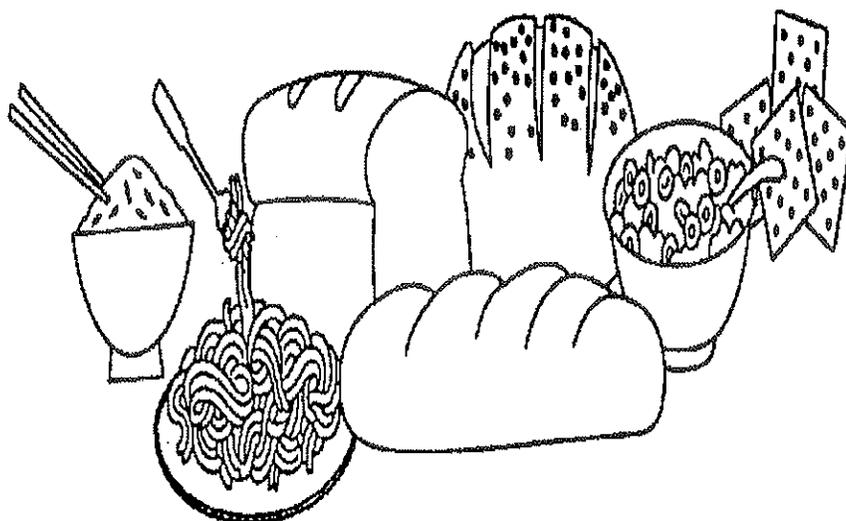


## Grains/Breads

Children like foods made from grains. There are so many different recipes to use. Some grains and breads contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.

## Grains/Breads

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# Pizza Crust

Meal Component:  
Grains/Breads (½ serving)

Yield: 16 servings  
Serving size: 1 - 5" crust

16 Servings	Ingredients	Servings
½ cup	Warm water (120°-130°F)	
2 tsp.	Honey	
2 pkgs.	Yeast (quick rise)	
⅔ cup	Warm water	
2 Tbsp.	Olive oil	
2 tsp.	Salt	
4 cups	Enriched all-purpose flour	

1. In a large mixing bowl, mix ½ cup warm water, honey and yeast. Let set for 2 minutes; stir and let set for 5 minutes more.
2. Add water, olive oil, salt and flour. Mix well. Knead until dough is elastic.
3. Cover and let rise in warm area for 1 hour.
4. Punch down dough.
5. Divide dough into 16 portions.
6. Roll each portion into a 5-inch circle.
7. Place on baking sheets that have been sprinkled with cornmeal. Cornmeal aids in browning.
8. Spread crust with favorite pizza sauce.
9. Add favorite toppings.
10. Bake at **425°F** for **12-15 minutes**.

***Quick Pizza Sauce:*** In a medium saucepan, combine 1 (15 oz.) can tomato sauce, 1 (6 oz.) can tomato paste, 2 teaspoons Italian seasoning mix, ½ teaspoon garlic powder and ¼ teaspoon pepper. Heat to boiling; reduce heat and simmer for 10 minutes.

Note: More pizza ideas are given on pages 57, 58, 59 of the Main Dish section of this book.

## FOOD SAFETY NOTE:

Do not feed honey to children under one year of age.

# Bread Sticks

Meal Component:  
Grains/Breads (½ serving)

Yield: 16 servings  
Serving size: 1 bread stick

16 Servings	Ingredients	Servings
1 loaf (1 lb.)	Frozen enriched bread dough, thawed according to package directions	
¼ cup	Pasturized egg substitute	

1. Preheat oven to **375°F**.
2. Lightly coat a baking sheet with non-stick cooking spray.
3. Cut bread dough into 16 equal pieces.
4. With your hands, stretch and form each piece into a 6-inch rope.
5. Place on baking sheets.
6. Brush with egg substitute.
7. Sprinkle with any of the variations listed below, if desired.
8. Set bread sticks aside to rise in a warm, draft-free location until doubled in size, about 1 hour.
9. Bake at **375°F** for **10 minutes** or until golden brown.
10. Remove bread sticks immediately from baking sheet.

## Variations:

- Substitute whole wheat bread dough for white bread dough.
- Brush with water or milk instead of egg substitute.
- Before baking, sprinkle with sesame seed.
- Before baking, sprinkle with grated Parmesan cheese.
- Before baking, sprinkle with garlic salt.

## FOOD SAFETY NOTE:

Do not use fresh eggs for "bread wash" because of possible salmonella contamination.

# Buttermilk Buns

Meal Component:  
Grains/Breads (½ serving)

Yield: 36 servings  
Serving size: 1 bun - 2" in diameter

36 Servings	Ingredients	Servings
1 pkg.	Active dry yeast	
¼ cup	Luke warm water	
1 ¼ cups	Buttermilk, room temperature	
¼ cup	Sugar	
¼ cup	Margarine, melted	
1 large	Egg, beaten	
1 tsp.	Baking soda	
1 tsp.	Salt	
4 cups	Enriched all-purpose flour	

1. In a large mixing bowl, add dry yeast to warm water (120°-130°F). Stir until dissolved.
2. Add buttermilk and sugar to yeast mixture; let stand 15 minutes.
3. Add melted margarine and beaten egg. Beat until batter is smooth.
4. Add baking soda, salt and flour; stir with spoon until no longer sticky.
5. Knead until elastic.
6. Cover dough and let stand until doubled in size, about 1 hour.
7. Punch down; shape into buns, rolls, pretzels, or roll the dough out to make cinnamon rolls.
8. Place on lightly greased baking sheet.
9. Bake at **375°F** for **15-20 minutes**.

# Cinnamon Rolls

Meal Component:  
Grains/Breads (½ serving)

Yield: 36 servings  
Serving size: 1 roll

36 Servings	Ingredients	Servings
4 - 4½ cups 1 pkg. 1 cup ⅓ cup ⅓ cup ½ tsp. 2 large	<b>Dough Recipe:</b> All-purpose flour Active dry yeast Lowfat milk Sugar Margarine Salt Eggs	
3 Tbsp. ½ cup 2 tsp. ¾ cup	<b>Cinnamon Filling:</b> Margarine, melted Brown sugar Cinnamon Raisins (optional)	

1. Combine 2 cups of the flour and yeast.
2. Heat and stir milk, sugar, margarine and salt until warm (120-130°F) and margarine almost melts. Add to flour mixture along with eggs.
3. Mix with an electric mixer on low speed **30 seconds**, scraping bowl. Beat on high speed **3 minutes**.
4. Using a spoon, stir in as much of the remaining flour as you can.
5. Turn out onto a lightly floured surface.
6. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (**6-8 minutes total**).
7. Shape into a ball. Place in a lightly greased bowl; turn once.
8. Cover dough; let rise in a warm place until doubled in size (about **1 hour**).
9. Punch dough down. Divide in half. Cover dough; let rest **10 minutes**.
10. To make cinnamon rolls: take half of the dough and roll into a 12" x 8" rectangle.
11. Melt margarine; brush half of margarine over dough.
12. Combine brown sugar and cinnamon; sprinkle half of mixture over dough.
13. Optional: Sprinkle half of raisins over dough.
14. Roll up from one of the long sides. Seal seams.
15. Slice dough into 18 pieces. Repeat process with remaining dough.
16. Place rolls in two greased 9" x 13" baking pans.
17. Cover; let rise until nearly doubled (about **30 minutes**).
18. Bake in a **375°F** oven for **20-25 minutes**. Cool slightly; remove from pans.

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Clinta Samuelson - Milford

## Quick Cinnamon Rolls

Meal Component:

Grains/Breads (½ serving)

Yield: 8 servings

Serving size: 1 roll

8 Servings	Ingredients	Servings
1 pkg. (8)	Refrigerated reduced-fat crescent rolls	
¼ cup	Margarine, softened	
2 Tbsp.	Sugar	
1 tsp.	Cinnamon	
¼ cup	Raisins (optional)	

1. Preheat oven to **375°F**.
2. Unroll crescent rolls into large rectangle. Do not separate.
3. Lightly press perforations to avoid tearing.
4. Spread with margarine.
5. Combine sugar, cinnamon and raisins.
6. Sprinkle mixture over rectangle.
7. Roll up from one of the narrow ends. Seal seam.
8. Cut roll into 8 slices.
9. Arrange slices in ungreased round baking pan.
10. Bake at **375°F** for **10-15 minutes** or until golden brown.

# Applesauce Bread

Meal Component:  
Grains/Breads (½ serving)

Yield: 22 servings  
(22 slices per loaf - ¾" thick)  
Serving size: 1 slice

22 Servings	Ingredients	Servings
1 cup	Unsweetened applesauce	
½ cup	Sugar	
⅓ cup	Vegetable oil	
2 large	Eggs	
3 Tbsp.	Lowfat milk	
2¼ cups	Enriched all-purpose flour	
1 tsp.	Baking soda	
½ tsp.	Baking powder	
½ tsp.	Cinnamon	
¼ tsp.	Nutmeg	
¼ tsp.	Salt	
	Topping:	
⅓ cup	Brown sugar	
¼ tsp.	Cinnamon	

1. In a large bowl, mix applesauce, sugar, oil, eggs and milk. Set aside.
2. In a separate bowl, sift together flour, soda, baking powder, cinnamon, nutmeg and salt.
3. Add flour mixture to applesauce mixture and combine well.
4. Turn into greased and floured 9" x 5" x 3" loaf pan.
5. Combine brown sugar and cinnamon to make a topping for the bread.
6. Sprinkle evenly over batter.
7. Bake at **350°F** for **1 hour**. Cover pan loosely with foil for the first 30 minutes of baking; then remove foil.
8. Remove from pan and cool on rack.

Variation:

1 ¾ cups finely diced, peeled fresh apples may be substituted for applesauce.

# Apple-Cheese Biscuits

Meal Component:  
Grains/Breads (½ serving)

Yield: 24 servings  
Serving size: 1 biscuit

24 Servings	Ingredients	Servings
⅓ cup	Sugar	
½ tsp.	Cinnamon	
1 ¾ cups	Reduced fat Bisquick™	
½ cup	Shredded cheddar cheese	
1 medium	Apple, peeled, cored and finely chopped	
⅓ cup	Water	
¼ cup	Margarine, melted	

1. Combine sugar and cinnamon. Set aside.
2. In a mixing bowl, combine biscuit mix, cheese and apple. Make a well in the center of this mixture.
3. Add water all at once. Stir just until mixture forms a ball.
4. Divide into 24 pieces. Shape each piece into a ball.
5. Roll each ball in melted margarine, then in the sugar mixture.
6. Arrange in a single layer in two greased 9" round baking pans.
7. Bake in a **400°F** oven for **25-30** minutes or until golden brown. Cool for **5 minutes**.
8. Remove from the pan; serve warm.

# Breakfast Bran Bread

Meal Component:  
Grains/Breads (½ serving)

Yield: 22 servings  
(22 slices per loaf - ¾" thick)  
Serving size: 1 slice

22 Servings	Ingredients	Servings
1 cup	Whole wheat flour	
1 cup	Enriched all-purpose flour	
¼ cup	Sugar	
2 tsp.	Baking powder	
1 cup	Lowfat milk	
½ cup	Orange juice	
2 large	Eggs, beaten	
¼ cup	Honey	
2 Tbsp.	Orange rind	
3 Tbsp.	Vegetable oil	
2 cups	Bran flakes cereal	

1. Heat oven to **350°F**.
2. In large mixing bowl, mix both kinds of flour, sugar and baking powder together. Set aside.
3. In a separate bowl, combine milk, orange juice, eggs, honey, orange rind and vegetable oil; mix well. Stir into flour mixture.
4. Fold in cereal. Pour into greased 9" x 5" x 3" loaf pan.
5. Bake at **350°F** for **1 hour and 5 minutes** or until toothpick inserted in center comes out clean.
6. Remove from pan and cool on rack.
7. For easy slicing, wrap and store bread overnight.

## FOOD SAFETY NOTE:

Do not feed honey to children under one year of age.

# Perfect Cornbread

Meal Component:

Grains/Breads (½ serving)

Yield: 20 servings

Serving size: 1 piece (2¼" x 1¾")

20 Servings	Ingredients	Servings
1 cup	Enriched all-purpose flour	
1 cup	Yellow corn meal	
4 tsp.	Baking powder	
¾ tsp.	Salt	
2 large	Eggs	
1 cup	Lowfat milk	
¼ cup	Vegetable oil	

1. Measure all ingredients into mixing bowl in the order given above.
2. Beat with wooden spoon or wire whip until smooth, about 1 minute.  
Do not overbeat.
3. Pour batter into greased 9" x 9" pan.
4. Bake at **425°F** for **20 minutes**.

Variation:

This recipe will make 10 corn muffins; ½ muffin meets the grains/breads requirement.

# Lemon Bread

Meal Component:  
Grains/Breads (½ serving)

Yield: 22 servings  
(22 slices per loaf - ¾" thick)  
Serving size: 1 slice

22 Servings	Ingredients	Servings
¾ cup	Margarine	
1 cup	Sugar	
3 large	Eggs	
2¼ cups	Enriched all-purpose flour	
¼ tsp.	Salt	
¼ tsp.	Baking soda	
¾ cup	Buttermilk	
2 medium	Lemons (grated rind of 1 lemon - juice of 2 lemons)	
¾ cup	Powdered sugar	

1. In large mixing bowl, cream margarine and sugar. Beat in eggs one at a time.
2. In a separate bowl, combine flour, salt and soda. Gradually add flour mixture, alternating with buttermilk, to the creamed egg mixture.
3. Stir in lemon rind; save lemon juice for glaze.
4. Pour batter into greased and floured 9" x 5" x 3" loaf pan.
5. Bake at **325°F** for **1 hour and 20 minutes** or until toothpick inserted in center comes out clean.
6. While loaf is baking, prepare glaze by combining powdered sugar and lemon juice. Let stand to dissolve sugar.
7. Cool bread 15 minutes in pan.
8. Remove bread from pan; use a toothpick to poke holes across the top of the loaf.
9. Spoon glaze over the loaf.

Note: This bread freezes well.

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Annette Froid - Kearney

# Oatmeal Blueberry Muffins

Meal Component:  
Grains/Breads (½ serving)

Yield: 10 muffins (20 servings)  
Serving size: ½ muffin

20 Servings	Ingredients	Servings
½ cup	Oatmeal	
½ cup	Orange juice	
1 ½ cups	Enriched all-purpose flour	
½ cup	Sugar	
1 Tbsp.	Baking powder	
½ tsp.	Salt	
3 Tbsp.	Vegetable oil	
1 large	Egg, slightly beaten	
1 cup	Fresh blueberries	
2 Tbsp.	Sugar	
¼ tsp.	Cinnamon	

1. Preheat oven to **400°F**.
2. Lightly grease bottoms of 10 muffin cups.
3. In large bowl, combine oatmeal and orange juice. Stir well.
4. Add flour, sugar, baking powder, salt, vegetable oil and egg. Mix just until dry ingredients are moist.
5. Gently stir in blueberries.
6. Fill muffin cups ¾ full.
7. Blend sugar and cinnamon. Sprinkle over batter.
8. Bake at **400°F** for **18-20 minutes**. Let cool 10 minutes in pan.

Variation:

Substitute 1 cup frozen blueberries, thawed and drained.

# Oatmeal Pumpkin Muffins

Meal Component:  
Grains/Breads (½ serving)

Yield: 10 muffins (20 servings)  
Serving size: ½ muffin

20 Servings	Ingredients	Servings
1 cup	Quick oatmeal	
¾ cup	Enriched all-purpose flour	
½ cup	Whole wheat flour	
½ cup	Brown sugar, packed	
1 tsp.	Baking powder	
½ tsp.	Baking soda	
1 tsp.	Pumpkin pie spice	
¼ tsp.	Salt	
½ cup	Lowfat milk	
1 cup	Cooked or canned pumpkin	
3 Tbsp.	Vegetable oil	
1 large	Egg, beaten	

1. Preheat oven to **400°F**.
2. Lightly grease bottoms of 10 muffin cups.
3. In large bowl, combine oatmeal, flour, whole wheat flour, brown sugar, baking powder, soda, pumpkin pie spice and salt. Set aside.
4. In a separate bowl, combine milk, pumpkin, vegetable oil and egg and stir into the flour mixture.
5. Mix just until dry ingredients are moistened.
6. Fill muffin cups ¾ full.
7. Bake in **400°F** oven for **18-20 minutes** or until golden brown.

## Variation:

To make apple cinnamon muffins, substitute applesauce for pumpkin and cinnamon for pumpkin pie spice.

## Oatmeal-Raisin Scones

Meal Component:  
Grains/Breads (½ serving)

Yield: 12 servings  
Serving size: 1 wedge

12 Servings	Ingredients	Servings
1 cup	Enriched all-purpose flour	
3 Tbsp.	Brown sugar	
1½ tsp.	Baking powder	
½ tsp.	Cinnamon	
⅓ cup	Margarine	
1 cup	Quick-cooking oatmeal	
½ cup	Raisins, coarsely chopped	
1 large	Egg, beaten	
¼ cup	Lowfat milk	
As needed	Lowfat milk	

1. In a large mixing bowl, combine flour, brown sugar, baking powder and cinnamon.
2. Cut in margarine until mixture resembles coarse crumbs.
3. Stir in oatmeal and raisins.
4. Combine egg and ¼ cup milk; add to flour mixture.
5. Stir until just moistened; the dough will be sticky.
6. On a lightly floured surface, pat dough into a 7-inch circle.
7. Cut into 12 wedges.
8. Space wedges on an 11" x 14" baking sheet so they are not touching.
9. Brush tops with milk.
10. Bake in a **400°F** oven for **10-12 minutes** or until light brown. Serve warm.

# Quick Fruit Muffins

Meal Component:  
Grains/Breads (½ serving)

Yield: 10 muffins (20 servings)  
Serving size: ½ muffin

20 Servings	Ingredients	Servings
1 large 2 cups 2 medium ¼ cup ½ cup	Egg Reduced-fat Bisquick™ Ripe bananas, mashed Sugar Lowfat milk	

1. Preheat oven to **400°F**.
2. Lightly grease bottoms of 10 muffin cups.
3. In mixing bowl, beat egg slightly.
4. Stir in remaining ingredients just until moistened.
5. Fill muffin cups  $\frac{2}{3}$  full.
6. Bake at **400°F** for **15 minutes** or until golden brown.
7. Serve warm.

Variation:

Substitute  $\frac{3}{4}$  cup of any favorite fruit in place of bananas. If using canned fruit, drain the juice.

## Peanut Butter Muffins

Meal Component:

Grains/Breads (½ serving)

Yield: 10 muffins (20 servings)

Serving size: ½ muffin

20 Servings	Ingredients	Servings
¼ cup	Lowfat milk	
2 large	Eggs, slightly beaten	
2 Tbsp.	Vegetable oil	
2 cups	Enriched all-purpose flour	
1 Tbsp.	Baking powder	
1 tsp.	Salt	
¼ cup	Sugar	
½ cup	Peanut butter, smooth	

1. Preheat oven to **400°F**.
2. Grease bottoms of 10 muffin cups.
3. In a large mixing bowl, blend milk into egg and add vegetable oil. Set aside.
4. In separate bowl, combine dry ingredients.
5. Cut peanut butter into the dry ingredients until mixture is crumbly.
6. Add liquid mixture to dry ingredients and mix slightly, leaving batter lumpy.
7. Fill muffin cups  $\frac{2}{3}$  full.
8. Bake at **400°F** for **18-20 minutes** or until golden brown.
9. Remove muffins from the pan to cool.

# Pumpkin Muffins

Meal Component:  
Grains/Breads (½ serving)

Yield: 10 muffins (20 servings)  
Serving size: ½ muffin

20 Servings	Ingredients	Servings
1 ½ cups	Enriched all-purpose flour	
½ cup	Sugar	
2 tsp.	Baking powder	
1 tsp.	Cinnamon	
½ tsp.	Nutmeg	
½ cup	Lowfat milk	
½ cup	Pumpkin	
3 Tbsp.	Vegetable oil	
1 large	Egg	
½ cup	Raisins (optional)	

1. Preheat oven to **400°F**.
2. Lightly grease bottoms of 10 muffin cups.
3. In a large bowl, mix all ingredients together until just moistened; the batter will be lumpy.
4. Fill muffin cups  $\frac{2}{3}$  full.
5. Bake at **400°F** for **18-20 minutes**.
6. Remove muffins from the pan to cool.

# Bran Muffins

Meal Component:  
Grains/Breads (½ serving)

Yield: 60 muffins (120 servings)  
Serving size: ½ muffin

120 Servings	Ingredients	Servings
1 (15 oz.) box	Bran cereal	
5 cups	Enriched all-purpose flour	
3 cups	Sugar	
5 tsp.	Baking soda	
1 tsp.	Salt	
4 tsp.	Cinnamon	
4 large	Eggs, beaten	
1 cup	Vegetable oil	
1 quart	Buttermilk	

1. Preheat oven to **400°F**.
2. Lightly grease bottoms of muffin cups.
3. In a very large bowl, mix the cereal, flour, sugar, baking soda, salt and cinnamon together.
4. Add the eggs, oil and buttermilk; mix thoroughly. Stir until dry ingredients are moistened.
5. Fill muffin cups  $\frac{2}{3}$  full.
6. Bake at **400°F** for **15-20 minutes**.

## FOOD SAFETY NOTE:

The traditional bran muffin recipe suggests storing the batter in the refrigerator for up to 6 weeks. There is now some question concerning the safety of this practice. It is recommended that the muffins be baked and frozen for later use.

# Whole Wheat Muffins

Meal Component:  
Grains/Breads (½ serving)

Yield: 10 muffins (20 servings)  
Serving size: ½ muffin

20 Servings	Ingredients	Servings
1 cup	Whole wheat flour	
1 cup	Enriched all-purpose flour	
½ tsp.	Salt	
2½ tsp.	Baking powder	
3 Tbsp.	Sugar	
1 large	Egg	
1 cup	Lowfat milk	
½ cup	Vegetable oil	

1. Preheat oven to **400°F**.
2. Lightly grease bottoms of 10 muffin cups.
3. In a large mixing bowl, sift together both kinds of flour, salt, baking powder and sugar.
4. Add egg, milk and oil. Stir until dry ingredients are moistened.
5. Fill muffin cups  $\frac{2}{3}$  full.
6. Bake at **400°F** for **18-20 minutes**.

## Variations:

Put 1 teaspoon jam or jelly in the bottom of each muffin cup before adding batter.

Put 1 teaspoon jam or jelly in the center of the batter.

Put 1 teaspoon jam or jelly on top of the batter.

# Homemade Noodles

Meal Component:

Grains/Breads (½ serving)

Yield: 30 servings

Serving size: ¼ cup cooked noodles

30 Servings	Ingredients	Servings
2 cups	Bread flour	
1 ½ tsp.	Salt	
2 large	Eggs	
2 Tbsp.	Vegetable oil	
6 Tbsp.	Water	
As needed	Bread flour for rolling and dusting	

1. Place flour in a large mixing bowl.
2. Make a well in the center; add the rest of the ingredients.
3. With a fork, stir to combine until a ball of dough forms.
4. Turn out onto a lightly floured board or cloth and knead until a smooth dough is achieved, about **5 minutes**. Add more water if necessary, a teaspoon at a time; however, the noodles will be better if you do not.
5. Cover dough with a tea towel and allow to rest for **45 minutes**.
6. Divide the dough into four sections. Roll out each section to an approximate 14" x 8" rectangle. The dough will almost be paper thin.
7. Sprinkle dough surface lightly with a bit more flour, flip over, and sprinkle more flour on the other side.
8. Transfer to a tea towel and repeat steps #6 and #7 with remaining 3 sections of dough.
9. Allow the rolled-out dough to stand **20-30 minutes**.
10. Roll dough up like a jelly roll, starting from the short side.
11. Using a sharp knife, cut noodles to preferred width. Unroll each slice onto the tea towel, sprinkle with a bit more flour, and allow to stand until noodles are completely dry. This may take several hours, depending on the humidity in the air or the amount of moisture in the flour.
12. To cook: Simmer noodles in salt water or broth for **5-7 minutes** or until tender.
13. The cooking time will vary considerably depending on the flour and humidity, so taste to check for doneness.
14. Store dried noodles in an air tight container; use within 2 months.

# Rice and Noodles

Meal Component:  
Grains/Breads (½ serving)

Yield: 16 servings  
Serving size: ¼ cup

16 Servings	Ingredients	Servings
1 cup	Uncooked regular rice	
4 Tbsp.	Margarine	
½ cup (1 med.)	Minced onion	
½ cup	Sliced mushrooms, fresh or canned	
1 (14½ oz.) can	Chicken broth	
¼ cup	Water	
½ tsp.	Salt	
1 cup	Uncooked noodles, medium or wide	

1. For flavor, brown rice in skillet without oil. Stir frequently.  
Note: rice tastes bitter if too brown.
2. Transfer browned rice to a 2½-quart casserole dish.
3. In skillet used to brown rice, melt margarine; add onions and mushrooms.  
Cook until tender.
4. Stir in broth, water and salt. Heat until boiling.
5. Add broth to casserole dish with browned rice.
6. Add uncooked noodles to rice mixture. Stir.
7. Cover and bake at **350°F** for **30 minutes**.
8. Fluff before serving.

Menu Suggestion: Baked pork chop (1½ ounces), rice and noodles (¼ cup), cooked carrots (¼ cup), cinnamon apples (¼ cup) recipe on page 91, milk (¼ cup)