



# MAGIC MIX

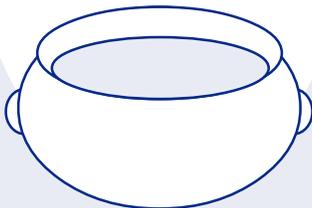
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Get your calcium-  
rich foods in  
puddings, soups,  
sauces, and more!

## What makes this "magic"?

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By mixing the  
cornstarch with  
the dry milk, it  
combines easily  
with water.



## Magic Mix

4 cups *instant* type nonfat dry milk  
 $\frac{1}{2}$  cup cornstarch

1. Combine dry milk and cornstarch in a large bowl. Stir well to evenly mix.
  2. Store in a covered container and label. It will look like plain dry milk.
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## Magic Vanilla Pudding

*Makes 4 servings, about  $\frac{1}{2}$  cup each*

1 cup Magic Mix  
 $\frac{1}{3}$  cup sugar  
 $1\frac{1}{2}$  cups water  
1 tablespoon soft tub-type margarine  
1 teaspoon vanilla

1. In small saucepan with heavy bottom, combine Magic Mix and sugar.
2. Stir in water. Add margarine.
3. Cook over medium heat, stirring constantly with a heat resistant spatula or wooden spoon. Cook until it starts to get thick like applesauce. This may take 10–12 minutes.
4. Remove from heat. Stir in vanilla. Pour into a storage bowl or 4 individual serving dishes. Cover with plastic wrap to prevent a dry film from forming on top.
5. Refrigerate. Pudding will thicken more as it cools.

**Chocolate Pudding:** Add 3 tablespoons cocoa powder with sugar.  
*Per serving: calories, 180.*

## Microwave Magic Pudding

1. Reduce water to  $1\frac{1}{4}$  cups. Mix ingredients in a microwave-safe  $\frac{1}{2}$  quart or larger bowl.
2. Microwave on high for 1 minute, and then stir. Repeat 4–5 times until pudding is thick like applesauce.
3. Follow steps 4 and 5 above.

**Nutrition Facts** per  $\frac{1}{2}$  cup serving: 150 calories, calories from fat: 25, total fat 3 g, saturated fat 0.5 g, trans fat 0 g, cholesterol 5 mg, sodium 120 mg, total carbohydrate 25 g, fiber 0 g, sugars 22 g, protein 6 g. Daily Value: vitamin A 2%, vitamin C 2%, calcium 20%, iron 0%.



## \*Choice of Vegetables

Good vegetables for soup are (one or mix):

- **Fresh:** celery, carrot, broccoli, cauliflower, zucchini, green beans, peas, corn, peppers, potatoes
- **Frozen:** mixed vegetables, peas, corn, broccoli, cauliflower, chopped spinach
- **Canned:** corn, carrots, green beans, spinach

## \*\*Seasonings

For more flavor with less salt, use one or more of these:

- 1/2–1 teaspoon curry powder
- 1/2–1 teaspoon garlic powder
- 1/2–1 teaspoon chili powder
- 1/2–1 teaspoon Italian herb mix
- 1/4 teaspoon ground black pepper
- Dash of cayenne pepper

## NOTE

Always use low-medium temperatures when cooking with milk. High temperatures cause milk to curdle. Stir milk foods often to prevent sticking.

After cooking with milk, soak pans in cold water for easy cleanup. Wash with hot soapy water.

Food cooked with Magic Mix or other milk should be refrigerated within 2 hours.

## Magic Soup

Makes 4 servings, about 1 cup each

- Part 1**
- 1 tablespoon soft tub-type margarine or vegetable oil
  - 1/4 cup chopped onion
  - 4 cups chopped raw vegetables, **OR** 2 cups frozen, cooked, or canned\*
  - 3/4 cup water—see instructions
- Part 2**
- 1 1/2 cups cold tap water
  - 1 cup Magic Mix
  - 1/2 teaspoon salt\*\*
  - Seasonings, *optional*\*\*

1. In a saucepan over medium heat, cook the onion in the margarine or oil until soft.
2. Add vegetables. **Cook fresh or frozen vegetables** in the 3/4 cup water until tender, 10–20 minutes. Reduce heat to low after water comes to a boil and cover pan. **For cooked and canned vegetables**, add with liquid plus water to equal 3/4 cup.
3. Add the *Part 2* cold water, and then stir in Magic Mix, salt, and seasonings.
4. Stir over medium heat until soup is slightly thick. Thin with more water if desired.

**Nutrition Facts** per serving made with frozen mixed vegetables: 160 calories, calories from fat: 30, total fat 3 g, saturated fat 0.5 g, trans fat 0 g, cholesterol 5 mg, sodium 440 mg, total carbohydrate 25 g, fiber 4 g, sugars 12 g, protein 9 g. Daily Value: vitamin A 80%, vitamin C 8%, calcium 25%, iron 4%.

## Seafood Chowder

Makes 4 servings, about 1 cup each

1. Follow the basic directions for Magic Soup. For the vegetables use:
  - 2 cups peeled and cubed potatoes (about 2 medium potatoes)
  - 1/2 cup chopped carrot
  - 1/2 cup chopped celery
2. In *Part 2*, omit salt if using canned clams. After soup has thickened slightly, add:
  - 1 can (6 oz.) chopped clams, including liquid, or 1/2 pound white fish, cut in small pieces. If using raw fish, cook until fish pieces flake with a fork, about 5 minutes. Use 1 teaspoon dried thyme, *optional*, for the seasoning.

*Per serving with canned clams: calories, 180.*



### Cheese sauce:

Stir  $\frac{1}{2}$  cup grated cheese into 1 cup Magic Sauce. For extra flavor, add  $\frac{1}{4}$  teaspoon dry mustard. Good over cooked vegetables. *Per  $\frac{1}{4}$  cup: calories, 100, calcium 20% Daily Value.*

### Tex-Mex sauce:

Add to cheese sauce: 1 teaspoon chili powder and  $\frac{1}{2}$  teaspoon cumin. If desired, stir in 1 tablespoon chopped chili peppers. Make a meal: Top a baked potato with pinto or black beans and sauce or serve sauce over bean burritos.

### Creamed Chicken, Tuna, or Eggs

Cook 2 tablespoons each of chopped onion and celery in 1 teaspoon margarine until soft. Add the water, Magic Mix, and salt. After sauce thickens, add 1 cup chopped chicken or a 6 oz. can water-pack tuna, drained, or 2 hard-boiled eggs, peeled and chopped. Serve over toast or noodles.



## Basic Magic Sauce

*Makes 1 cup of white sauce*

$\frac{1}{2}$  cup Magic Mix  
 $\frac{3}{4}$  cup water  
1 teaspoon soft tub-type margarine  
 $\frac{1}{4}$  teaspoon salt

1. Combine Magic Mix and water in saucepan. Add margarine and salt.
2. Stir over medium heat until mixture is thickened and bubbly.

Nutrition Facts per  $\frac{1}{4}$  cup serving: 45 calories, calories from fat: 10, total fat 1 g, saturated fat g, trans fat 0 g, cholesterol 0 mg, sodium 200 mg, total carbohydrate 6 g, fiber 0 g, sugars 4 g, protein 3 g. Daily Value: vitamin A 0%, vitamin C 0%, calcium 10%, iron 0%.

## One Pan Magic Mac and Cheese

*Makes 4 main dish servings, about 1 cup each*

2 cups water  
 $1\frac{1}{2}$  cups elbow macaroni  
2 teaspoons soft tub-type margarine  
 $\frac{1}{2}$  cup Magic Mix  
 $\frac{1}{2}$  cup water  
 $\frac{1}{2}$  teaspoon salt  
1 cup grated cheddar cheese, or combination of cheddar and jack cheese

1. In a large saucepan, heat 2 cups water.
2. Add the macaroni and margarine. Bring to a boil, and then reduce heat to low.
3. Cover and simmer 15–20 minutes until tender. Stir 3–4 times. Add  $\frac{1}{4}$  cup water if dry. When done, very little water should be left in pan.
4. In a small bowl, combine the Magic Mix and  $\frac{1}{2}$  cup water. Stir until dissolved.
5. Add to the macaroni with the cheese. Cook and stir until cheese melts and sauce is thick and smooth, about 5 minutes.

Nutrition Facts per serving: 330 calories, calories from fat: 110, total fat 12 g, saturated fat 6 g, trans fat 0 g, cholesterol 30 mg, sodium 530 mg, total carbohydrate 38 g, fiber 1 g, sugars 6 g, protein 15 g. Daily Value: vitamin A 8%, vitamin C 0%, calcium 30%, iron 4%.

### NOTE

**Serve with colorful and crunchy vegetables. They add eye appeal and are filling without a lot of calories.**

## NOTE

Make pumpkin pie without the crust, but with all the taste and good nutrition!

## NOTE

Magic Mix saves money compared to buying store mixes for pudding, soup, and sauces.



## Magic Pumpkin Custard

Makes 8 servings

1 cup Magic Mix  
 $\frac{2}{3}$  cup brown or white sugar  
 $1\frac{1}{2}$  teaspoons cinnamon, or pumpkin pie spice  
 $\frac{1}{4}$  teaspoon salt  
1 cup water  
16 oz. can pumpkin, or 2 cups canned or cooked  
2 eggs, beaten with a fork

1. Combine Magic Mix, sugar, spice, and salt in large bowl.
2. Stir in water.
3. Add pumpkin and eggs. Stir to combine well.
4. Pour into a greased 9-inch pie plate.
5. Bake at 350°F for 45 to 55 minutes or until a knife inserted 1 inch from the center comes out clean.

**Nutrition Facts** per serving: 140 calories, calories from fat: 15, total fat 3.5 g, saturated fat 0 g, trans fat 0 g, cholesterol 55 mg, sodium 140 mg, total carbohydrate 27 g, fiber 2 g, sugars 23 g, protein 6 g. Daily Value: vitamin A 170%, vitamin C 0%, calcium 10%, iron 4%.

## Shopping and Storage Tips

- Nonfat dry milk may not cost less than fresh milk, especially when fresh milk is on sale. Larger boxes may cost less per ounce. Check the unit prices on the store shelf. Magic Mix saves money compared to buying store mixes for pudding, soup, and sauces.
- Dry milk stores for 6 months or the “use by” date on the box. It is a good food to keep on hand for emergencies. With a box in the cupboard, you’ll never be out of milk.
- Use dry milk for cooking so fresh milk lasts longer for drinking. You can save money and time by not making extra trips to the store for milk!

	A. Price per box	B. Quarts of milk box will make	C. Cost per quart $A \div B$	Cost per gallon (4 x the cost of 1 quart)
Dry milk				
Fresh milk				

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