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Vegetable Quesadillas *(back to archive contents)*

Makes 4 servings

Prep Time: 15-25 minutes

Ingredients:

- 2 cups frozen or canned corn (drained)
- ¼ cup thinly sliced green onions
- 1 cup chopped tomatoes or mild salsa
- 4 flour tortillas (try whole wheat tortillas)
- 1 ¼ cups shredded cheddar cheese

Preparation:

Preheat oven to 375°

In medium sauce pan, combine green onions and corn. Cook corn according to package directions. Drain well and return vegetables to pan.

Stir in salsa or tomatoes and cook over low heat for 1-2 minutes.

Arrange the tortillas in a single layer on 1 or 2 baking sheets. Sprinkle evenly with cheddar. Bake for 2 minutes (until cheese melts).

Remove tortillas from oven. Divide vegetables among tortillas. Roll into loose cylinders.

Variations:

Use steamed or fresh kale, Swiss chard or spinach.

Add cooked shredded/cubed turkey hindquarters with the cheddar cheese.

Rice and Bean Salad *(back to archive contents)*

Makes six 1-cup servings

Ingredients:

- 1 cup cooked or canned beans (red, black or pinto)
- 2 cups cooked rice
- 1-1/2 cups sliced celery
- 2-3 tablespoons diced onion
- 1/4 cup mayonnaise
- 1/2 cup plain lowfat yogurt
- 1 cup chopped cooked chicken or other meat
- 1 cup cubed cheese (optional)

Preparation:

- Combine cooked beans, cooked rice, celery, onion, mayonnaise and yogurt.
- Fold in chicken and cheese.
- Chill. If dry, moisten with a little milk before serving.

Spanish Rice *(back to archive contents)*

Makes six 1-cup servings

Ingredients:

- 1 chopped onion
- 1 cup water or chicken stock
- 1 cup uncooked white rice
- 2 cups canned tomatoes
- 1 teaspoon chili powder and salt
- 1-2 cloves of garlic
- 2 teaspoons of oil, butter or margarine

Preparation:

Heat oil and sauté onion and garlic.

Add rice and spices, stir until mixed.

Add water and tomatoes, bring to boil.

Reduce heat, simmer for 5 minutes, stir occasionally. When liquid is absorbed, turn off heat and let sit for 5 minutes.

Variations:

Top with shredded cheese or add cooked beef or turkey.

Lentil Soup *(back to archive contents)*

Makes four servings

Ingredients:

- 2 cups (1 pound) uncooked lentils
- 1 cup onion, finely chopped
- 1 carrot, chopped
- 2 cloves garlic, chopped
- 7 cups water (or vegetable stock)
- 1 - 15 oz can tomatoes
- 1 bouillon cube (optional)
- Pepper to taste

Preparation:

1. Rinse lentils and put in large saucepan.
2. Chop onion, carrot and garlic. Add water and all remaining ingredients to lentils. Bring to a boil.
3. Reduce heat and simmer until lentils are tender, about 90 minutes.

Variations:

- Add 1 cup diced celery or cubed potato in step 2.

Corn Chowder* *(back to archive contents)*

Makes four servings

Ingredients:

- 2 cups potatoes, peeled and diced
- 2 cups canned corn
- 3 cups hot milk
- 2 teaspoons grated onion
- 2 tablespoons margarine
- 2 tablespoons flour
- 1/2 teaspoon salt
- Black pepper to taste

Preparation:

1. In 1 cup water, cook potatoes and onion, covered, until tender. Add corn. Remove from heat.
2. In heavy saucepan over low heat melt margarine, stir in flour with a whisk or fork.
3. Slowly add hot milk, constantly stirring with a whisk or fork.
4. After all milk has been added, stir in potato-corn mixture, salt and pepper
5. Cook, stirring frequently, over low heat for 10 minutes or until heated through.

* Source: The Greater Boston Food Bank ClicknCookSM Database

Skillet Lasagna* *(back to archive contents)*

Ingredients:

- 1 cup chicken or turkey
- 1 cup cheese
- 1 (28-30 ounces) jar spaghetti sauce
- 1 cup uncooked macaroni
- 2 cups water
- 1 (10 ounces) box frozen spinach
- Salt and pepper to taste

Preparation:

1. Dice or shred chicken or turkey.
2. Grate cheese.
3. In a skillet or wok, combine chicken, sauce, pepper, salt, macaroni, and water.
4. Bring to a boil, reduce heat, cover and simmer 20-25 minutes or until macaroni is tender.
5. Add spinach and cook until thawed. Mix well.
6. Sprinkle with cheese.

* Source: The Greater Boston Food Bank ClicknCookSM Database

Hamburger Pie* *(back to archive contents)*

Makes six servings.

Ingredients:

- 1 lb. ground meat (beef, turkey or chicken)
- 1 can Mexicorn, drained
- 1 onion
- 8 medium potatoes, cooked and mashed (may use leftovers or instant)

Preparation:

1. Sauté hamburger and onion in a skillet. Drain.
2. Put meat and onion mix in large casserole.
3. Put drained corn on top of the meat mixture.
4. Top with the potatoes and sprinkle with paprika (optional).
5. Bake in a 350 degree oven for 30 minutes.
6. Optional: sprinkle with grated cheese for last five minutes of baking.

* Source: Adapted from Cooks.com

Tuna Noodle Casserole* *(back to archive contents)*

Makes six servings.

Ingredients:

- 1 package (8 oz) wide egg noodles
- 1 can (10 oz) condensed cream of mushroom soup
- 1 1/2 cup skim milk
- 1 large can tuna packed in water
- 1/2 package (10 oz) frozen peas
- 1 cup grated cheddar cheese

Preparation:

1. Cook noodles according to package directions. Drain.
2. Combine all ingredients in 2 1/2 or 3-quart casserole.
3. Bake at 350 degrees for about 45 minutes.

* Source: Adapted from Cooks.com

Homestyle Potato Soup* *(back to archive contents)*

Makes six servings.

Ingredients:

- 1 can chicken broth
- 1 pound potatoes (about 3 medium potatoes), peeled and cut into fourths
- 1 1/2 cups milk
- 1/4 cup chopped onions

Preparation:

1. Heat broth and potatoes to boiling in 3-quart pan, reduce heat.
2. Cover and simmer about 15 minutes until potatoes are tender. Do not drain. Mash potatoes slightly with fork. Soup should be lumpy.
3. Stir in milk, onions and any desired seasonings. Heat thoroughly but do not boil.
4. Optional: when soup is ready, gradually stir in 1 1/2 cups shredded cheese until melted, and /or add some broccoli.

* Source: Adapted from One*Pot Meals

Beefaroni* *(back to archive contents)*

Makes six servings.

Ingredients:

- 2 1/4 cups (9 oz) uncooked macaroni
- 2 pounds ground beef
- 1/2 cup onions, chopped
- 1/2 cup celery, chopped
- 1/3 cup green peppers, chopped
- 1 #300 can (15 oz) spaghetti sauce
- 1 1/2 cups (6 oz) shredded American cheese

Preparation:

1. Cook macaroni in boiling water. Drain and set aside.
2. While macaroni is cooking, brown ground beef, chopped onions, chopped celery, and chopped green peppers until mixture falls apart. Drain off fat and discard.
3. Mix in canned spaghetti sauce and cooked, drained macaroni. Pour total mixture into a baking pan or casserole. Top with shredded cheese.
4. Bake at 400°F for 15 minutes until heated through and cheese is lightly browned and mixture is bubbling.

* Source: The Greater Boston Food Bank ClicknCookSM Database

Stir-Fry Vegetables* *(back to archive contents)*

Makes four servings.

Ingredients:

- 1 tablespoon oil (canola or corn)
- 1 clove garlic, chopped
- 2 medium-sized carrots, peeled and sliced diagonally, 1/4" thick
- 3 stalks celery, sliced diagonally
- 1 medium onion, chopped
- 2 cups shredded cabbage
- 2 tablespoons water
- 2 cups fresh broccoli or spinach, cut up
- 1/2 teaspoon soy sauce (optional)

Preparation:

1. Heat oil in large skillet over medium heat. Add garlic, sauté for 2 minutes.
2. Stir in carrots, green pepper, celery, onion, and cabbage. Add 2 tablespoons of water.
3. Stir and cook for about 10 minutes.
4. Add broccoli or spinach. Cover and cook 10-15 minutes or until tender. Add small amounts of water as needed throughout the cooking period.
5. Add soy sauce, if desired.
6. Serve immediately.

Optional: To serve as a main dish, add cubes of lean meat, poultry or fish. Delicious with rice, noodles or in pita bread.

* Source: The Greater Boston Food Bank ClicknCookSM Database

Baked Beans* *(back to archive contents)*

Ingredients:

- 2 — 28 oz. cans of baked beans
- 1/4 cup brown sugar
- 1/2 chopped onion
- 2 tablespoons ketchup
- 2 tablespoons mustard
- 6 strips cooked bacon

Preparation:

1. Preheat oven to 350 degrees.
2. Mix all ingredients except bacon in a baking pan.
3. Bake at 350 degrees for two hours.
4. Garnish with bacon strips before serving.

* Source: **What's Cookin' at GP**

Mac and Broccoli Salad* *(back to archive contents)*

Ingredients:

- 1 bunch broccoli — sliced 1/8" up to crown
- 1 cup tomatoes
- 1/2 cup olive oil
- 1/2 cup diced red bell pepper
- 4 cloves of garlic, peeled and minced
- 12 oz package of macaroni
- Salt and pepper to taste

Preparation:

1. Heat the olive oil in a skillet over medium heat. Add broccoli, tomatoes and bell peppers, sauté until broccoli is tender, about 6 minutes.
2. Add garlic and heat for another 2 minutes, being careful not to burn the garlic. Remove skillet from heat.
3. Prepare macaroni according to package directions, rinse in cold water and add to skillet. Toss salad and transfer to serving bowl.
4. Add salt and pepper to taste. Serve hot or cold.

* Source: **What's Cookin' at GP**

Quick Potato Salad* *(back to archive contents)*

Makes 10-12 servings

Ingredients:

- 4 large potatoes, diced and cooked
- 6 hard-boiled eggs, chopped
- 1 cooked chicken leg, thigh and breast, chopped (optional)
- 1/2 cup sweet pickles
- 1 7-oz. jar of pimentos, chopped
- 1/2 cup celery, chopped (optional)
- 1/2 cup onions, chopped (optional)
- 1/2 teaspoon black pepper
- 2 cups mayonnaise

Preparation:

1. Mix all ingredients well.
2. Refrigerate and serve cold.

* Source: **Tommy Eslinger, NW Tacoma FISH**

Turkey Cabbage Casserole* *(back to archive contents)*

Ingredients:

- 1 tsp vegetable oil
- 1 onion, diced
- 1 green pepper, diced
- 1 lb. ground turkey
- 6 tbsp uncooked rice
- 1/2 tbsp garlic powder
- 1 medium cabbage, roughly chopped
- 1 15-oz can of tomato sauce
- 1 14.5-oz can of diced tomatoes
- 1 tsp sugar
- 1 tsp basil
- black pepper to taste
- 1/4 tsp red pepper flakes (optional)

Preparation:

1. Preheat oven to 350° F.
2. In large skillet, cook oil, onion and bell pepper over medium heat until vegetables start to brown.
3. Add ground turkey to skillet and stir occasionally.
4. While turkey is browning, spread cabbage evenly over bottom of casserole dish.
5. Add rice and garlic powder to turkey mixture. Mix well.
6. Spread the turkey mixture over the chopped cabbage.
7. In a separate bowl, mix tomato sauce, diced tomatoes, sugar, basil, pepper, and red pepper flakes.
8. Spread tomato mixture evenly over cabbage and turkey.
9. Cover with foil and bake at 350° F for 90 minutes. Remove foil carefully to avoid hot steam.

* Source: **WSU Pierce County Extension**

Bayou Red Beans and Rice*

(back to archive contents)

Ingredients:

1 lb red beans, soaked in about two quarts water overnight
3 stalks celery, chopped
1 medium green bell pepper, chopped
1 bay leaf
1 clove garlic, minced
1 large onion, chopped
2 tablespoons dried parsley flakes
pepper, to taste
12 to 16 ounces of smoked sausage, sliced

Preparation:

Rinse and drain soaked beans; place in a 5 to 6-quart Dutch oven and add about 6 cups of fresh water. Bring to a boil, then reduce heat and simmer for about 1 1/2 hours, or until beans are tender. Stir occasionally. Add remaining ingredients and salt to taste; simmer for about 1 hour, stirring occasionally. Add water as necessary. Serve over hot rice.

Serves six.

* Source: southernfood.about.com

Basic Oatmeal* *(back to archive contents)*

Ingredients:

- 1 cup water
- 1/2 cup oats
- Dash of salt (optional)

Preparation:

Stove Top Directions

1. Bring water to a boil in a small saucepan.
2. Stir in oats and salt.
3. Reduce heat to medium.
4. Cook for 5 minutes, stir occasionally.

Microwave Directions

1. Combine water, oats, and salt in a microwave-safe bowl.
2. Cover tightly with heavy-duty plastic wrap, poke a hole to allow steam to escape.
3. Microwave on HIGH 2 1/2 to 3 minutes; stir before serving.
4. For creamier oatmeal, use low fat milk instead of water; proceed as directed.

For added flavor, stir in one or more of the following: applesauce, bananas, peaches, raisins/dried fruit, sugar or brown sugar, cinnamon, honey, molasses or maple syrup.

* Source: **WSU Pierce County Extension**

Turkey Ratatouille Chili Variation* *(back to archive contents)*

Ingredients:

- 1 16 oz tube ground turkey
- 1 28 oz can diced tomato
- 1 8 oz can tomato sauce
- 1 15.25 oz can kidney beans
- 2 cups chicken stock (can be made from bouillion cubes)
- 2 cups peeled chopped eggplant
- 2 cups peeled chopped potatoes
- 1 cup chopped onion
- 2 tsp oil
- 2 tsp minced garlic
- 1 1/2 tbsp chili powder
- 1 1/2 tsp dried basil
- 1 dried bay leaf

Preparation:

1. Heat oil in a large pot over medium heat.
2. Add garlic, onions and eggplant and cook 5 minutes or until soft.
3. Set veggies aside in a bowl.
4. Put the turkey in the pot and cook until all the pink is gone. Break into small chunks and drain grease off.
5. Add veggies back into pot with the turkey.
6. Add remaining ingredients, stir thoroughly and bring to a boil.
7. Turn heat off, cover pot and move to a 250 °F oven until potatoes are cooked.

Optional additions: Mushrooms and/or chopped zucchini.

* Source: **Tommy Eslinger, NW Tacoma FISH**

Onion-Topped Turkey Divan* *(back to archive contents)*

Makes four servings

Ingredients:

- 5 cups frozen broccoli florets, thawed
- 2 cups diced cooked turkey or chicken
- 1 can (10 3/4 oz) condensed cream of chicken soup
- ½ cup mayonnaise or salad dressing
- ½ cup milk
- 1 cup shredded Cheddar cheese (4 oz)
- 1 cup French-fried onions (from 2.8-oz can), coarsely crushed

Preparation:

1. Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
2. Layer broccoli and turkey in baking dish. In medium bowl, mix soup, mayonnaise and milk; stir in cheese. Spread over turkey and broccoli.
3. Cover baking dish with foil. Bake 30 minutes. Sprinkle with onions. Bake uncovered 20 to 25 minutes longer or until bubbly and broccoli is tender.

Options: Substitute mixed vegetables for the broccoli; use cream of celery or cream of mushroom soup in place of the cream of chicken.

* Source: www.bettycrocker.com/recipes

Shepherd's Pie* *(back to archive contents)*

Makes four servings

Ingredients:

- 1 1/2 lb. ground meat
- 1 onion, chopped
- 4 med potatoes, cooked and mashed (or substitute instant mashed potatoes)
- 2 - 8 oz cans tomato sauce
- 2 cans green peas, drained
- 3/4 cup grated cheddar cheese
- Salt and pepper

Preparation:

1. Heat oven to 350°F.
2. Brown ground meat and onion, drain.
3. In casserole dish, combine meat mixture, tomato sauce and peas. Add salt and pepper to taste,
4. Top with mashed potatoes and grated cheese.
5. Bake uncovered at 350° for 15-20 minutes or until cheese is melted.

* Source: www.cooks.com

Low-Fat Refried Beans* *(back to archive contents)*

Ingredients:

- 1 lb. dry pinto beans, rinsed
- 2 cloves garlic, minced
- 1 medium onion, chopped
- 1 tbsp vegetable oil
- 2 tsp ground cumin
- 1 tsp chili powder
- 1 tsp salt

Preparation (Using the Quick Soak Method):

1. Put beans in a large pot with a lid. Pick out any rocks or discolored beans.
2. Add fresh water until beans are covered with one inch of water.
3. Place over high heat and bring to a boil.
4. When beans have come to a boil, drain, and return them to the same pot.
5. Add fresh water until beans are covered with two inches of water.
6. Stir in chopped onion and 1 minced clove of garlic.
7. Bring to a boil over high heat, then reduce heat to low.
8. Cover and simmer until beans are very soft and mash easily (about three hours), adding water as needed.
9. After cooking, drain out the water, saving some if needed to thin out the beans.
10. Using a potato masher or fork mash them with the remaining minced garlic clove, oil, cumin, chili powder and salt. (For creamier beans a blender or hand mixer can be used.
11. Use additional cooking liquid as needed to get desired creaminess.
12. Place over low heat for 20 minutes, stirring occasionally to blend the flavors.

Suggestions

- Serve as a side dish
- Use as a filling for enchiladas, burritos or tacos
- Use as a topping for nachos
- Mix with salsa and use as a dip for veggies and baked chips
- Spread onto a tortilla with cheese and veggies for a wrap

* Source: **Washington State University Pierce County Extension**
(Adapted from <http://allrecipes.com/Recipe/Vegetarian-Refried-Beans/Detail.aspx>)

Split Pea Soup* *(back to archive contents)*

Makes six servings.

Ingredients:

- 16 ounces (2 cups) dried split peas, rinsed
- 1/2 cup chopped onion
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 8 cups water
- 2 medium stalks celery, sliced
- 1 medium carrot, chopped

Preparation:

1. In a large saucepan, combine the first five ingredients. Simmer uncovered for one hour.
2. Wash and chop celery and carrots and add to the soup. Continue simmering covered for 1/2-1 hour or until peas are tender and soup thickens.
3. Leftover soup may be frozen for later use.

Suggestion: Add meaty ham bone or 4 slices cooked, diced ham with first five ingredients. The ham will add fat to the soup.

* Source: The Greater Boston Food Bank ClicknCookSM Database

Jiffy Oatmeal Crunch* *(back to archive contents)*

Makes 2 1/2 dozen squares.

Ingredients:

- ½ cup butter or margarine
- ¾ cup brown sugar, firmly packed
- 1 teaspoon vanilla
- ½ teaspoon baking soda
- 2 cups quick oats, uncooked
- 1 cup raisins

Preparation:

1. Preheat oven to 350°F and grease a 9x13-inch baking pan.
2. In large skillet, melt butter and brown sugar.
3. Remove from heat and stir in the remaining ingredients.
4. Spread into pan and bake for 15-20 minutes. Cool; cut into squares.

* Source: USDA Food and Nutrition Service, Food Distribution Division

Easy Ambrosia* *(back to archive contents)*

Makes eight servings.

Ingredients:

- 1 can drained pineapple chunks
- 4 peeled tangerines or 2 cans drained mandarin oranges
- 1/2 cup of any of the following fruits: blueberries, strawberries, raspberries, mango, papaya, kiwi, cherries, grapes
- One 6-ounce container low-fat vanilla yogurt

Preparation:

Combine all ingredients in a serving container and stir together. Sprinkle with flaked coconut, if desired.
(Optional: add 1/2 cup chopped nuts and or 1/2 cup mini-marshmallows)

* Source: Adapted from Food Bank of Central New York

Old Fashioned Bread Pudding* *(back to archive contents)*

Ingredients:

- 2 1/4 cups milk
- 2 eggs (slightly beaten)
- 2 cups of day-old bread in 1-inch cubes
- 2 cups brown sugar
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 1/2 cup raisins**

** may use chopped dates, prunes, nuts as desired or combo of all**

Preparation:

- Preheat oven to 350° degrees
- Combine all ingredients, mix well and pour over bread cubes. Place in 8-inch baking dish and then place dish in a larger baking dish.
- Add 1 in of water around the smaller dish. Place in 350° degree oven and bake for about 45 min or until knife (when inserted) comes out clean.

* Source: Courtesy of South Sound Outreach Services

Ramen Noodle Stir Fry* *(back to archive contents)*

Makes 4 servings

Ingredients:

- 2 pkg. Top Ramen, 6 oz. each
- 3 cups water
- 1 tablespoon vegetable oil, canola
- 1 cup carrots, diced
- 1 cup cabbage, chopped
- ½ cup onions, diced
- 1 egg, whole, cooked, scrambled**
- 1 tablespoon soy sauce

** may use left-over cooked meat instead of egg**

Preparation:

1. Break noodles apart and place in bowl, cover with boiling water to just cover noodles and set aside (noodles will expand in hot water).
2. In skillet add ½ of the oil and scramble eggs, set aside.
3. Add remaining oil to skillet and set temperature to medium heat.
4. Add carrots, onions, and cabbage to skillet; sauté.
5. Add 1 seasoning packet and soy sauce, plus 1 tablespoon water if needed.
6. Add egg to cooked vegetables or meat.
7. Drain excess water from noodles and add noodles to skillet.
8. Cook until heated, stirring often.

* Source: Washington State University Extension Snohomish County

Kale and Tomato Stir Fry* *(back to archive contents)*

Makes 4 servings

Ingredients:

- 1 12 oz can diced tomatoes
- 2 cups kale (rinsed and chopped)
- 1 cup cooked rice
- 1 clove garlic, finely chopped
- 1 tablespoon olive oil (or any oil)
- Salt / pepper to taste

Preparation:

1. Heat oil in skillet and add garlic to brown. Be careful not to burn the garlic.
2. Toss in tomatoes and kale.
3. Once kale is cooked, add rice to heat up and soak in the flavor.
4. Add salt/pepper to taste.

* Source: Washington State University Extension

Spicy Peanut Vegetables* *(back to archive contents)*

Makes 4 servings

Ingredients:

- 1 tablespoon peanut butter
- 2 tablespoons lite sodium soy sauce
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1/2 cup water
- 1/2 teaspoon red pepper flakes
- 1 onion, sliced
- 1 green pepper, sliced
- 3 carrots, sliced
- 1 zucchini, sliced
- Nonstick cooking spray

Preparation:

1. Combine peanut butter, soy sauce, sugar, lemon juice, water and red pepper in a bowl; stir to mix.
2. Spray a large saucepan with nonstick cooking spray. Over medium heat, cook onion until soft, stirring occasionally.
3. Add green pepper, carrots and zucchini; cook until soft.
4. Pour sauce over vegetables and cook one minute.
5. Serve while hot or refrigerate.

* Source: US Dept of Agriculture, Household Commodity Fact Sheet

Minestrone Soup* *(back to archive contents)*

Makes 10 servings

Ingredients:

- 5 potatoes, cut into cubes
- 5 carrots, chopped
- 4 stalks celery, chopped
- 1 onion, chopped
- 1 clove of garlic, minced
- 1/2 cup of tomato paste
- 1 can (15 oz) kidney beans
- 2 quarts water
- salt and pepper to taste

Preparation:

1. Combine all ingredients in large pot.
2. Cook over medium heat until all vegetables are tender.
3. Serve over your favorite rice or pasta.

Tips:

- Soup can be frozen for up to four months (let cool before freezing).
- Use spices and herbs such as oregano and parsley instead of salt.
- Serve soup with whole-grain bread.

* Source: Greater Pittsburgh Community Food Bank, www.pittsburghfoodbank.org/programs/recipes

Ground Beef Stew* *(back to archive contents)*

Makes 4 servings

Ingredients:

- 1/2 pound ground beef (or ground turkey)
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (10 oz) condensed tomato soup
- 1 1/4 cups water
- 6 medium carrots (or 2 cups canned, drained)
- 2 medium potatoes (or 2 cups canned, drained)
- 1 cup onion, diced

Preparation:

1. Brown meat in a large skillet. Drain. Add salt and pepper to taste.
2. Add soup and water to skillet. Add carrots, potatoes and onions.
3. Bring to a boil, then simmer, covered, about 25 minutes or until soft. Remove from heat, cover for ten minutes to thicken.
4. Serve immediately.

* Source: USDA, adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>

Potato & Carrot Casserole* *(back to archive contents)*

Makes 6 servings

Ingredients:

- 4 medium white potatoes
- 5 carrots, cut into long thin strips
- 1 can (15 oz) sweet potatoes, quartered
- 1 onion, quartered
- Salt and pepper, to taste
- 2 tablespoons vegetable oil

Preparation:

1. Preheat oven to 350°.
2. Place 1/3 cup of water in a casserole dish. Layer in potatoes, carrots, sweet potatoes and onions. Sprinkle generously with salt and pepper.
3. Pour oil over entire dish until all ingredients are well coated.
4. Cover or place foil over dish and bake for two hours.

* Source: Food Bank of Central New York, <http://www.foodbankcny.org/default.aspx?PageID=738>

Peanut Butter Banana Smoothie* *(back to archive contents)*

Ingredients:

- 2 cups milk or 1 1/2 cups plain, flavored or soy yogurt
- 2 bananas
- 1/4 cup peanut butter
- 3-5 ice cubes
- 1 tablespoon honey or sugar (optional)

Preparation:

1. Mix all ingredients together in a blender and mix until smooth.
2. If you do not have a blender, mash bananas with a fork and crush ice with a mallet. Blend using a mixer or wire whisk.
3. Serve cold.

* Source: Oregon State University Extension Service. <http://extension.oregonstate.edu/lane/foodpantry/documents/Spring-SummerFoodPantryCookbook05.pdf>

Baked Oatmeal* *(back to archive contents)*

Makes 8-10 servings

Ingredients:

- 1 cup oil (can substitute butter or applesauce)
- 1 1/2 cups sugar
- 4 eggs
- 6 cups oats
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 2 cups milk

Preparation:

1. Preheat oven to 375°.
2. Combine all ingredients in order listed. Pour into greased 9x13 inch pan.
3. Bake at 375° for 30-40 minutes until lightly browned. (Can be refrigerated overnight before baking.)
4. Serve topped with butter, brown sugar and milk.

* Source: <http://moneysavingmom.com/2008/08/frugal-breakfas.html>