



The NMSD Monthly Morsel Nutritional Newsletter 2/28/21-3/6/21

No Bake Breakfast Cookies

12 servings/1 cookie per serving

Ingredients

- ½ c honey or light corn syrup
- ½ c non-fat dry milk
- ½ c raisins or craisins or any dried fruit in small chunks
- ½ c creamy peanut butter
- 2 ½ c crushed flaked cereal

Preparation

Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended. Remove from heat. Stir in dry milk. Fold in cereal and raisins. Drop by heaping tablespoons onto a non-stick baking sheet to form mounds. Cool to room temperature. Store in refrigerator in a plastic bag.



Turkey, Cheddar and Apple Sandwich

1 serving/Serving size 1 sandwich

Ingredients

- 2 sliced whole wheat bread, toasted
- 4 slices deli turkey meat
- 2 ounces of sharp cheddar, or cheese of choice
- 1 gala apple, sliced thin
- 1/2 c spinach or leaf lettuce
- 1 tsp mustard, if desired; brown would go better with the flavor

Preparation

On one side of the toasted bread slices, spread ½ tsp mustard. Top with ½ c spinach or lettuce, then turkey slices, 4 slices of the apple, and 2 ounces of sharp cheddar cheese. Enjoy with the remainder of the apple.



Spicy Pickled Carrots

8 servings/ ¾ c serving

Ingredients

- 2 lb. large carrots, peeled and sliced into ¼- inch thick pieces
- 5 cloves garlic peeled and diced
- 1 1/2 c vinegar
- 1 1/2 c water
- 10 bay leaves, whole
- 8 peppercorns
- 1 tsp salt
- 6 oz pickled jalapenos



Preparation

Heat oil in a large saucepan and sauté the garlic. Add in carrots and sauté for 2-3 minutes. Carefully add in vinegar, peppercorns, salt, and bay leaves. Bring to a simmer for 5 minutes and then add water and jalapenos and bring to a simmer again for another 10 minutes. Let it cool completely and then transfer the carrots and cooking liquid into a covered container and refrigerate overnight. Store the carrots in the liquid and use a slotted spoon to serve them. You may leave the bay leaves in the liquid to add to the flavor, but do not eat them. Always remove the bay leaves before you eat the carrots.



Nutty Apple Butter

Servings vary depending on apple size/2 tbsp serving size

Ingredients

- 4 pounds apples (about 8 large), peeled and chopped
- ¾ to 1 cup sugar
- ¼ cup water
- 3 teaspoons ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ¼ teaspoon ground allspice
- ¼ cup creamy peanut butter

Preparation

In a greased 5-qt. slow cooker, combine the first 7 ingredients. Cook, covered, on low 8-10 hours or until apples are tender. Whisk in peanut butter until apple mixture is smooth. Cool to room temperature. Store in an airtight container in the refrigerator. Keeps for 6 months to a year, refrigerated.



Blueberry Muffin French Toast

4 servings/Serving size 1 muffin

Ingredients

- 4 jumbo blueberry muffins, left out to stale overnight loosely covered to keep out pests
- 3 large eggs
- ¾ c milk of choice, plain
- ½ tsp vanilla
- 1 tsp ground cinnamon
- 3 tbsp butter or margarine

Preparation

Slice the muffins into rounds, trimming off any rough edges and remove the top curve of the muffin. In a medium bowl, whisk together egg, milk, vanilla and ground cinnamon. In a non-stick frying pan, heat 2 tbsp of butter or margarine. Carefully dip the rounds into the egg mixture and fry for 3 to 4 minutes each side, until golden brown. Dust with confectioner's sugar prior to serving, if desired.



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