

A Food Preparation Manual

Eating Well Made Easy



Ellen Serfustini

Introduction

A few years ago, research was completed in Utah to identify the needs of the participants in the EFNEP program. This food preparation manual was written with these needs in mind. It teaches basic skills and food preparation techniques valuable to every homemaker. The recipes are favorites from the program and focus on low cost and ease of preparation. This manual is designed to be used as a companion with the "Eating Well Made Easy" food preparation videos produced through Utah State University Extension.

Acknowledgments

Many people helped in numerous ways to make this manual possible. I am sincerely grateful for their contributions and encouragement throughout the process. My warmest thanks goes to the following individuals, who through their commitment to helping complete this project made it possible. First, Kristine Saunders, the head of the Family Nutrition Program at Utah State University, whose patience in planning and editing was unending and whose support and guidance were greatly appreciated. Second, Debra Proctor, for countless hours of help in planning and for providing encouragement along the way. Also, many thanks for her contributions of information and favorite recipes. Third, to Tammy Vitale for her expert help in writing two chapters of the manual. Last, but not least, Eileen Milligan for her talents and computer skills in typing, formatting, and illustrating the work. Thank you to all the Family and Consumer Science agents in Utah who submitted their clients' favorite tried and true recipes and for those who helped peer review the work.

A special thanks to my wonderful family, who often fended for themselves because of my many hours at the office and in travelling. They loved, supported, and encouraged me anyway.

TABLE OF CONTENTS

Introduction	I
Acknowledgements	ii
Table of Contents	iii
Kitchen Basics.....	1
Abbreviation and Measurements	3
Substitution of Ingredients	7
Reading Food Labels.....	10
Food Safety	12
Using a Grocery List.....	14
Food to Keep on Hand.....	16
Sauces	17
Meat	29
Beans	44
Vegetables	52
Fruits	60
Stir Fry	68
Rice.....	76
Pasta	84
Skillet Meals.....	92
Quick Breads	102
Yeast Breads	112
Cakes, Pies and Cookies	124
Cakes	126
Cookies	134
Pies.....	139