



Food Pantry Recipe Round-Up

Welcome to the January-February edition of Penn State Cooperative Extension's Nutrition Links 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!

January-February, 2002

FP= food pantry food

Meal 1

In a Minute Minestrone Soup (recipe)
 FP-macaroni, canned tomatoes, beans
 (kidney or northern), green beans
Cherry Pudding (recipe)
 FP- cherries, non-fat dry milk

Meal 2

Tuna Burgers (recipe)
 FP-canned Canned tuna
 green peas FP & sliced potatoes FP
Peach dumplings (recipe)
 FP canned peaches, non-fat dry milk

Meal 3

Orange-Apricot Pork Patties (recipe)
 FP-rice, pork patty, orange juice, apricots
Green beans – FP

Meal 4

Cheese Omlet, FP non-fat dry milk
Mashed-Potato pancakes (recipe)
 FP instant potatoes, Non-fat dry milk
 Canned corn FP, Applesauce FP

In a Minute Minestrone Soup

1 lb. Beef stew meat
 6 cups water
 1 -28oz. can tomatoes, chopped
 1 beef bouillon cube
 1 medium onion, chopped
 1 teaspoon salt, optional
 1 1/2 teaspoons ground thyme
 1/2 teaspoon pepper
 2 cups finely chopped cabbage
 1 16 oz. can Kidney or Northern beans
 1 16 oz. can green beans
 1 C uncooked macaroni
 1/4 cup grated Parmesan cheese

In a slow cooker (crock pot), combine first 8 ingredients. Cover and cook on low 7-9 hours (cook 2-3 hours in large pot if you don't have a slow cooker). Add next 4 ingredients and cook on high 30 minutes or until vegetables are tender. Top with cheese and serve. Yield- makes 8 servings, 246 kcal, 6 gm fat, 30 gm carb.

Heart Healthy Fish

Did you know eating certain fish like tuna and salmon, are good for your heart? The American Heart Association recommends eating 2 servings of these darker meat fish per week. Studies have shown the kind of fat in these fish, omega-3, can help reduce the risk of heart disease in many ways.

Other foods, like canola and soybean oil, many nuts and flax seed also contain omega-3 fats.

To increase your intake of omega-3 fats, try our tuna burger recipe, or the salmon loaf from the previous newsletter. Purchase oil and margarines made from canola oil. Look for new cereals and breads containing flax

seed. Experiment with fish recipes for new family favorites!

Cherry Pudding

- ½ cup sugar
- ¼ cup margarine
- 2 tsp. baking powder
- 1 egg
- 2 ½ cups flour
- 1 cup milk (made from dry milk)
- 1 cup canned cherries, drained

Cream together sugar & margarine, add egg and beat well. Alternately add flour & baking powder with milk. Blend well, stir in cherries. Pour batter in greased 9 inch baking dish. Bake at 350° for 30-35 minutes, or until lightly browned.

Tuna Burgers

- 3 eggs
- 3, 6 oz. canned drained tuna
- 2 ½ cups bread crumbs (about 5 slices)
- 2/3 cup chopped celery
- 1/3 cup chopped onion
- 3 tablespoons canola or soybean oil

In a large bowl beat eggs slightly with fork. Add tuna, crumbs, celery and onions, mix well. Shape into 6 patties. In a skillet over medium heat, brown patties in oil for 5 minutes, and turn & brown 5 more minutes.

Peach Dumplings

- 32 oz. can peaches
- 1 tablespoon margarine
- 1 cup milk (made from dry milk)
- 1 cup flour
- 2 tsp. baking powder
- ½ tsp. salt

Pour peaches and syrup into 2 quart pan. Add margarine. Bring to a boil. Make dumplings by mixing flour, b. powder and

salt in a small bowl with milk. Drop large spoonfuls of batter into peach mixture. Cover and cook on medium for 20 minutes.

Orange-Apricot Pork Patties

- 6 pork patties
- 1 cup orange juice
- 1 T. cornstarch
- 1 16 oz. can apricots, drained, reserve syrup

In a non-stick skillet over medium heat, brown each side of pork patties in 1 T. canola or soybean oil. In a 1 quart saucepan, mix orange juice, cornstarch, and apricot syrup with fork. Stir & heat over medium heat until thickened. Add apricots, remove from heat & cover. Pour sauce over pork and serve with rice.

Mashed Potato Pancakes

- 2 eggs, separated
- 1 cup mashed potatoes- made from instant
- 2 tsp. baking powder
- ½ cup flour
- 1 cup milk

Add egg yolks to masked potatoes; mix well. Alternate milk with flour & b. powder, mix until smooth. Fold in stiffly beaten egg whites and drop spoonfuls of batter onto greased griddle or skillet. Brown on each side and serve.

This publication is available in alternative media on request.
Penn State is an affirmative action, equal opportunity university.

**Want more nutritious food,
recipes & cooking tips? To
find out more, call us at
1-800-PSU-3535**