



Food Pantry Recipe Round-Up



Welcome to the July - August 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!

July – August 2002
FP= food pantry food

Meal 1

Rice-Cheese Casserole (recipe)
 FP-Rice, cheese, nonfat dry milk powder
 FP- peas

Meal 2

Meat Balls or Meat Loaf (recipe)
 FP- nonfat dry milk powder
 FP- carrots

Meal 3

Oven Baked Chicken (recipe)
 FP- nonfat dry milk powder
 FP-canned green beans

Meal 4

Stove Top Tamale Pie (recipe)
 FP-corn, cheese, cornmeal, beans, tomatoes
 FP- canned peaches

*All food pantry foods mentioned in this issue may not be available everywhere-check with your local food pantry with any questions on food availability.

Keep cold food cold

Keep meat and poultry refrigerated until ready to use.

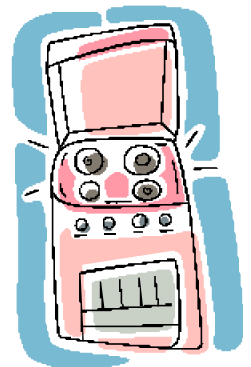
Keep everything clean

Use different plates for raw and cooked meat and poultry. Harmful bacteria present in raw meat and poultry and their juices can contaminate safely cooked food.

When eating away from home, pack clean cloths and wet towelettes for cleaning surfaces and hands.

Cook and reheat safely

Cook food to a safe internal temperature to destroy harmful bacteria. Use a food thermometer to be sure the food has reached a safe internal temperature. Don't go by the way it looks. Meat or poultry cooked on a grill often browns very fast on the outside, but may be undercooked on the inside.



Keep hot food hot

Keep grilled food hot until served – at 140° F or warmer. Put them to the side of the grill rack, in a warm oven (approximately 200°F), or on a warming tray.

Serve and save food safely

Put grilled food on a clean platter. Refrigerate food within 2 hours; in hot weather (90°F and above), food should never sit out for more than 1 hour.

Grill Safely This Summer

Most of us will celebrate the summer by cooking outdoors. Just remember to follow these food safety guidelines to prevent harmful bacteria from multiplying and causing food-borne illness.



Rice – Cheese Casserole

2 eggs, slightly beaten
3 Tablespoons butter or margarine, melted
2 cups water
2 cups cooked rice
1 cup soft bread crumbs (about 1 ½ slices bread)
1 cup instant nonfat dry milk powder
1 cup shredded American or cheddar cheese
1 tablespoon finely chopped onion

Preheat oven to 325° F. Grease a 2 quart casserole dish or 8X8 inch pan. In large bowl, stir together all ingredients; transfer to prepared pan. Bake for 40 to 50 minutes until center is set and top turns golden brown.

Meat Balls (or Meat Loaf)

1/3 cup water
2 slices bread, torn into small pieces
2/3 cup instant nonfat dry milk powder
2 Tablespoons chopped onion
1 egg
½ teaspoon salt (optional)
1 pound lean ground beef

Preheat oven to 350° F. Pour water over bread; stir in dry milk, onion, egg, and salt. Add ground beef and mix together. Shape meat mixture into 1 inch balls, placed on greased, rimmed baking sheet or shallow pan. Bake for 30 minutes. If desired, freeze cooked meatballs in self-sealing bag for up to 3 months. Reheat in spaghetti sauce and serve over noodles or in hot dog buns or hoagie rolls. Makes approximately 20 meatballs.

For meatloaf: Pat meat mixture in a 9X5X3 inch loaf pan and bake at 350° F for about 50 minutes or until brown throughout. Cool 10 minutes before slicing.

Oven Baked Chicken

½ cup nonfat dry milk powder
1/3 cup water
¼ teaspoon pepper

¼ teaspoon sage, crushed
½ teaspoon salt
3 pounds chicken, cut in pieces
1 cup cornflakes, crushed

Preheat oven to 350° F. In medium sized bowl, mix milk powder with water. Add pepper, sage, and salt. Dry chicken thoroughly and dip into this mixture. Roll in cornflakes, coating well. Arrange chicken on baking dish. Bake 20 to 30 minutes. Turn pieces over and bake 20 to 30 minutes more until chicken is brown and tender.

Stove Top Tamale Pie

1 can vegetarian beans
1 can whole kernel corn, drained
¼ cup green pepper, chopped
1 ½ teaspoons oil
1 can (16 ounce) tomatoes
1 tablespoon chili powder
1/3 cup yellow cornmeal
¾ cup water
½ cup cheese, grated

Rinse sauce off vegetarian beans, drain well and set aside. Cook green pepper and onion in oil in a large skillet until soft. Mash tomatoes with a fork; add along with vegetarian beans, corn and chili powder to the skillet. Cover skillet and cook over low heat for 10 minutes. In a small saucepan, combine cornmeal and water. Cook over medium heat, stirring while cornmeal thickens. Add cheese to the thickened cornmeal, spread over bean mixture to form a top crust. Cook uncovered over low heat until crust is set, for about 5 to 7 minutes. Serve hot.

