



# Food Pantry Recipe Round-Up



Welcome to the September-October 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!

## September-October 2002 FP= food pantry food

### Meal 1

Cheesy Swiss Steak (recipe)  
FP-Beef round roast, tomato sauce

FP- corn

Autumn fruit compote (recipe)

FP-pineapple, orange juice

Milk

### Meal 2

Apple Tuna Sandwich (recipe)

FP- apples, canned tuna

Vegetable soup

Milk

### Meal 3

Slow-cooker Stuffed Cabbage (recipe)

FP- ground beef, rice

FP- canned peaches

Milk

### Meal 4

Veggie Burritos (recipe)\*kids can help

FP- fresh sliced apple, served with peanut butter as dip

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.

possibly even cancer protection. Broccoli, cauliflower, cabbage and other cruciferous vegetables are also high on the cancer protection list.

New research from Penn State University also suggests children who are exposed to the more kinds of fruits and vegetables, the better. It may take 10-12 times for them to accept the new food, but keep trying. Not only do fruits & vegetable provide essential nutrients for disease prevention like cancer & heart disease, research is also finding that eating more than 5 servings a day helps people control their weight. Normal weight folks eat a much greater number and variety of vegetables each day compared to overweight and obese folks.

How can you get you kids to eat more kinds of fruits and vegetables? Take them with you to shop, and have them help you prepare. Offer new ones with old favorites at a meal. Offer as snacks. Its ok if they only want to try one bite- keep joyfully offering and modeling how much you like them- they'll catch on faster than you think!



## The Many Benefits of Autumn's Bounty

Fall is a great time to load up on fruits and vegetables in Pennsylvania, as the variety of fresh selections are now at their peak. Pears, peaches, plums and apples add great color, flavor, and beneficial nutrients for growth, and

## Slow-Cookers Are Really A Time Saver!

Slow-cookers, or crock-pots, really do save time. You can prepare the meal that morning or the night before, refrigerate, turn on in the morning, and by evening have a meal ready. Make plenty, and plan to eat the leftovers at lunch or another evening meal.

## Cheesy Swiss Steak

2 pounds beef round roast, cut 1 inch thick  
1/4 cup flour  
1 tsp. salt  
1 stalk celery, chopped  
2 carrots, chopped  
1/4 cup chopped onion  
1/2 tsp. Worcestershire sauce  
1 can (8 oz.) tomato sauce  
1/2 cup shredded American cheese

Cut roast into 4 pieces. Dredge meat in flour mixed with salt; place in Crock-Pot. Add vegetables; pour sauces over all. Cover and cook on Low 8-10 hours, or High 4-5 hours. Just before serving, sprinkle on cheese. Serves 8. Recipe may be doubled- use maximum cooking times.

264 calories, 15 g fat, 24g protein, 8 g Carbohydrate.

## Autumn Fruit Compote

1 can (8 oz.) pineapple chunks  
1 1/2 cups orange juice  
1 Tablespoon cornstarch  
1 medium banana, peeled & sliced  
1 pear, sliced into cubes  
2 peaches, sliced into cubes



Drain juice from pineapple into small saucepan. Stir in orange juice & cornstarch, blend until smooth. Bring to a boil over medium heat, stirring constantly. When mixture cools to room temperature, stir in fruit. Makes 4-6 1/2 cup servings, or can serve over frozen yogurt, or waffles.

97 calories, 23g carbohydrate.

## Apple Tuna Sandwiches

1 can (6-1/2 oz.) tuna in water, drained  
1 apple, chopped  
1/4 cup lowfat vanilla yogurt  
1 tsp. prepared mustard  
1 tsp. honey  
6 slices whole wheat bread  
3 lettuce leaves

Combine tuna, apple, yogurt, mustard & honey. Spread 1/2 cup mixture onto bread Top with lettuce and bread. Makes 3 sandwiches. 255 calories, 21g protein, 4 g fat(1.3g sat.), 34g carbohydrate.

## Slow Cooker Stuffed Cabbage

12 large cabbage leaves  
1 pound lean ground beef  
1/2 cup cooked rice  
1/2 tsp. salt  
1/8 tsp. pepper  
1/4 tsp. thyme  
1/4 tsp. nutmeg  
1/4 tsp. cinnamon  
1 can (6 oz.) tomato paste  
3/4 cup water



Rinse cabbage leaves, Boil 4 cups water, turn off heat. Soak leaves in water for 5 minutes. Remove, drain, cool. Combine remaining ingredients except tomato paste and water. Place 2 tablespoons of mixture On each leaf & roll tightly. Stack into slow-cooker. Combine tomato paste & water, pour over stuffed cabbage. Cover & cook on low 8-10 hours. Serves 6. 274 calories, 16 g protein, 16 g fat, 16 g carbohydrate.

## Veggie Burritos

1/2 cup shredded carrots (kids can shred)  
1/2 cup chopped broccoli  
1/2 cup chopped cauliflower  
2 green onions, thinly sliced  
4 oz. shredded lowfat Cheddar cheese  
1/4 cup nonfat ranch salad dressing  
1/2 tsp. chilli powder  
4 (7 inch) flour tortillas  
1 cup lettuce (kids can tear into bite-size)

Combine all ingredients up to tortillas. Kids can spoon 1/2 cup mixture in center of each tortilla, add 1/4 cup lettuce, and wrap, folding bottom of tortilla up first, then each side. 201 calories, 10g protein, 7 g fat (3g sat.),22 carb.



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