



# Food Pantry Recipe Round-Up



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

**November-December 2002**  
**FP= food pantry food**

**Meal 1**

Chicken a la King (recipe)  
*FP rice, mixed vegetables*  
 Chunky Applesauce (recipe) *FP-apples*  
 Milk

**Meal 2**

Seafood Corn Chowder (recipe)  
*FP-canned corn, non-fat dry milk*  
 Pumpkin Cornbread (recipe)\*kids can help  
*FP canned pumpkin, non-fat dry milk*  
*FP Canned pears*

**Meal 3**

Hot turkey sandwich  
 Orange Apple Cranberry sauce (recipe)  
*FP apples, orange juice*  
*FP canned sweet potatoes or yams*  
 Milk

**Meal 4**

Baked Mexican Lasagna (recipe)  
*FP tomato paste*  
 Sliced carrots and celery sticks  
 Fruit cocktail  
 Milk

Please note: 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.

Balancing calories by increasing physical activity and eating less food overall- watch portion sizes- bigger is not better! Share food portions, or when eating out, take half home. Focus on eating more foods from the bottom of the Food Guide Pyramid- whole grain breads and cereals, and more servings of fruits and vegetables. When you're going to a party, you be the one to bring low-fat cheese cubes, whole grain crackers, fresh fruits & vegetable trays. You'll know you have a least one healthful, low fat choice. Happy Holidays!

**Chicken à la King<sup>1</sup>**

3 1/2 pound frying chicken  
 6 cups chicken broth  
 1/2 cup wild rice  
 1/4 tsp. salt  
 1/2 cup white rice  
 1 large red bell pepper, diced  
 1 12 oz. can mixed vegetables  
 1 6 oz. can mushrooms  
 1/6 tsp. nutmeg  
 1/4 tsp. salt  
 1/4 tsp. pepper  
 3 Tb. Cornstarch mixed with 6 Tb. Water  
 1 cup nonfat yogurt, well drained  
 Place chicken in large stockpot, cover with 7-8 cups water, bring to boil, and simmer 1 hour. Remove chicken, de-bone when cool. Skim broth, remove 3 cups to another saucepan, add wild and white rice, cook 30-45 minutes until tender. Bring remaining broth to boil for 10 minutes, add rest of ingredients thru pepper and chicken. Slowly add cornstarch mixture, stirring constantly. Slowly add 1 cup

**The Best Gift of All- Good Health**

Did you know that your diet, or what you choose to eat, is one of the most important choices you can make towards good health and prevention of the major chronic diseases? As we head toward the holidays, give yourself and your loved ones the gift of a health by:

of sauce into yogurt, add this back to chicken mixture and mix well. Serve over 3/4 cup rice.

Serves 8. 350 calories, 6 g fat, 18g protein, 36 g carb., 2 g. fiber

### **Chunky Apple Sauce<sup>2</sup>**

4 medium apples- McIntosh, Rome, Empire or Granny Smith

2 Tb. water

1 tsp. cinnamon

1 Tb. Lemon juice

Peel, core, and quarter apples.

Cut quarters into 10 slices.

Place all ingredients into 2-quart pot, cover and cook for 20 minutes over medium heat, stirring occasionally, until apples are soft. Mash lightly. Serve warm or cold.

Store refrigerated up to 3 days. Makes 8, 1/4 cup servings. 38 calories, 0 fat, 10g carb., 1 g. fiber



### **Seafood Corn Chowder<sup>3</sup>**

1 Tb. Canola oil

1 medium onion, finely diced

1/2 cup chopped green bell pepper

1/2 cup chopped red bell pepper

1/3 cup celery, finely diced

1 Tb. flour

1 10oz. can low sodium chicken broth

2 cups reconstituted non-fat dry milk

1 12oz. can evaporated skim milk

8-12 oz. imitation crab meat, cubed\*

1 14oz. can corn

1/2 tsp. pepper

1/2 tsp. paprika

In 2-quart saucepan over medium heat, sauté onion, peppers, celery in oil. Stir in flour; cook 2 minutes, stirring constantly. Gradually add broth, bring to boil, reduce heat to medium.

Stir in remaining ingredients. Cook 5 minutes, stirring occasionally until heated through.

Makes 6 servings. \* Or canned salmon Per 1 cup: 230 calories, 18g protein, 4 g fat, 33g carb., 2 g fiber

### **Pumpkin Cornbread<sup>2</sup> \*kids can help mix**

1 1/4 cups cornmeal

1 1/3 cups all-purpose flour

1/2 cup sugar or Splenda (sugar substitute)

1 1/2 Tb. Baking powder

1 tsp. salt

1 tsp. cinnamon

1/4 tsp. nutmeg

1 1/3 cups non-fat sour cream

1/2 cup reconstituted milk (from dry nonfat)

6 eggs, beaten

8 Tb. Margarine, melted

1 16 oz. canned pumpkin

Preheat oven to 350°F. Mix cornmeal thru nutmeg in bowl. Add sour cream and milk, mix just until combined. Add eggs and margarine. Pour into greased 12x8 baking pan, bake 45 minutes. Makes 24 squares.

149 calories, 4 g. protein, 8 g. fat, 16 g. carb., 1 g. fiber

### **Orange Apple Cranberry Sauce<sup>2</sup>**

1 1/2 fresh or frozen cranberries

1 apple, peeled and shredded

1 orange, peeled, and diced small

1 tsp. grated orange peel (zest)

1 cup orange juice

1/2 cup sugar or Splenda (sugar sub)

1/2 cup water

1 Tb. Cornstarch mixed with 1 Tb. water

In small saucepan, combine all ingredients except cornstarch mixture. Bring to boil, reduce heat, simmer uncovered 4-5 minutes, until cranberries skins begin to pop. Thicken with cornstarch mixture, put in bowl and refrigerate 2-3 hours, serves 12, 1/4 cup servings

24 calories, 0g protein, 0 g fat, 7 carb(with Splenda), 1 g. fiber

### **Mexican Lasagna<sup>2</sup>**

1/2 pound lean ground turkey or beef

1 Tb. minced garlic

1/2 cup finely chopped onion

1/4 cup chopped green pepper

2 Tb. Sliced black olives

1/4 cup tomato paste, 1 cup salsa

1 package, 6-inch flour tortillas

1, 4 oz. can diced green chilies, drained

1/2 cup shredded part-skim mozzarella cheese

Preheat oven to 350°F. Cook turkey thru green pepper in nonstick pan over medium heat. When turkey reaches 180°F, (no longer pink) and crumbly, add olives thru salsa. Bring to boil and then remove from heat. Spray 8-inch square baking pan with cooking spray, place tortilla on bottom, top with 1/4 turkey, 1/4 chilies, 1/4 cheese. Repeat process with other tortillas; bake 20 minutes until heated through, let rest 5 minutes before serving. Makes 4 servings

274 calories, 18 g. protein, 10 g. fat, 29 g. carb., 3 g. fiber

**Sources:** 1. Adapted from *Graham Kerr's Gathering Place* 2. *The Diabetes Holiday Cookbook*, C. Leontos, 2002 3. *Soup & Ladle Favorites, 100 Recipes from PA Dietitians*, 2002.

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