



# SHOP SMART Summer EAT WELL 2020

...a quarterly bulletin from CalFresh Healthy Living, UC Placer and Nevada

## Best Ways to Use Stale Bread

Has this happened to you? Your family's favorite bread is on sale, so you buy an extra loaf or two. Unfortunately, it gets stale before you use all of it.

If you leave bread on your countertop for too long, it can become moldy or stale. If you store bread in your refrigerator, it doesn't mold as quickly but it becomes stale. In fact, bread becomes stale in the refrigerator more quickly than on your countertop. Moldy bread must be thrown away, but stale bread can be toasted or heated another way and used in recipes. Freezing bread prevents it from becoming stale so quickly.

- Bread can be used in a variety of recipes, and is a good source of carbohydrate, which fuels our body.
- Bread provides B vitamins, including thiamin, riboflavin, niacin and folic acid; and the mineral iron.
- Whole-grain bread is a good source of fiber, so do your best to make half of your grain food choices whole grains.



## Don't Pass Up a Bargain on Bread

When bread is on sale buy an extra loaf. This is a good time to try a variety of breads, including heart healthy whole grain bread. Consider these options for using bread:

- **Freeze the bread.** Label the package with the date you froze it. Usually, bread will remain at high quality for about three months in your freezer.
- **Make croutons or bread crumbs.** Cut the bread into cubes or tear into small pieces and bake at 350° until it is dry. To make crumbs, use a rolling pin to crush the bread to the desired size. You can add your favorite seasonings, such as garlic powder.
- **Use bread as a meat extender.** Some recipes call for soft bread crumbs and others call for toasted cubes. Add the bread crumbs to ground beef or turkey to make meat loaf or meatballs.
- **Recipe suggestions to try with stale bread:**
  - ⇒ French Toast
  - ⇒ Grilled cheese sandwiches
  - ⇒ Croutons\*
  - ⇒ Avocado toast
  - ⇒ Breakfast casserole\*

*\*Featured on back page*

## Homemade Croutons

### Ingredients

- 6 slices stale bread
- ¼ cup vegetable oil or melted butter
- 1½ teaspoon garlic powder
- ⅛ teaspoon salt
- 1 teaspoon dried parsley (optional)



### Directions

1. Preheat oven to 350°.
2. Mix oil or butter, garlic powder, salt, and parsley flakes until powder is dissolved and mixture is clump-free.
3. Toss mixture with cubed bread in a medium bowl until cubes are evenly coated.
4. Spread coated bread cubes on a cookie sheet in a single layer.
5. Bake for 30 to 40 minutes, stirring occasionally, until dry, crispy, and golden brown.

## As-You-Like-It Breakfast Casserole

Serves 10-12

### Ingredients

- 8 eggs
- 2 cups grated low-fat cheddar cheese
- 2 cups low-fat milk
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 6 slices stale bread, cut into cubes

### Additions (choose two or three):

- 1 cup corn (cooked or frozen)
- ½ cup chopped broccoli
- ¾ cup sliced mushrooms
- ¼ cup sliced green onions or chopped onions
- 1 cup cubed ham

### Directions

1. Preheat oven to 350°.
2. Beat eggs in large bowl. Mix in milk, cheese, salt, and pepper.
3. Add the bread and carefully stir just until all bread is moistened.
4. Add additions.
5. Pour into casserole dish and bake for 90 minutes until top is browned and center springs back when touched with no liquid present.
6. Cool for 10 minutes before serving.

Source: [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

**CINDY FAKE**  
COUNTY DIRECTOR

**ROSEMARY CARTER**  
CALFRESH HEALTHY LIVING, UCCE PROGRAM MANAGER

*UC Cooperative Extension Placer and Nevada Counties*

#### PLACER:

11477 E Avenue, Auburn, CA 95603  
530-889-7385 office 530-889-7397 fax  
ceplacer@ucanr.edu

#### NEVADA:

255 So. Auburn Street, Grass Valley, CA 95945  
530-273-4563 office 530-273-4769 fax  
cenevada@ucanr.edu

**Website: <http://ceplacervevada.ucanr.edu>**

This material is funded through a joint agreement among the USDA/FNS, CDSS CalFresh Healthy Living Section, UC Davis and the UC Cooperative Extension (UCCE). These institutions are equal opportunity providers and employers. CalFresh Food provides assistance to low-income households and can help buy nutritious foods for better health. For information, call 1-877-847-3663.