

Sacks of Snacks



Offering a hand up, not a hand out
April 5, 2024

Welcome to this week's *Sacks of Snacks*. This week, I am sharing a low stress dinner plan as well as a way to make quick breakfasts. You might make these mini quiche cups for dinner and freeze the leftovers for upcoming breakfasts. The pancakes can also be frozen. Happy April and low stress meals! If you have questions or concerns, call 926-1189 or email mparcell@purdue.edu.

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Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trena Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

MINI QUICHE CUPS

Makes: 18

2 eggs

2/3 cup low-fat milk

¼ teaspoon salt

¼ teaspoon ground black pepper

1 green onion

1 cup cooked vegetable(s) and/or cooked meat (such as broccoli, potato, mushroom, bell pepper, bacon, ham, sausage)

¼ - ½ cup shredded low-fat cheese

Preheat the oven to 350 degrees F. Spray mini muffin cups liberally with cooking spray and set aside. Crack eggs separately into a small bowl then pour into a larger bowl. Wash hands with warmwater and soap. Add the milk, salt and pepper to the eggs; beat until blended. Finely chop the green onion, vegetable(s), meat. In medium bowl, combine the onion, vegetable(s), meat and cheese. Divide evenly into each muffin cup. Pour egg mixture over vegetable(s), meat and cheese. Bake for 15-17 minutes or until filling is puffed and golden. Remove from oven. Cool for a few minutes, then carefully lift out and transfer to a wire rack. Serve warm or cold. Store leftover mini quiches in a covered container in the refrigerator or freezer. **Tip:** To reheat from frozen, bake in preheated 400-degree F oven for about 10 minutes or microwave on a glass plate for 30-60 seconds until hot.

Source: *University of Nebraska Lincoln*

OATMEAL PANCAKES

1 ¼ cup milk, non-fat

1 cup oatmeal, uncooked (use old-fashioned or quick oats)

1 tablespoon oil

2 eggs beaten

¼ teaspoon salt

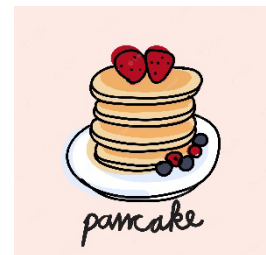
¼ cup whole-wheat flour

¼ cup white flour

1 tablespoon brown sugar

1 teaspoon baking powder

Vegetable oil cooking spray



Combine milk and oatmeal in a bowl. Let stand for 5 minutes. Add oil and eggs, mixing well. Stir in flour, sugar, baking powder, and salt. Pour ½ cup of batter for each pancake on a griddle or frying pan lightly sprayed with vegetable oil. Stir batter before pouring each pancake. Cook for about 2 minutes or until bubbles appear on top of pancake batter, then turn over using a spatula. Cook the other side for approximately 2 more minutes.

Source: *UMass Extension Nutrition Education Program*



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