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Shop Smart Sharpen Your Food –Buying Habits 5 Eat High Quality Protein Foods at Low Cost

Michigan State University

Cooperative Extension Service

Home and Family Series

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SHOP SMART



SHARPEN YOUR FOOD-BUYING HABITS

by Anita Dean and Portia Morris

Extension Specialists in Nutrition

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EAT HIGH QUALITY
PROTEIN FOODS
AT LOW COST

Animal food is complete in high quality protein — and expensive.

Plant foods such as dry beans and peas, cereals and nuts are almost complete in protein — and usually cost less than animal protein.

By combining inexpensive plant foods high in protein with more expensive animal foods such as milk, eggs, cheese, and fish and meat, you will get the most protein for your money.

Here are some ways to combine the two kinds of protein.

Combine the protein in vegetables and cereals with the protein of meat, milk, and eggs.

Combine Vegetable Protein with Animal Protein

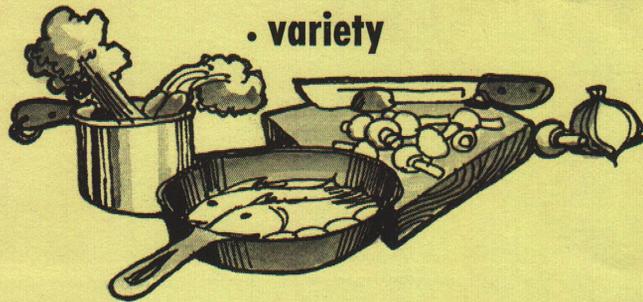
Split peas	Ham shank
Navy beans	Pork
Beans	Cheese
Peanut butter sandwich	Milk
Cereal (oats, corn, wheat)	Milk
Macaroni	Cheese
Rice	Milk or cheese
Rice	Chicken
Bread	Cheese
Bread	Milk and eggs
Noodles	Tuna or other fish
Grits	Ham or sausage
Canned corn or hominy	Sausage
Pancakes and syrup or fried corn meal mush	Sausage
Dressing	Chicken or pork

Serving Suggestions

Split pea soup
Pork and bean casserole
Mexican refried beans topped with cheese
Quick lunch or snack
Quick breakfast or snack
Casserole
Rice pudding or casserole of rice, beans, cheese
Main dish
Grilled cheese sandwich
Bread pudding
Tuna noodle casserole
Breakfast or lunch
Casserole
Breakfast or supper
Main dish

BUY MORE **WITH YOUR FOOD MONEY**

- health
- pep
- satisfaction
- variety



EGG, CHEESE AND POTATO CASSEROLE

	<i>4 servings</i>	<i>6 servings</i>
Medium white sauce	1 cup	1½ cups
Sliced cooked potatoes	2 cups	3 cups
Diced processed cheese	4 ounces	6 ounces
Sliced hard cooked eggs*	4	6
Salt and pepper to taste		
Bread crumbs (may omit)	½ cup	¾ cup

Place sliced potatoes in greased casserole.

Add cheese.

Place sliced eggs on top.

Sprinkle with salt and pepper.

Pour white sauce over top.

Bake at 350 degrees without cover for about 15 to 20 minutes.

Medium White Sauce for Casserole:	<i>4 servings</i>	<i>6 servings</i>
Margarine	2 tablespoons	3 tablespoons
Flour	2 tablespoons	3 tablespoons
Nonfat dry milk (liquid)	1 cup	1½ cups
Salt	½ teaspoon	¾ teaspoon
Pepper	dash	dash

Melt margarine and mix in flour to make a smooth paste.

Add milk slowly and cook over low heat, stirring constantly until thick.

Add salt.

Cook 3 minutes longer.

*For variety, substitute bite-sized pieces of canned luncheon meat or leftover ham or precooked sausage for hard cooked eggs. Add about 1 ounce per serving.