightly grease 13x9x2-inch baking pan*.
2. Cut each slice of bread in half and place in the bottom of the greased baking pan.
3. In a medium bowl mix eggs, milk, sugar and vanilla using electric mixer, whisk or fork until well blended.
4. Pour egg mixture over bread. Cover and chill in refrigerator for 4 hours or overnight.
5. Preheat oven to 425 degrees. Place baking pan with bread and egg mixture in oven and bake until eggs are set and toast is lightly browned, about 30-40 minutes.
6. Serve warm topped with fruit.

*Choose metal pan or heat-resistant glass for baking pan that will not break when "cold" pan is placed in a "hot" oven.

NUTRITION FACTS (per 2 slice serving/No fruit) - Calories 310 - fat 9 g - calories from fat 80 - sodium 430 mg - total carbohydrate 44 g - fiber 4 g

Title: **Pork & Beans** Number of servings: **Serves 4**

Ingredients:

| | |
|------------------------------------|-----------------------------|
| 1 can (14 ounces) pork and beans | 1/3 cup ketchup |
| 4 turkey hot dogs, cut into chunks | 1 teaspoon prepared mustard |
| 1 tablespoon dried onion | 2 tablespoons brown sugar |

Directions:

1. Combine beans, hot dogs, onion, ketchup, mustard and brown sugar in medium saucepan.
2. Heat to a boil, reduce heat to simmer for 5 to 10 minutes.

NUTRITION FACTS (per serving) - Calories 180 - fat 1 g - calories from fat 10 - sodium 1230 mg - total carbohydrate 36 g - fiber 4 g

How To Read A Recipe continued

Example: Pork & Beans

1. Start by reading the recipe once all the way through from beginning to end.
2. Check to make sure you have all the ingredients in the amounts called for in the recipe.
3. Gather the ingredients, cooking equipment and utensils needed to make the recipe. Lay out ingredients in the order you will be using them.

| | |
|----------------------------------|----------------------|
| 1 can (14 ounces) pork and beans | Medium-size saucepan |
| 4 turkey hot dogs | Can opener |
| Dried onion | Knife |
| Ketchup | Measuring spoon |
| Prepared mustard | Measuring cup |
| Brown sugar | |
4. Prepare each ingredient as described in the ingredient list.

Open the can of pork & beans. Slice the hotdog into chunks.
5. Follow the directions in the order listed, one step at a time. **NOTE: Measure ingredients separately and not over your mixing bowl or saucepan to avoid accidentally spilling too much into your recipe.**
6. Do not make substitutions for ingredients unless the recipe gives you a choice like butter or margarine.