

HOME ECONOMICS

GUIDE



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Using Nonfat Dry Milk in Main Dishes

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A good way to add milk to the diet of your family is in meat. Dry milk adds to the flavor of many meat dishes, plus it adds calcium and protein that stretches your meat. Dry milk adds vitamin A if the milk is *fortified*. Look on the label.

Main dishes are easy to fix using handy mixes for cornbread, biscuits and white sauce.

For information on how to reconstitute, nutrients, cost, convenience and storage of dry milk get a copy of GH 1050, 'Using Nonfat Dry Milk.'

Chicken Almondine Casserole

- 1 can chicken, tuna, or turkey (6 oz.)
- ½ cup blanched almonds
- 2 cups chow mein noodles
- 2 tablespoons flour
- 2 tablespoons margarine or butter
- ⅔ cup nonfat dry milk
- 1½ cups water
- 2 eggs (yolks and whites separated)
- ½ cup sour cream

1. Cut or flake meat.
2. Add almonds and noodles.
3. Mix flour, margarine or butter, dry milk, and water. Cook over medium heat until thickened. Stir all the time.
4. Beat egg yolks. Slowly stir the hot white sauce into egg yolks. Return to sauce pan and cook for one minute.
5. Add sour cream and stir until smooth.
6. Add sauce to flaked meat and noodles.
7. Beat egg whites until whites stand in soft peaks. Fold into meat-noodle mixture.
8. Pour into 2-quart baking dish. Place baking dish in a pan of hot water. Bake 1 hour at 350°F.

Note: You may use mushroom soup, heated as it comes

from the can, as a sauce for the casserole.
Makes: 6 to 10 servings.

Sweet-Sour Meat Patties

- 1 lb. ground beef
- ½ cup uncooked rolled oats
- ⅔ cup water
- ½ cup nonfat dry milk
- 2 tablespoons chopped onions
- 1 teaspoon salt
- ⅛ teaspoon pepper

1. Mix all ingredients and let stand until the water is soaked up (about 5 minutes).
2. Shape into 2-inch patties and brown in a small amount of fat in a heavy skillet.
3. While patties are browning, make sauce.
Makes 6 patties.
Each patty supplies: calories 250; protein 16 gr.; fat 16 gr.; calcium 85.; iron 2 mg.

Sauce

- 4 teaspoons Worcestershire sauce
- 2 tablespoons vinegar
- ⅓ cup water
- ⅔ cup catsup
- 1 tablespoon sugar
- 2 tablespoons onion, chopped fine

1. Mix all ingredients together.
2. Pour over browned meat patties and cover.
3. Cook over medium heat for 20 minutes.
4. Dip sauce over the patties once or twice or turn the patties. Makes: 6 servings.

Rice, Cheese, and Ham Loaf

3 eggs
2/3 cup nonfat dry milk
1 1/2 cups warm water
2 tablespoons melted butter or margarine
1 cup soft bread crumbs
1 1/2 cups cooked rice
2 cups shredded sharp cheese
1 cup ground ham
2 tablespoons chopped onion
1/4 cup chopped pimiento
1/4 teaspoon dry mustard or 1 teaspoon prepared mustard
1/4 teaspoon celery salt (if desired)
1/2 teaspoon salt

1. Beat eggs in large bowl.
2. Add other ingredients and mix gently until blended.
3. Turn into greased loaf pan (9x5x3 inches or 8-inches square).
4. Bake about 1 hour at 325°F
5. Allow to set in pan 5 minutes before slicing.

Makes: 6 to 8 servings.

1/6 portion provides: calories 469; protein 26 gr.; fat 28 gr.; calcium 290 mg.; iron 3 mg.; Vitamin A 1284 I.U.; Vitamin C 10 mg.

Add 160 more units vitamin A if milk is fortified.

Salmon Squares

2 cups (1 lb. can) salmon, or 1 1/2 cups (12 oz. can) tuna
2 tablespoons finely chopped onion
2 tablespoons finely chopped green pepper
2 tablespoons melted margarine or butter
2 eggs, slightly beaten
2/3 cup nonfat dry milk
1 1/2 cup liquid (liquid from salmon plus water)
3/4 teaspoon salt
1/8 teaspoon pepper
3 cups coarse, soft bread crumbs

1. Drain fish and break into flakes.
2. Cook onion and green pepper in the margarine or butter.
3. Mix eggs, dry milk, liquid, salt, pepper, and bread crumbs. Let stand to moisten.
4. Combine bread mixture with cooked vegetables and fish.
5. Bake for 1 hour at 350°F.
6. Serve with cheese sauce or heated mushroom soup as it comes from the can.

Makes: 6 to 8 servings.

1/6 portion provides: calories 325; protein 23 gr.; fat 11 gr.; carbohydrates 29 gr.; calcium 337 mg.; iron 2 mg.; vitamin A 413 I.U.; vitamin C 5 mg. Add an additional 160 I.U. vitamin A if dry milk is fortified.

Easy Cheese Fondue

1/2 lb. grated sharp cheese
6 slices bread
2 cups water
1 cup nonfat dry milk
2 tablespoons melted margarine or butter
1/2 teaspoon salt
1/8 teaspoon celery salt
1/8 teaspoon dry mustard
3 eggs, well beaten
Pimiento for garnish, if desired

1. Use 9x9 inch pan or 1 1/2 quart baking dish and arrange 3 slices of bread in the bottom. (Do not crowd.)
2. Sprinkle half of the grated cheese over the bread.
3. Repeat layers until all bread and cheese are used.
4. Mix water, dry milk, melted margarine or butter, salt, celery salt, mustard, and beaten eggs.
5. Pour milk-egg mixture over the layers of bread and cheese. Lift bread to allow liquid to soak into each slice of bread.
6. Bake 30 to 35 minutes at 350°F.

Makes: 8 servings.

1 serving supplies: calories 256; protein 16 gr.; fat 15 gr.; carbohydrates 16 gr.; calcium 351 mg.; iron 1 mg.; vitamin A 700 I.U.

Ham-Green Bean Shortcake

2 tablespoons margarine or butter
2 tablespoons flour
1 cup liquid (liquid from beans plus water)
1/2 cup nonfat dry milk
1/8 teaspoon Worcestershire sauce
1/2 cup grated cheese
1 cup cooked green beans
1 cup cooked ham, diced

1. Melt margarine or butter and mix with flour.
 2. Add liquid and dry milk to flour mixture.
 3. Cook over medium heat until thickened. Stir all the time.
 4. Add Worcestershire sauce, cheese, green beans, and diced ham. Heat, but do not boil.
 5. Serve over squares of cornbread or biscuits
- See recipes in 'Using Nonfat Dry Milk in Breads.'

Makes: 4 to 6 servings.

1/4 portion supplies: calories 264; protein 15 gr.; fat 18 gr.; calcium 242 mg.; vitamin A 590 I.U. Add 187 units more vitamin A if dry milk is fortified.

Chicken Noodle Casserole

- 1 cup uncooked noodles
- 2 cups chicken broth or water
- ¼ cup chopped celery
- 1 tablespoon fat
- ½ cup White Sauce Mix (recipe below)
- 1 cup water
- 1 tablespoon chopped pimiento
- 1 cup chopped cooked chicken
- 1 cup buttered bread crumbs

1. Cook noodles in broth or water.
2. Cook celery in fat until tender.
3. Combine White Sauce Mix and 1 cup water. Stir until smooth. Bring to a boil. Stir all the time.
4. Mix together cooked noodles, cooked celery, white sauce, pimiento, and chicken.
5. Pour into greased 2 quart baking dish.
6. Top with buttered bread crumbs.
7. Bake 25 minutes at 350°F.

Makes: 4 to 5 servings.

White Sauce Mix

- 2½ cups nonfat dry milk
- 1½ cups sifted flour
- 1 tablespoon salt
- 1 cup margarine or butter

1. Mix dry milk, flour, and salt. You can use a mixer at low speed for 5 minutes.
2. Add the margarine or butter and mix until fat is cut into small pieces. It should look like coarse cornmeal.
3. Store in a covered container in the refrigerator.
4. Stir the mix each time before using.

Makes: 1 quart of Mix (enough for 8 cups of medium white sauce).

1 cup provides: calories 364; protein 10 gr.; fat 23 gr.; carbohydrates 28 gr.; calcium 302 mg.; vitamin A 7 I.U. Add 469 more units Vitamin A if milk is fortified.

Cornbread Topping Using Cornbread Mix

- 1½ cups Cornbread Mix (recipe below)
- 1 egg, beaten
- ½ cup water

1. Combine Cornbread Mix, beaten egg, and water. Stir until moistened.
2. Spread over tamale filling. (Cornbread topping may be put on this filling in the skillet, or the filling may be poured into a greased 2 quart baking dish or a 9-inch square baking pan and covered with topping.)
3. Bake for 30 minutes at 375°F, or until done.

Cornbread Mix

- 4 cups sifted flour
- 4 cups cornmeal
- 1 cup sugar
- 1½ cups nonfat dry milk
- 1 tablespoon salt
- ⅓ cup baking powder
- 1 cup shortening

1. Measure flour, cornmeal, sugar, dry milk, salt, and baking powder into a large bowl. Stir until well mixed (30 strokes).
2. Add the shortening and cut it into flour mixture until it forms particles about the size of small peas.

Makes: about 12 cups.

1 cup supplies: calories 546; protein 10 gr.; fat 17 gr.; carbohydrates 86 gr.; calcium 106 mg.; iron 2.5 mg.; vitamin A 205 I.U., plus 167 additional units if milk is fortified.

Tamale Pie

- ⅓ cup chopped onion
- ½ cup chopped green pepper
- 2 tablespoons fat
- 2 cups or 1 lb. ground beef
- 1 No. 2 can tomatoes or 1 8-oz. can tomato sauce plus 1 can water
- 1 to 1½ teaspoons chili powder
- 1 teaspoon salt

1. Cook onion, pepper in fat until tender.
2. Add meat and cook until red color is gone.
3. Add tomatoes, chili powder, and salt. Heat until all is hot.
4. Add cornbread topping (below)
5. Bake 30 minutes at 375°F. or until done. Makes: 6 servings.

Each serving supplies: calories 275; protein 15 gr.; fat 21 gr.; calcium 19 mg.; iron 3 mg.; vitamin A 1288 I.U.; vitamin C 39 mg.

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