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# Peanut Butter in Family Meals

Peanut butter, a concentrated flavorful food high in food energy, is a good source of protein and fat. It contributes significant amounts of niacin, thiamine, and riboflavin to the diet. Because it is so concentrated it is best combined with other foods. The most common way to do this is with bread, as a nourishing sandwich filling. Salads of dried, canned, or fresh fruits stuffed with peanut butter or celery spread with peanut butter are other palatable ways in which it may be used. Sauces, salad dressings, casseroles, puddings, and cookies with peanut butter as an ingredient are tasty additions to a meal. Peanut butter may be stored at ordinary room temperature but will maintain its quality longer if stored in a cool place. The following recipes were developed by the Human Nutrition Research Division, Agricultural Research Service, U. S. Department of Agriculture:

## PEANUT BUTTER FRENCH TOAST

1/2 cup peanut butter	2 eggs, beaten
1/4 cup honey	1/4 cup milk
1/4 teaspoon salt	2 tablespoons butter
8 slices bread	or margarine

Blend peanut butter, honey, and salt. Place about 2-1/2 tablespoons peanut butter-honey mixture between 2 slices of bread to make a sandwich. Combine egg and milk. Soak sandwiches in egg mixture. Melt butter or margarine in a baking pan or frying pan. Bake sandwiches at 400° F. (hot oven) about 40 minutes. Turn sandwiches to brown both sides. Or cook slowly in frying pan on top of range. Makes four servings.

## PEANUT BUTTER-CORNMEAL PANCAKES

1 cup cornmeal	1 teaspoon salt
1 cup sifted flour	2 tablespoons peanut butter
2 teaspoons baking powder	1 egg, beaten
1 tablespoon sugar, if desired	1-3/4 cups milk*

Sift dry ingredients together. Combine peanut butter, egg, and milk and add to dry mixture; stir only enough to moisten flour. Drop by spoonfuls onto greased griddle or heavy metal frying pan. Cook slowly until surface is covered with bubbles, turn and cook until bottom side is brown. Makes four servings.

\*7 tablespoons nonfat dry milk + 1-3/4 cups water may be substituted.

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## PEANUT BUTTER BISCUITS

2 cups sifted flour	2 tablespoons shortening
3/4 teaspoon salt	1/4 cup peanut butter
2-1/2 teaspoons baking powder	About 3/4 cup milk*

Sift dry ingredients together and work in the shortening and peanut butter. Add the milk slowly, stirring until a soft dough is formed. Knead a few times on a lightly floured board, roll or pat to the desired thickness, and cut into biscuits. Bake on an ungreased baking sheet at 450° F. (very hot oven) 15 minutes. Makes 16 2-inch biscuits.

Drop biscuits--Increase milk to 1 cup; drop from spoon to greased baking sheet and bake as above.

## PEANUT BUTTER MUFFINS

2 cups sifted flour	1/3 cup peanut butter
3 teaspoons baking powder	2 eggs, beaten <u>a/</u>
1 teaspoon salt	1 cup milk*
1/4 cup sugar	2 tablespoons melted fat or oil

Sift dry ingredients together. Work in peanut butter. Combine eggs and milk and pour into dry ingredients. Add fat and stir just enough to moisten dry ingredients. Fill greased muffin pans two-thirds full and bake at 400° F. (hot oven) 25 minutes. Makes 12 large (2-1/2-inch) muffins.

a/ 1/3 cup sifted dried egg mixed with 1/3 cup water may be substituted for 2 shell eggs.

## FILLED PEANUT BUTTER COOKIES

1/3 cup shortening	2 teaspoons baking powder
1/2 cup peanut butter	1/2 teaspoon vanilla
3/4 cup brown sugar	1/2 teaspoon salt
1 egg <u>b/</u>	2-1/4 cups sifted flour
1/3 cup milk*	Raisin filling (see below)

Cream shortening, peanut butter, and sugar. Add egg, milk, and vanilla and mix well. Sift dry ingredients together and stir into the first mixture. Chill. Roll dough thin. Cut rounds with a biscuit or cookie cutter, drop a spoonful of filling in center of one round and cover with another. Press edges together. Bake on ungreased baking sheet at 425° F. (hot oven) 10 minutes. Makes 50 2-inch cookies.

b/ 2-1/2 tablespoons sifted dried egg mixed with 2-1/2 tablespoons water may be substituted for 1 shell egg.

## RAISIN FILLING FOR COOKIES

3/4 cup ground raisins	1 teaspoon grated lemon rind
1/4 cup sugar	1 tablespoon lemon juice
1/3 cup water	

Combine ingredients and cook until thickened, stirring frequently.

\*Nonfat dry milk may be used: 1/4 cup dry milk + 1 cup water = 1 cup skim milk.

## STUFFED SWEETPOTATOES WITH PEANUT BUTTER

4 medium-sized baked sweetpotatoes	1/4 cup peanut butter
2/3 cup milk*	1/4 teaspoon salt
	Pepper

Cut hot baked sweetpotatoes in half and remove from shells. Mash thoroughly. Add milk, peanut butter, and seasonings. Beat until fluffy and refill shells. Brown on a baking sheet at 425° F. (hot oven). Makes 4 servings.

## PEANUT BUTTER SAUCE FOR VEGETABLES

2 teaspoons flour	1/2 teaspoon salt
1/4 cup peanut butter	Pepper
	1 cup milk*

Blend flour and peanut butter until smooth. Add seasonings. Stir in the milk slowly. Cook over low heat until thickened, stirring constantly. Serve on cooked cabbage, onions, or cauliflower. Makes about 1 cup.

## TOMATO-PEANUT BUTTER SOUP

2 tablespoons butter or margarine	1/4 teaspoon paprika
2 tablespoons flour	1/8 teaspoon celery salt
3 cups milk*	Pepper
1 teaspoon grated onion	1-1/2 teaspoons salt
	1/2 cup peanut butter
	2 cups sieved-cooked tomatoes

Melt butter or margarine and add flour, stirring until smooth. Add milk and cook over low heat until slightly thickened, stirring constantly. Add seasonings and blend part of hot mixture with peanut butter; combine with the rest of the hot mixture. Heat tomatoes and add slowly, stirring constantly. Makes 5 cups.

## PEANUT BUTTER BREAD PUDDING

2 cups milk*	1 teaspoon grated lemon rind
1/2 cup sugar	2 eggs
1/4 teaspoon salt	1/4 cup peanut butter
1 teaspoon butter or margarine	3 slices bread

Scald milk and add sugar, salt, butter or margarine, and lemon rind. Beat eggs and gradually add milk mixture. Spread peanut butter on bread and cut into small cubes. Put cubes into greased baking dish and pour in milk mixture. Set in pan of hot water. Bake immediately at 350° F. (moderate oven) about 1-1/4 hours, or until set. Makes 4 servings.

\*Nonfat dry milk may be used: 1/4 cup dry milk + 1 cup water = 1 cup skim milk.

## PEANUT BUTTER SANDWICH FILLINGS

Mix peanut butter with one of the following: Chopped dates and salad dressing; honey or syrup; grated carrots and chopped raisins; bits of crisp bacon; To use peanut butter with sweet spreads, spread peanut butter on 1 slice of bread, and jelly, jam, honey, or apple butter on the other. Lettuce, sliced apple or cucumber go well with peanut butter.

## PEANUT BUTTER MILK

	<u>1 serving</u>	<u>6 servings</u>
Nonfat dry milk .....	1/4 cup	1-1/2 cups
Sugar .....	1 teaspoon	2 tablespoons
Water .....	1 cup	6 cups
Peanut butter, fine grind	1 tablespoon	1/3 cup

Add dry milk and sugar to the water and beat, stir, or shake until smooth. Add gradually to the peanut butter and mix well.

## COOKED PEANUT BUTTER DRESSING

1 egg, beaten	1/4 cup peanut butter
2 tablespoons sugar	1/3 cup milk*
2 tablespoons vinegar	1/4 teaspoon salt
1 tablespoon butter or margarine	

Combine egg, sugar, vinegar, and butter or margarine. Cook over low heat until thick and smooth, stirring constantly. Mix peanut butter with milk and salt. Blend with the cooked mixture and chill. Serve with vegetable or fruit salad.

## UNCOOKED PEANUT BUTTER DRESSINGS

Combine 1/3 cup peanut butter and 2 tablespoons sugar. Add 1/2 cup milk,\* 2 tablespoons vinegar, and 1/2 teaspoon salt. Beat until smooth. Serve with fruit salad.

Combine 1/3 cup peanut butter with 2/3 cup of french dressing, mayonnaise, or other salad dressing. Serve with fruit or vegetable salads.

\*Nonfat dry milk may be used: 1/4 cup dry milk + 1 cup water = 1 cup skim milk.