



Food Pantry Recipe Round-Up

Welcome to the May- June 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!

May-June 2002

FP= food pantry food*

Meal 1

Grilled Chicken Salad (recipe)

FP-beans (kidney or Northern, or black)

FP-corn

FP-canned pineapples

milk

Meal 2

Early Vegetable & Lentil Salad (recipe)

FP-canned potatoes, frozen peas, corn

FP-canned peaches & yogurt

Meal 3

Crunchy French Toast with Wild Berry Syrup (recipes)

FP-non-fat dry milk, frozen blueberries,

dried cranberries

Carrots & celery sticks

milk

Meal 4

Sliced turkey

FP-green beans, baked potato

Applesauce FP muffins (recipe)

milk

* 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.

Pennsylvania, the first crops of spinach, greens, strawberries and peas are harvested.

These foods contain vitamins A, C and many other beneficial nutrients that may have been missing in our winter diet. We can get these vitamins even in canned fruits and vegetables. You can stretch your fresh produce by combining it with canned foods. Mix canned peaches with apples, berries or strawberries. This can be served alone, over lettuce for a salad or over cake or ice cream.

Canned vegetables, like peas, corn, or mixed vegetables can be combined with pasta or used a topping for pizza. Drain and add at the end. Some canned vegetables such as asparagus, beets or peas can be combined with salad greens. These are commonly served on salad bars in restaurants.

Make the most of springtime foods. Nothing beats a local strawberry! Stretch their goodness with what you have on hand.



Grilled Chicken Salad

4 chicken thighs, skinless

1 -15 oz. can corn, drained

1-16 oz. can black, pinto, or Northern beans, rinsed & drained

1 large tomato, chopped

1 Tbsp cilantro, chopped

1 ½ cups endive, romaine, or curly leaf greens

Low-fat Italian salad dressing

Enjoy the Fresh Tastes of Springtime!

Most of us eat lighter as the weather warms. The stews and casseroles are replaced with more fruits and vegetables. In

Grill chicken over medium high heat 10-15 minutes. Remove cooled chicken from bone, dice into large pieces. Combine chicken with remaining ingredients. Toss salad with Italian dressing. Makes 4, 1-cup servings.

Per Serving: 285 calories; 17gm protein, 5.5gm fat; 25gm carbohydrate; 329 mg sodium, 6g fiber

Early Vegetable & Lentil Salad

½ cup lentils, washed
1,15oz. can sliced potatoes
½ pound or 1,16 oz. can asparagus
1 cup frozen peas
1, 15 oz. can corn, drained
2 large carrots, shredded

Dressing

1 Tbsp. parsley
1 garlic clove, finely chopped
2 Tbsp red wine vinegar
1 Tbsp prepared mustard
1/3-cup olive oil

Boil 1 cup water, add lentils, cook 20 minutes over low heat until tender; drain. If fresh asparagus cut off bottom 2 inches, rinse in cold water (if canned, drain). Steam with peas, corn for 3 minutes. Remove & run under cold water, drain. Wisk together dressing ingredients combine with all vegetables. Makes 6, 1 cup servings

Per Serving: 179 calories; 6gm protein, 5gm fat, 36gm carbohydrate; 73mg sodium, 6g fiber

Crunchy French Toast (children help)

1 large loaf) 1 pound) bread, cut into 1-inch cubes (can use day old, or whole-grain)
4 eggs
3 cups milk (made from dry)
1 tsp vanilla extract
½ tsp ground cinnamon
½ cup dried cranberries or raisons

Topping

3 Tbsp margarine
2 Tbsp honey or syrup
¾ cup brown sugar
½ cup low fat granola or chopped walnuts

The night before, children can spray 9"x13" baking dish, added bread and spread evenly.

Children can break eggs into large bowl, beat lightly. Add milk, vanilla, cinnamon, & dried fruit-mix well. Pour egg mixture evenly over bread. Cover pan tightly, refrigerate overnight.

The next morning, melt margarine; add remaining topping ingredients & mix. Drop by spoonfuls onto bread, bake 30 minutes. **Wild berry syrup**-Heat additional 1-cup syrup with ½ cup blueberries just until boiling. Drizzle over French toast.

Per Serving (without syrup): 342 calories; 8.5gm fat; 10gm protein, 57 g carbohydrate, 438mg sodium

Applesauce Muffins

1 ¼ cups all-purpose flour
½ tsp baking powder
½ tsp baking soda
1/8 tsp salt
1/3-cup sugar
2 cups bran flake cereal, crushed
1 ¼ cups skim milk (made from dry)
1 egg, beaten
1/3 cup unsweetened applesauce
Cooking spray

Preheat oven to 400°F. In mixing bowl, combine flour, b.powder,b.soda,salt,sugar. In another large bowl, combine cereal & milk, let stand for 2 minutes. Stir in egg & applesauce, add dry ingredients & stir just until combined. Spray muffin tin cups, spoon batter in, filling ¾ full. Bake 16-20 minutes, until golden. Cool on rack.

Makes 12 muffins. Per serving: 141 kcal, 9gm fat, 29gcarbohydrates, 3g protein, and 3 g fiber

Want more nutritious food, recipes & cooking tips? Come to the next "Meals in Minutes" Super-cupboard program from Penn State Cooperative Extension. To find out more, call Karen Sloan for Union, Snyder, & Montour counties at 524-8721. Call Linda Bauman for Northumberland & Columbia counties tool-free at 1-888-922-5420.