



# Food Pantry Recipe Round-Up

Welcome to the December edition of Penn State Cooperative Extension's Nutrition Education Program newsletter. We will offer menus and tasty recipes using food pantry foods. Tips on saving money, time, and providing healthier meals will be included. Look for us at your site to find out more!

**December, 2001**  
**FP= food pantry food**

**Meal 1**

*Red Beans and Rice* (recipe)  
 FP-Kidney Beans, Rice  
 canned carrots FP

**Meal 2**

*Salmon loaf* (recipe)  
 FP-canned Canned salmon, dry milk  
*canned green beans* FP  
*Pear crisp* (recipe)  
 FP canned pears

**Meal 3**

*Pork steak delight* (recipe)  
 FP-rice, pork patty FP  
 Canned corn – FP

**Meal 4**

*Spicy pizza surprise* (recipe)  
 FP rice, tomato sauce, cheese  
 Fruit cocktail FP

**Red Beans and Rice**

- 2 C water
- 1 teaspoon salt
- 1 teaspoon oil
- 1 C rice
- 2 tablespoons margarine
- ½ small onion, chopped
- 1 stalk celery, diced
- 1 (16 oz) can kidney beans
- 1/8 teaspoon pepper

spray bottle filled with 1 teaspoon bleach to 1 quart water on your list to sanitize kitchen surfaces.

2. **Separate: don't cross-contaminate** – store & defrost turkeys and roasts on a pan on the bottom shelf of your refrigerator. This keeps any drips from falling on foods that won't be cooked, like desserts and salads and prevents the spread of bacteria and food-borne illness that would potentially occur.

3. **Cook to proper temperatures** – you can't tell by the color of the cooked meat if it is really done. Cook turkey and chicken to 180 degrees F, and roasts to at least 145 degrees F. Stuffing and leftovers heat to 165 degrees F. Don't have a food thermometer? Check discount and grocery stores where kitchen utensils are sold.

4. **Chill: refrigerate promptly** – once everyone is served, refrigerate prepared foods & leftovers within 2 hours to prevent bacterial growth. Divide large roasts and place leftovers in small, shallow dishes to cool quicker in the refrigerator.



**Holiday Food Safety**

Keep these 4 points in mind for safer holiday meals with the following examples:

1. **Cleaning** – use hot, soapy paper towels to clean up kitchen counters. You'll be throwing away the grime instead of potentially spreading germs with sponges or cloth towels. Put a

## Salmon Loaf

1 egg, slightly beaten  
2/3 cup instant nonfat dry milk powder  
1 tablespoon finely chopped onion  
¼ teaspoon salt  
dash pepper  
4 medium slices bread, torn into small pieces  
1 16 ounce can salmon  
Preheat oven to 350°. Grease a 9x5x3 inch loaf pan. In large bowl, combine egg, dry milk, onion, salt, pepper and bread. Drain salmon saving ¼ cup liquid. Mash salmon and soft bones and add to bread mixture along with reserved liquid. Stir until combined and bread has absorbed liquid. Pat evenly into prepared pan. Bake for 25-30 minutes

## Pear or Peach Crisp

4-6 pears or other fruit  
¾ cup brown sugar  
½ cup flour  
½ cup rolled oats  
¾ teaspoon cinnamon  
1/3 cup Slice pears. Place in a greased soft margarine or butter

Slice pears. Place in a greased 8 inch baking pan.

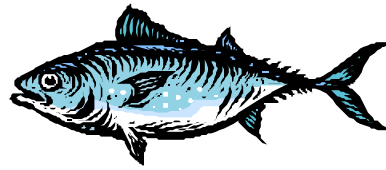
Mix together remaining ingredients.

Sprinkle over pears.

Bake at 375° for 30-35 minutes

## Pork Steak Delight

Cut pork steaks in half and brown well in skillet. Remove from pan, add 2 cups uncooked rice and 1 chopped onion and Fry for 2–3 minutes. Put rice and onion into large baking dish, add four cups of



Water and a can of cream of mushroom soup, mix well. Place pork steaks on top of rice, bake at 325° for one hour. You can add parsley, sage, rosemary and thyme to this recipe.

## Spicy Pizza Surprise

3 cups cook rice  
2 beaten eggs  
2 cups (approximately 8 ounces) shredded cheese  
2 8 ounce cans tomato sauce  
½ teaspoon oregano  
½ teaspoon basil  
½ teaspoon garlic powder

Combine rice, eggs and 1 cup cheese. Press firmly into two 9 inch pie pans. Bake at 450° for 20 minutes. Combine tomato sauce and seasonings. Spread evenly over rice crust. Top with remaining cheese. Bake 10 minutes

