

From the Food Bank Kitchen

Bread Recipes

How to Tell if the Bread is Unsafe to Eat

Check your bread for mold to make sure it is safe to eat. The mold that grows on bread can be grey or green, and range in size from large spots or multiple tiny spots. The bottom line is; if it's moldy, throw it away! Then clean the area where you had stored the bread and check that all other food items are safe to eat.

How to Store Bread

If you will be eating your bread right away, store it at room temperature. If you plan to use an unsliced loaf at a later date, slice and store in the freezer in an air-tight freezer bag or container. If you choose not to slice it, it may be more difficult to use as needed, unless you plan to use the entire loaf at once. Use it as needed, and leave the rest frozen. Although many people believe that the fridge is the best place to store bread, this is a myth and it will actually cause bread to stale faster.

Bringing Bread Back to Life: Sometimes just toasting bread in the oven gives it a pleasing texture and flavor. Or try these ideas:

In the Microwave: You can make bread soft again by wrapping it in a moist paper towel (wrap both the top and bottom) and microwaving it for 10 seconds or so.

In the Oven: Take your stale bread (unsliced loaf/baguette type), turn oven to warm and stick the bread inside. Heat for 6-7 minutes. Some people like to lightly spray the outside of the loaf with water, so the steam will soften the inside and make the outside crisp. The toaster-oven is great for single servings; try topping it first with a couple slices of cheese.

On the Stovetop: Place stale bread into heat-safe colander or strainer. Pour a low layer of water into a large pan. Bring water to a boil, and then remove from the heat source. Place the colander gently into the pan. The layer of hot water should not touch the base of the colander or steamer. Place the cover over the pan and the steam will soften the bread.

Southwestern Breakfast Slow Cooker Casserole

Serves 8

Source: tasteofhome.com

Ingredients

- 4 large eggs
- 1-1/3 cups fat-free milk
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1 can (7 ounces) corn, drained
- 1 cup shredded extra-sharp cheddar cheese
- 6 slices whole wheat bread, lightly toasted and cubed
- 8 large egg whites
- 3 teaspoons chili powder
- 1/2 teaspoon pepper
- 1 can (15 ounces) black beans, rinsed and drained
- 1 cup cubed fully cooked ham
- 1 can (4 ounces) chopped green chilies, drained
- Pico de gallo, optional

Directions: In a large bowl, whisk together first seven ingredients. Stir in beans, corn, ham, cheese and chilies. Stir in bread to moisten. Transfer to a 5-qt. slow cooker coated with cooking spray.

Cook, covered, on low until a knife inserted in the center comes out clean, 2-1/2 to 3-1/2 hours. Let stand, uncovered, 10 minutes before serving. If desired, serve with pico de gallo.

Nutrition: 1 Serving: 1 1/4C: Calories 270, Total Fat 9g, Saturated Fat 4g, Sodium 771mg, Carbs 25g, Sugar 5f, Fiber 4g, Protein 21g.

Applesauce Bread Pudding

9 servings

Adapted from Cape Cod Cooperative Extension
Nutrition Education Program

Ingredients

- 6 slices stale bread, cut into cubes (about 3-4 cups)
- 1C milk
- 3 Tbsp sugar
- 2 tsp vanilla extract
- 1/2 tsp nutmeg
- 1/2 c raisins or dried cranberries (Craisins®)
- 3 large eggs
- 1C unsweetened applesauce
- 1 tsp cinnamon
- 1/2 tsp salt

Directions: Preheat oven to 350°F. Cut bread into cubes. Place bread cubes in an 8"x8" pan that has been sprayed with nonstick cooking spray. Mix remaining ingredients in a medium bowl and pour over bread cubes. Bake for 40 minutes or until a table knife inserted in the center comes out clean.

Nutrition: Calories 150, Fat 3 gm, Saturated Fat 1 gm, Sodium 240 mg, Carbohydrate 26 gm, Fiber 3 gm, Sugars 15 gm, Protein 7 gm

Recipes

Toasted Breadcrumbs

Source: [allrecipes.com](https://www.allrecipes.com)

Ingredients

-10 slices whole wheat bread, or favorite bread

Directions: Preheat oven to 250 degrees F (120 degrees C). Using tongs, place bread slices directly on oven racks. Leave in oven until hard and golden brown, about 30 minutes; darker if you prefer. Remove and cool on wire rack. Crumble slices into a large bowl until reduced to fine crumbs, or place in bowl of food processor and process until fine.

Bread & Tomato Soup

Serves 4

Source: [jamieoliver.com](https://www.jamieoliver.com)

Ingredients

-3 cloves of garlic

-1 big bunch of fresh basil

-1lb 2 oz ripe cherry tomatoes

-quality extra virgin olive oil

-2 (14 oz) cans of plum tomatoes

-8 oz stale quality bread

Directions: Preheat the oven to 350°F. Peel and finely slice the garlic, then pick the basil leaves, finely slicing the stalks.

Prick the cherry tomatoes and place in a roasting tray, scatter over one of the sliced garlic cloves and a quarter of the basil leaves. Drizzle with extra virgin olive oil, sprinkle with sea salt and black pepper, toss to coat, then roast for 20 minutes to intensify the flavor. Meanwhile, heat a lug of oil in a large pan, add the remaining garlic and the basil stalks and fry for 1 minute, or until softened. Pour in the canned tomatoes, breaking them up with a spoon, then add can tin's worth of water. Bring to the boil, then reduce to a simmer for 15 minutes. Tear in the bread up, mix well and season to taste. Tear in most of the remaining basil leaves and let the soup sit on a low heat for 10 minutes. By this time the roasted tomatoes will be done, with juice bursting out of their skins, so add them to the pan, remembering to scrape all the lovely juices and sticky bits from the bottom of the tray. Give the soup a good stir – you're looking to achieve a thick, silky, porridge-like texture, so feel free to adjust it with a little water, if needed. Remove from the heat, add 6 tablespoons of extra virgin olive oil, and divide between your bowls. Serve with the remaining basil torn over the top.

Nutrition: 1 C: Calories 495, Total Fat 36g, Saturated Fat 5g, Sodium 273mg, Carbs 36g, Fiber 4g, Sugar 13g, Protein 10g.

Sausage and Mushroom Strata 8 servings Make this dish the night before, then bake up for a meal the next day!

Ingredients: MAKE THIS RECIPE A DAY AHEAD

-8 oz white or whole wheat bread, cut into 1-inch cubes

-8 oz turkey breakfast sausage (or other meat)

-2 c low-fat milk

-4 oz (1½ c) shredded reduced-fat cheddar cheese

-9 large eggs (or use 3 eggs plus 12 oz egg substitute)

-½ c chopped scallions or chopped onion

-1C sliced mushrooms (fresh or canned)

-½ tsp paprika

-½ tsp salt

-½ tsp ground black pepper

-2 Tbsp grated Parmesan cheese

Directions: Preheat oven to 400°F while cutting up bread. Arrange bread cubes on a baking sheet and bake in preheated oven for about 8 minutes or until toasted. Heat a medium skillet over medium-high heat. Add sausage to pan; cook 7 minutes or until browned, stirring to crumble. Combine milk, cheese, eggs, Parmesan cheese, paprika, salt, and pepper in a large bowl, stirring with a whisk. Add bread, sausage, scallions, and mushrooms, tossing well to coat bread. Spoon mixture into a 13 by 9 inch baking dish. Cover and refrigerate 8 hours or overnight. THE NEXT DAY: Uncover casserole. Bake in preheated 350°F oven for 50 minutes or until set and lightly browned. Cut into 8 pieces; serve immediately.

Nutrition: Calories 320, Fat 11 gm, Saturated Fat 4 gm, Sodium 640 mg, Carbohydrate 29 gm, Fiber 1 gm, Protein 25 gm

Recipes

Broccoli and Chicken Casserole

Serves 8

Source: Taste of Home

Ingredients:

- 12 slices bread
- 3 cups frozen chopped broccoli
- 1 tablespoon butter, melted
- 3 cups whole milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2-1/4 cups shredded cheddar cheese, divided
- 2 cups diced cooked chicken
- 6 large eggs
- 2 tablespoons finely chopped onion
- 1/2 teaspoon ground mustard

Directions: Cut 12 rings and holes in the slices of bread; set aside. Tear bread scraps and place in a greased 13x9-in. baking dish. Sprinkle with 2 cups cheese, broccoli and chicken. Arrange rings and holes on top; brush bread with melted butter. Beat the eggs, milk, onions, salt, mustard and pepper; pour over top. Refrigerate, covered, 8 hours or overnight. Remove the casserole from refrigerator 30 minutes before baking. Preheat oven to 325°F. Bake, uncovered, 55-60 minutes. Sprinkle with remaining cheese; bake until a knife inserted in center comes out clean, about 5 minutes longer. Let stand 5-10 minutes before cutting.

Nutrition: 1 Serving Calories 450, Fat 23g, Saturated Fat: 7g, Carbs 30g, Fiber 3g, Sodium 500mg, Protein 31g.

Strawberry French Toast Bake

Serves 8

Source: allrecipes.com

Ingredients :

- 3 cups sliced fresh strawberries, divided
- 1 package (8 ounces) low fat cream cheese, softened
- 1 tablespoon grated orange zest
- 1 teaspoon vanilla extract
- 5 large eggs
- 2 tablespoons sugar
- 1/2 cup confectioners' sugar
- 1 tablespoon orange juice
- 1 loaf (1 pound) oatmeal bread, cut into 1-in. pieces
- 1 cup half-and-half cream

Directions: Toss 2 cups strawberries with sugar. In another bowl, beat the next five ingredients until smooth. Place half the bread in a greased 13x9-in. baking dish. Spoon cream cheese mixture over bread. Layer with strawberry mixture and remaining bread. Whisk eggs and cream until blended; pour over top. Refrigerate, covered, overnight. Preheat oven to 350°F. Remove casserole from refrigerator while oven heats. Bake, uncovered, until a knife inserted in the center comes out clean, about 40-45 minutes. Let stand 5 minutes before serving. Top with whipped cream and remaining strawberries.

Nutrition: 1 Serving (1 slice)= Calories 350, Fat 20g, Sat. Fat 9g, Sodium 170mg, Carbs 34g, Fiber 5g, Sugar 19g, Protein 4g.

Italian Bread Soup

Serves 8

Source: myrecipes.com

Ingredients

- 3 cups (1-inch) cubed bread (about 6 ounces)
- 1 cup chopped onion
- 1 tablespoon minced garlic
- 4 cups chopped broccoli
- 1 cup sliced carrot
- 2 (15-ounce) cans cannellini beans rinsed, drained
- 1/2 teaspoon dried thyme
- 1/2 cup (2 ounces) shaved or grated Parmigiano-Reggiano cheese
- 3 tablespoons extra-virgin olive oil, divided
- 1/4 cup chopped celery
- 6 cups (1-inch) chopped kale
- 2 cups (1-inch) cubed peeled potato
- 1 (14.5-ounce) can tomatoes, undrained and chopped
- 3/4 teaspoon salt
- 1/2 teaspoon dried oregano

Directions: Preheat oven to 375°F. Place 3 cups bread on a baking sheet, and lightly coat with cooking spray. Bake for 15 minutes or until toasted, stirring occasionally. Remove from oven; cool. Heat 1 tablespoon olive oil in a large spot over medium-high heat. Add onion and celery to pan; sauté 5 minutes. Add garlic, and sauté 1 minute. Add 5 cups water and next 6 ingredients (through tomatoes). Cover, reduce heat, and simmer 20 minutes or until greens are wilted, stirring occasionally. Mash 1 can of beans. Add mashed beans and 1 cup water to pan; bring to a boil. Reduce heat, and simmer 35 minutes or until potato and carrot are tender. Stir in bread, remaining can of beans, salt, thyme, oregano, and red pepper; bring to a boil. Reduce heat, and simmer 10 minutes. Remove from heat; cover and let stand 10 minutes. Ladle about 1 1/2 cups soup into each of 8 bowls. Sprinkle each serving with 1 tablespoon cheese, and drizzle with 3/4 teaspoon oil.

Nutrition: 1 Serving Calories 305, Fat 8.7g, Saturated Fat 2.8g, Carbs 45g, Fiber 11g, Sodium 425mg, Protein 11.7g.

Recipes

Chickpea Panzanella

Serves 5

Source: cookinglight.com

Ingredients:

- 1 (8-oz.) bread loaf
- 2 cups cherry tomatoes, halved
- 1 (15-oz.) can unsalted chickpeas, drained and rinsed
- 3 ounces feta cheese, crumbled (about 3/4 cup)
- 1/2 cup thinly sliced red onion
- 1/4 cup chopped fresh basil, plus more for garnish
- 1/4 cup extra-virgin olive oil
- 1 1/2 tablespoons red wine vinegar
- 1/2 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1/8 teaspoon kosher salt

Directions: Preheat oven to 350°F. Remove and discard crust from bread; cut bread into 1/2-inch cubes. Spread bread cubes in an even layer on a baking sheet. Bake at 350°F for 12 minutes or until toasted and golden. Combine toasted bread, tomatoes, chickpeas, artichoke hearts, feta, onion, and basil in a large bowl. In a separate smaller bowl, combine oil, vinegar, oregano, pepper, and salt. Stir with a whisk. Pour over salad; toss to combine. Garnish with chopped fresh basil.

Nutrition: 1 Serving Calories 347, Fat 16g, Saturated Fat: 4g, Carbs 40g, Fiber 6g, Sodium 500mg, Protein 11g.

Savory Ham and Cheese Bread Pudding

Serves 4

Source: myrecipes.com

Ingredients

- 8 ounces bread, cut into 3/4-inch cubes
- 3/4 cup (3 ounces) shredded sharp cheddar cheese
- 1/4 cup chopped green onions
- 3/4 cup fat-free milk
- 1/4 cup fat-free, lower-sodium chicken broth
- 1/8 teaspoon freshly ground black pepper
- 3 ounces lower-sodium ham, minced
- 2 large egg yolks, lightly beaten
- 3 large egg whites
- 4 teaspoons reduced-fat sour cream

Directions: Preheat oven to 375°F. Place bread cubes on a pan; coat with cooking spray. Bake for 10 minutes or until lightly toasted, turning once. Remove from oven; cool. Combine bread, 1/2 cup cheese, 3 tablespoons onions, and next 5 ingredients (through egg yolks) in a large bowl. Place egg whites in a small bowl, and beat with a mixer at high speed until foamy (about 30 seconds). Gently fold egg whites into bread mixture. Spoon about 1 cup bread mixture into each of 4 (7-ounce) ramekins coated with cooking spray. Divide the remaining 1/4 cup cheese and remaining 1 tablespoon onions evenly among ramekins. Bake at 375° for 20 minutes or until lightly browned. Top each serving with 1 teaspoon sour cream.

Nutrition: 1 Serving Calories 272, Fat 11g, Saturated Fat 5g, Carbs 28g, Fiber 9g, Sodium 400mg, Protein 19g.

Homemade Croutons

Source: cookinglight.com

Ingredients :

- Stale loaf of bread

Directions: Dense bread will work better than soft sandwich bread, but use whatever you have. Place a cookie sheet in the oven while it preheats to 350°F. Cut the bread into 2-inch cubes, and put into a large bowl. Gently toss the cubed bread with olive oil, salt, and pepper until each piece is coated. Remove the preheated sheet pan from the oven, and arrange the bread cubes in a single layer. Bake until golden brown and crusty, about 15 to 20 minutes. Remove from the oven, and let cool entirely before enjoying on your salad. Want to flavor your croutons? Add any assortment of spice and herbs before you toast.

Nutrition: 1 Cup Serving: Calories 122, Fat 5g, Sat. Fat 2g, Sodium 310mg, Carbs 18g, Fiber 2g, Sugar 2g, Protein 3g.