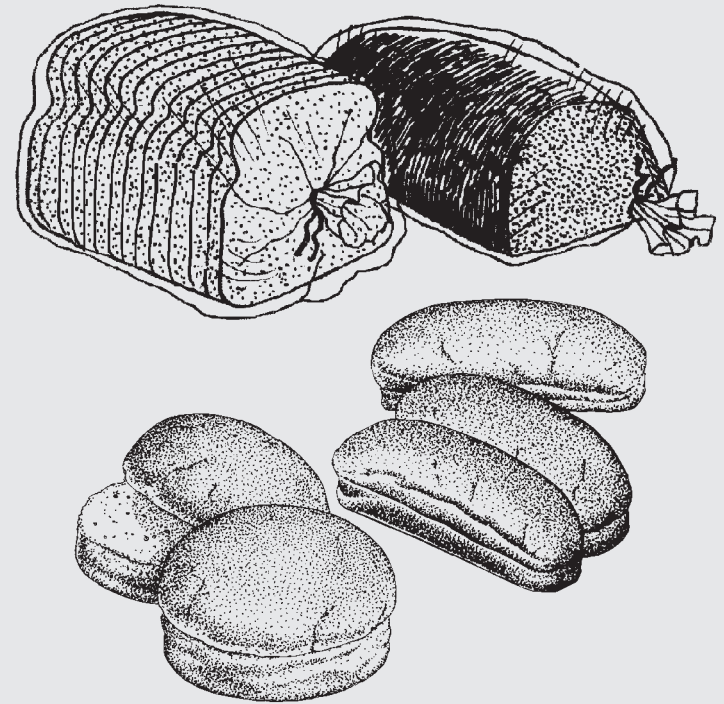


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Cooking With Bread



University of
Connecticut

Cooperative Extension System
College of Agriculture and Natural Resources

Classic Bread Pudding

Makes 8 servings, 1/2 cup each

- 5 slices cut up white or whole wheat bread
- 2 Tablespoons butter or margarine, softened
- 1/2 cup sugar – white or brown
- 1/2 cup raisins or other dry fruit (optional)
- 2 eggs
- 1 1/2 cups low fat milk
- 1 teaspoon vanilla
- 1 teaspoon cinnamon or nutmeg (optional)

Preheat oven to 400°F. Lightly grease an 8-inch x 8-inch baking dish.

1. Spread the butter or margarine on the bread. Cut bread into 1-inch cubes.
2. Combine bread cubes with sugar and raisins. Place in the baking dish.
3. In another bowl, beat eggs with milk and vanilla. Pour over bread mixture and blend lightly. Let soak for about 15 minutes.
4. Sprinkle with cinnamon or nutmeg, if you like.
5. Bake at 400°F until the pudding sets, about 35 minutes.

To Microwave: Use a 1 quart glass casserole dish. Do not grease the dish.

- Follow steps 1 through 4.
- Microwave on HIGH (100%), covered with a glass plate or a microwaveable plastic wrap or a paper towel, for 5 minutes.
- Turn the dish 1/4 turn. Microwave for 5 more minutes, or until edges are firm and center is almost set.
- Let sit 10 minutes, covered, before serving.

Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 7-8	
Amount Per Serving	
Calories 190	Calories from Fat 50
%	
Total Fat 5g 8%	
Saturated Fat 2.5g 13%	
Cholesterol 65mg 21%	
Sodium 150mg 6%	
Total Carbohydrate 31g 10%	
Dietary Fiber 2g 6%	
Sugars 22g	
Protein 5g	
Vitamin A 6%	Vitamin C 2%
Calcium 8%	Iron 6%

Baked Fish Casserole

Makes 6 servings, 1 cup each

- 7 slices of day-old bread, cut into small pieces
- 1 egg
- 2/3 cup low fat milk
- 1 large onion, finely chopped
- 1 Tablespoon prepared mustard
- 1/2 teaspoon poultry seasoning (optional)
- 2 pounds fresh or frozen firm, white fish (cod, halibut, perch, etc.)
- 2 Tablespoons butter or margarine, melted
- Paprika, parsley, oregano or chives

1. Place cut-up bread in a large bowl.
2. Mix egg, milk, onion, mustard and seasonings. Pour over the bread.
3. Stir lightly until bread absorbs the milk mixture.
4. Place in a 3-quart greased baking dish.
5. Arrange fish over the bread mixture.
6. Top with melted butter.
7. Sprinkle with paprika, parsley, chives or sesame seeds, if you like.
8. Bake at 375°F until fish flakes easily. Thick pieces of fish (about 1 inch thick) will take about 40 minutes or so.

Variations:

- Use any fish. Just be careful to cook thoroughly (until fish flakes easily) and not to overcook (fish will dry out).
- Use drained canned salmon or tuna in place of other fish.
- Add other herbs to taste, such as garlic powder, dill, basil, thyme or rosemary. If you do not have poultry seasoning, mix ground sage, thyme and basil together.
- Top with grated cheese before baking.

MENU

Baked Fish Casserole

Green Beans

Salad

Carrot Cake

Nutrition Facts

Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 270	Calories from Fat 70
%	
Total Fat 7g 11%	
Saturated Fat 3g 16%	
Cholesterol 105mg 34%	
Sodium 350mg 15%	
Total Carbohydrate 17g 6%	
Dietary Fiber 2g 7%	
Sugars 4g	
Protein 32g	
Vitamin A 6%	Vitamin C 10%
Calcium 8%	Iron 10%

Oven-baked Casserole

Makes 6 servings, 6-7 oz. each

- 8 slices day old bread
- 8 slices of ham, turkey, chicken or other cooked meat
- 3 eggs
- 2 teaspoons favorite mustard
- 2 Tablespoons onion, minced
- 2 Tablespoons green pepper, finely chopped
- 1 1/2 cups low fat milk

1. In a buttered baking dish, place 4 slices of bread. Use enough pieces to cover the bottom of the dish.
2. Cover bread with slices of meat.
3. Cover with remaining bread, to make sandwiches.
4. In a bowl, beat eggs with mustard. Add onion, pepper, milk and sauces. Stir and pour over the bread.
5. Cover and place in the refrigerator for about 8 hours or overnight.
6. Remove casserole from the refrigerator. Pre-heat oven to 350°F.

Bake about one hour. Let stand for 5 to 10 minutes before serving.

Variations:

- Use cooked ground beef, turkey or sausage (about 1/2 pound) in place of slices of meat.
- Use slices of cheese in place of slices of meat.
- Use cooked or canned white beans in place of meat.
- Add fresh, frozen or canned (drained) vegetables on top of meat or cheese.
- Add herbs and seasonings to taste.

MENU

Oven-Baked Casserole
Steamed Broccoli
Gingerbread
Pineapple Chunks

Nutrition Facts

Serving Size 6 - 7 oz

Servings Per Container 6

Amount Per Serving

Calories 220 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **13%**

Saturated Fat 3g **14%**

Cholesterol 130mg **43%**

Sodium 760mg **32%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **7%**

Sugars 5g

Protein 15g

Vitamin A 6% • Vitamin C 6%

Calcium 15% • Iron 10%

Variations:

- Add 1 cup canned pumpkin or pumpkin pie filling with the milk mixture. Use 4 slices of bread.
- Add chopped nuts or coconut to the bread mixture.
- Use any bread that you may have. Whole grain bread has more fiber.
- For Fruit Bread Pudding, place 2/3 cup cut-up fresh, canned (drained), or frozen fruit or berries on the bottom of the greased baking dish. Add the bread pudding mixture, and top with a little more fruit. Bake as directed.

MENU

Chili with Beans
Tossed green salad
Bread pudding



Chocolate Bread Pudding

Makes 8 servings, 1/2 cup each

- 8 slices of bread, cut in 1/2-inch cubes or broken up into pieces
- 1 1/4 cup sweetened hot cocoa mix
- 1 1/2 cups low fat milk
- 1 teaspoon vanilla
- 2 Tablespoons butter or margarine
- 2 eggs

Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 260	Calories from Fat 50
%	
Total Fat 6g 9%	
Saturated Fat 2.5g 14%	
Cholesterol 65mg 21%	
Sodium 500mg 21%	
Total Carbohydrate 33g 11%	
Dietary Fiber 3g 12%	
Sugars 16g	
Protein 17g	
Vitamin A 15%	Vitamin C 0%
Calcium 60%	Iron 6%

Preheat oven to 350°F. Have ready a shallow 1 1/2-quart or 9-inch x 9-inch baking dish.

1. In a large saucepan, blend the sugar and cocoa powder together.
2. Whisk or beat in 1 cup of the milk, and cook over medium heat until it comes to a boil. Stir often. Make sure the sugar is dissolved, and remove the mixture from the heat.
3. Stir in the butter or margarine until it melts.
4. Whisk in the remaining milk and beat in the eggs, one at a time.
5. Add the bread cubes or pieces and stir. Soak for 5 to 10 minutes.
6. Pour the mixture into the greased baking dish. Place the baking dish in the preheated oven.
7. Bake for 45 to 55 minutes, or until a knife inserted near the center comes out clean.
8. Remove the baking dish from the oven to a rack to cool.

MENU

Roast Chicken
Rice
Steamed Broccoli
Chocolate Bread Pudding

Main Dishes

Mini Pizza

Makes 3 servings, 2 slices each

- 3/4 cup favorite tomato or spaghetti sauce
- 6 thick slices of bread
- 2 Tablespoons Parmesan or other grated cheese



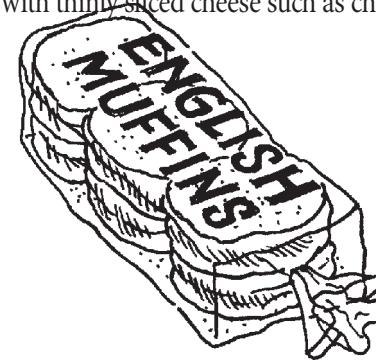
Nutrition Facts

Serving Size 2 slices	
Servings Per Container 3	
Amount Per Serving	
Calories 230	Calories from Fat 70
%	
Total Fat 8g 12%	
Saturated Fat 3.5g 17%	
Cholesterol 15mg 5%	
Sodium 690mg 29%	
Total Carbohydrate 29g 10%	
Dietary Fiber 3g 13%	
Sugars 5g	
Protein 12g	
Vitamin A 8%	Vitamin C 8%
Calcium 25%	Iron 10%

1. Toast the bread till just golden.
2. Spread 2 Tablespoons sauce on top of toast.
3. Sprinkle 1 teaspoon Parmesan or other grated cheese over top.
4. Broil in oven or toaster oven for about 5 minutes or until cheese browns.

Variations:

- Use rolls, French bread or English muffins, cut in half.
- Top pizzas with thinly sliced onion, green pepper, mushrooms or other vegetables.
- Top pizzas with cooked ground beef, chicken or other meat.
- Top with thinly sliced cheese such as cheddar, mozzarella or provolone.



MENU

Mini Pizza
Tossed Salad with Italian Dressing
Lemon Sherbet

Oven-baked French Toast

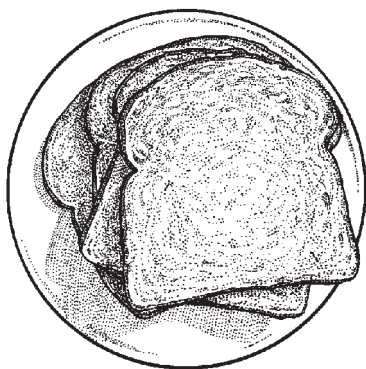
Makes 3 servings, 2 1/2 slices each

- 2 to 3 eggs
- 2 teaspoons vanilla
- non-stick spray or vegetable oil
- 3/4 cup low fat milk
- 1 teaspoon cinnamon
- 6 to 8 slices of bread

Preheat oven to 450°F.

1. Combine eggs, milk, vanilla and cinnamon in a bowl.
2. Spray or oil a cookie sheet or baking pan.
3. Dip bread in egg mixture, lightly coating each side.
4. Place bread on the well-oiled baking sheet, and bake on each side about 6 minutes until well browned. Lightly spray sheet before the bread is turned over to brown other side.

Top with favorite toppings.



Nutrition Facts

Serving Size 2 1/2 slices	
Servings Per Container 3	
Amount Per Serving	
Calories 260	Calories from Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 2g	10%
Cholesterol 145mg	48%
Sodium 430mg	18%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	13%
Sugars 6g	
Protein 12g	
Vitamin A 6%	• Vitamin C 2%
Calcium 15%	• Iron 15%

Oats and Bread Pudding—A Delicious Breakfast

Makes 8 servings, 1/2 cup each

- 7-10 slices, cubed day-old bread
- 3/4 cups rolled oats/oatmeal
- 2 eggs, beaten
- 1 1/2 cups milk
- 1/2 cup sugar
- 2 teaspoons vanilla
- 1 teaspoon nutmeg or cinnamon
- 1/2 cup raisins, currants or other dried chopped fruit

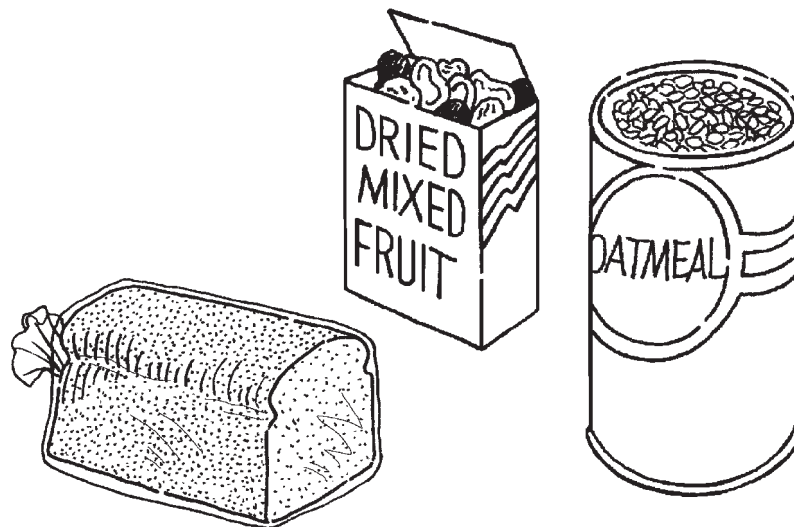
Preheat oven to 325°F. Lightly grease 13 x 9 x 2-inch baking dish.

1. Place bread cubes in baking dish. Add oats.
2. In a separate bowl, beat eggs, milk, sugar, vanilla and nutmeg. Add dried fruit.
3. Pour egg mixture over bread, and lightly mix.
4. Bake until pudding has risen and is medium brown, about 1 hour.

Serve with hot tea or cocoa, orange slices or juice.

Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 230	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	6%
Saturated Fat 1g	6%
Cholesterol 55mg	18%
Sodium 210mg	9%
Total Carbohydrate 43g	14%
Dietary Fiber 3g	12%
Sugars 23g	
Protein 7g	
Vitamin A 4%	• Vitamin C 2%
Calcium 10%	• Iron 10%



Homemade Croutons

Makes 4 servings, 2 oz. each

6 slices of day-old bread (white, wheat, rye, pumpernickel, oat, multi-grain)

Cooking spray

1/2 teaspoon dried oregano

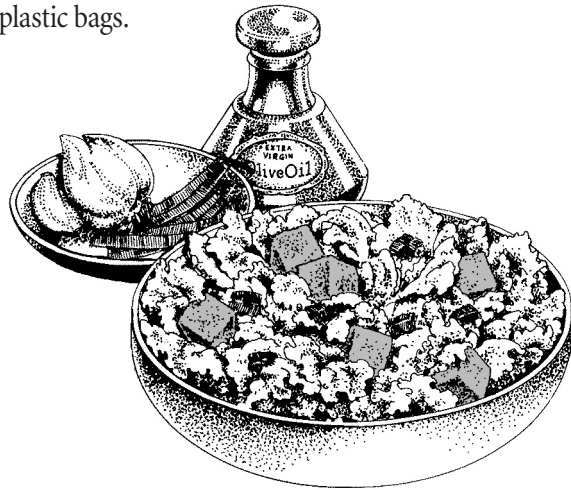
1 teaspoon dried parsley

1/2 teaspoon dried basil

1. Spray both sides of bread with cooking spray.
2. Cut bread into 1/2-inch cubes.
3. Mix herbs in a bowl.
4. Add bread cubes, and stir to coat with herbs.

Heat oven to 350°F. Place the seasoned bread cubes in one layer on a cookie sheet. Bake for 10-15 minutes until lightly brown.

Cool and store in plastic bags.



Variations:

- Herb combinations:
- basil, garlic powder, thyme
 - garlic powder, oregano, rosemary
 - chili powder, garlic powder, cilantro
 - lemon pepper, dill, garlic powder

Serve with salads, soups, chili, chowder or vegetable side dishes.

Use as a topping on casseroles, or baked chicken or fish.

Nutrition Facts

Serving Size 2 oz	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 4g	
Vitamin A 2%	Vitamin C 2%
Calcium 6%	Iron 10%

Basic French Toast

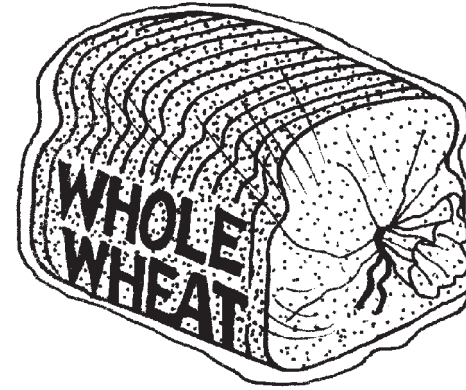
Makes 2 servings, 3 slices each

2 eggs

1/3 cup low fat milk

6 slices bread (whole grain is best)

2 teaspoons butter, margarine or vegetable oil



Nutrition Facts

Serving Size 3 slices	
Servings Per Container 2	
Amount Per Serving	
Calories 330	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3g	14%
Cholesterol 215mg	71%
Sodium 480mg	20%
Total Carbohydrate 38g	13%
Dietary Fiber 3g	13%
Sugars 6g	
Protein 14g	
Vitamin A 8%	Vitamin C 0%
Calcium 15%	Iron 20%

1. In a pie plate or bowl, beat the eggs and the milk together.
2. Heat a frying pan or skillet on medium high heat. Add oil, butter or margarine to coat pan.
3. Dip bread into the egg mixture, one slice at a time, covering both sides.
4. Place soaked bread into the hot frying pan. Lower heat so bread does not burn. Cook for 1 to 3 minutes until underside is browned. Turn with a spatula and cook on other side until browned.

Additions: Add 1/4 teaspoon cinnamon or nutmeg to the egg mixture.

Add 1/4 teaspoon vanilla to the egg mixture.

Toppings: maple syrup, honey, peanut butter, yogurt, ricotta cheese, fruit (canned fruit, fresh fruit in season, berries), cinnamon sugar, sour cream

Easy fruit topping: Combine 2/3 cup fruit juice (orange, apple, cranberry or any combination), 2 tablespoons honey or sugar, 1 2 teaspoons cornstarch and 1/4 teaspoon cinnamon or nutmeg. Mix together in a small saucepan, and cook slowly until the mixture gently boils and thickens. Serve over French toast.