

Annelle Delorme-Hagerman Food Pantry
Church of our Saviour, Somerset, MA



Recipes put together by:
Girl Scout Troop 1108, Somerset, MA



Nutrition Standard

Follow this standard for healthy eating:

HEALTHY EATING PLATE

HEALTHY OILS

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

VEGETABLES

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

WHOLE GRAINS

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

FRUITS

Eat plenty of fruits of all colors.

HEALTHY PROTEIN

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

 **STAY ACTIVE!**

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The Nutrition Source
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Breakfast

Easy Breakfast Casserole

- 1 lb. sausage, bacon or ham
- 3/4 c. sharp cheddar cheese
- 1/2 c. mushrooms & pieces
- 5 eggs
- 1 3/4 c. milk
- 6-8 slices of bread (cubed)

Directions:

Place cubed bread in casserole dish, put cooked sausage, bacon or ham on top. Add sharp cheese, mushrooms on top of meat.

Beat eggs, milk, salt and pepper, pour over top.

Let stand 5 minutes then bake at 350 until brown (35 minutes).

Pumpkin Oatmeal

- Quick cooking oatmeal
- Canned pumpkin
- Cinnamon
- Sugar

Directions:

Prepare oatmeal as directed on the package. Add 2 Tablespoons canned pumpkin, 1/4 Teaspoon Cinnamon, and 1/2 Teaspoon of sugar. Stir.

Peanut Butter Oatmeal

- ¼ cup old fashioned oats
- ½ cup nonfat milk
- 1 Tablespoon of peanut butter
- ¼ Teaspoon of ground Cinnamon

Directions:

In a microwaveable bowl, combine the oats and milk and put into the microwave on high for 3 minutes. Stir in the peanut butter and Cinnamon and add milk if desired.

Breakfast Burrito

- 4 tablespoons extra virgin olive oil
- 1 small onion (red or white), chopped (about 1 cup)
- 1 can black beans, drained and rinsed
- 4 large eggs
- 1 cup canned, diced tomatoes or salsa
- 1 cup chopped/ shredded cheese
- 4 – 6 inch flour tortilla (preferably whole wheat) or 8 slices whole wheat toast

Directions:

If you are using tortillas: To heat the tortillas, lightly oil the skillet and heat on medium. Add the tortillas, 1 at a time and heat on 2 sides. You may need to add a little more oil as you heat all the tortillas. Keep the heated tortillas warm in the oven (about 250°F) while the mixture cooks. When the tortillas are heated, the pan is used to cook the eggs.

In another skillet:

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add the onion, stir to combine. Heat 8 to 10 minutes or until translucent. Add the drained black beans, stir to combine and heat 1 to 2 minutes. Add the

canned tomatoes or salsa and heat.

Start to cook the eggs in the pan used to heat the tortillas. Break the eggs into a bowl, taking care not to crack the yolks. Add a little more oil to the pan used to heat the tortillas. Gently slide the eggs into the pan and cook until the white is opaque. Carefully turn the eggs when the white is opaque. Sprinkle the eggs with the cheese; cover and heat until the cheese melts.

Place 1 heated tortilla on a plate. Top with the bean mixture and then the egg with the cheese side up. If you are using toast, you can put the cooked egg and vegetable or the toast or on the side.

Lunch/Dinner

Shepherd's Pie

- 1 1/2 lbs. ground beef
- 1 can corn
- 1 can peas, drained
- Salt and pepper
- Mashed potatoes

Directions:

Preheat oven to 350 degrees. Brown beef and drain. Add corn to beef, when hot, fold in peas. Pour into a bake pan and top with mashed potatoes. Dab small amount of butter on the potatoes. Bake for about 20-25 minutes.

Meat Sauce

- 1 lb ground beef
- 1 large can tomato sauce
- 1 onion
- 1 green pepper
- 2 tablespoons sugar

Directions:

Cut onion and pepper cook in pan with butter and sugar. Brown and drain beef. Add sauce, onions and peppers to beef. Serve over pasta

Tuna Casserole

- 1 can peas
- 1 (one ounce) onion
- 1 box Mac and Cheese
- 1 can of cream of mushroom soup
- Canned tuna

Directions:

Bring a large pot of water to a boil. Add macaroni and cook until pasta is al dente. Drain well and return the pasta to the pot. Mix soup, tuna, onions, and cheese mix into the pot. Stir constantly until all the ingredients are well mixed and the cheese has melted.

Mixed Salad with Fruit

- Lettuce/greens (chopped)
- Carrots (shredded)
- Onions (sliced thin)
- Canned Mandarin oranges
- Croutons

Directions:

Mix all ingredients together and enjoy with your favorite salad dressing

Weenie Soup

- 2 potatoes, peeled and cubed
- 1 onion, chopped
- 4 cups water
- Canned Mandarin oranges
- 1 (26 ounce) can condensed tomato soup
- 8 Hot Dogs, sliced

Directions:

In a large saucepan over medium high heat, combine the potatoes, onion, and water and boil for 15 minutes. Add the tomato soup and the hot dogs and simmer for 10 minutes; or until the hot dogs are heated through.

Fried Mashed Potatoes

- Mashed Potatoes
- 1 onion, chopped
- Flour
- Cooking oil

Directions:

Add the onion to the mashed potatoes and then form the mix into the shape of a hamburger. Dip patties into flour on both sides. Fry in a skillet with some cooking oil until golden brown on both sides.

Roasted Chicken

- One 2- to 3-pound farm-raised chicken
- Kosher salt and freshly ground black pepper
- 2 teaspoons minced thyme (optional)

Directions:

1. Preheat oven to 450 degrees.
2. Thoroughly wash and then use a paper towel to pat the bird dry.
3. Salt and pepper the cavity, then truss the bird.
4. Salt the bird, using about a tablespoon of kosher salt. Make a "rain" of salt over the bird, distributing it evenly and in a uniform fashion.
5. Pepper to taste.
6. Put the bird in a sauté pan and place in hot oven for 60 minutes or until done.
7. Remove from oven, and add the thyme. Let stand for 15 minutes to settle, intermittently baste with the juices while setting.
8. Remove twine, cut and serve

Hot Dog Casserole

- 1 (8 ounce) box elbow macaroni, freshly cooked, drained
- 1/2 lb hot dog, sliced into rounds
- 2 1/4 cups American cheese or 2 1/4 cups Velveeta cheese, shredded
- 5 tablespoons unsalted butter
- small onion, very finely chopped (about 1/2 cup)
- 1/4 cup all-purpose flour
- 2 cups milk
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon salt

Directions:

Preheat oven to 350 F degrees and Grease a 2-quart casserole.

Add the freshly cooked and drained macaroni into the casserole along with the sliced hot dogs and just 2 cups of the cheese; mix well.

Combine butter and onion in a medium saucepan and saute over medium heat until the onion is wilted (about 5 minutes).

Whisk flour into the butter mixture quickly until flour is absorbed, then remove from heat.

Add milk slowly, whisking to combine well- make sure you whisk very quickly and thoroughly or you will have doughy clumps.

Return to heat, whisk in the salt and pepper, and bring to a boil (still whisking)- just be careful not to let it burn. As soon as it starts to hit the boiling point, remove from heat and pour evenly over the macaroni mixture.

Stir to gently to combine.

Sprinkle with remaining 1/4 cup cheese and bake, uncovered, for 18-20 minutes or until heated through and the cheese has melted and browned (If you prepare this in advance, wait to add the remaining cheese until you are ready to bake the casserole the next day).

Macaroni and cheese with vegetables

- 6 Tablespoons of extra virgin olive oil
- 1 small onion, chopped (about 1 cup)
- 2 cups frozen, defrosted, chopped broccoli
- 4 tablespoons white flour
- 2 cups milk
- 16 slices American cheese
- 13.2 ounces (dry weight) pasta, preferably whole wheat (you can use 12 oz.)
- Salt and pepper

Directions:

Cook the macaroni as directed and drain. While the macaroni is cooking prepare the sauce. Preheat the oven to 350°F. Lightly coat a 13x9x2 inch glass Pyrex pan with olive oil.

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan about 12 inches wide. Add any optional ingredients (garlic, herbs) and stir to combine.

Add the onion and broccoli, stir to combine; season with salt and pepper. Cook on medium 10 to 15 minutes, or until the vegetables are soft stirring the mixture occasionally while it is cooking.

Sprinkle the flour on the vegetables and stir to mix the flour completely into the vegetables and oil. There should be no dry flour visible. Pour in the milk, stir to mix in.

Stir gently and continue to cook until the mixture thickens.

Cut the cheese into smaller pieces (about 4 to 6 pieces per slice). Add the cheese to the thickened sauce. Stir to combine and continue stirring until the cheese melts. Add the cooked macaroni and stir to combine. Pour into the prepared pan. Bake until bubbling, about 20 to 30 minutes.

Vegetarian Chili

- ½ cup extra virgin olive oil
- 1 medium onion (red or white), chopped (about 2 cups)
- 2 cans corn, drained or 3 ½ cups of frozen, defrosted

You can use all or some of these spices:

- 2 teaspoons ground cumin
- 1 tablespoon chili powder
- 2 teaspoons dry oregano
- 28 ounce can crushed tomatoes
- 3 cans of beans: black, kidney, pinto, cannelloni, drained and rinsed. You use any combination that you like.

Directions:

Heat the olive oil on medium (4 to 5 on the dial) heat in a large pan on top of the stove or in a slow cooker. Add the onions, stir to combine with the oil; season with salt and pepper.

Cook for about 10 minutes or until the onions are translucent. Stir in the drained corn and cook for another 5 minutes. You should occasionally stir the vegetables.

Sprinkle the cooked vegetables with the spices. Stir to mix in evenly. Add the tomatoes and all the beans. Stir to combine. Reduce heat to medium low and simmer for about 45 minutes or longer, stirring occasionally.

Serve over cooked rice (preferably brown rice) or in a baked potato.

Pasta salad

- 6 tablespoons extra virgin olive oil
- 3 tablespoons vinegar
- ½ teaspoon salt
- 1 cup chopped carrots (2 medium)
- 1 small onion (red or white), chopped (about 1 cup)
- 1 medium pepper (green or red), chopped (about 2 cups)
- 8 ounces (dry weight) pasta, cooked as directed on the package

Directions:

Put the olive oil and vinegar in a bowl. Add the salt and stir to combine the olive oil and vinegar. Add the vegetables and pasta and stir to combine.

Three Bean salad

- 1 (16 oz) can green beans, drained
- 1 (16 oz) can yellow wax beans, drained
- 1 (16 oz) can red kidney beans, drained
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped green bell pepper
- 1 cup Italian dressing
- ¼ teaspoon salt

Directions:

Mix green, yellow and kidney beans with onion, celery, green bell pepper in a bowl. Add Italian dressing and salt. Refrigerate until flavors blend, 8 hours overnight.

Chicken Stew

- 4 cups water
- 1 lb chicken
- 3 carrots, cut into chunks
- 2 stalks celery, cut in chunks
- 2 potatoes, diced
- 1 (15 ounce) can peas
- 1 (8 ounce) can tomato sauce
- 2 bay leaves
- Rice

Directions:

Stir water, chicken, carrots, celery, potatoes, peas, tomato sauce, and bay leaves together in a pot; bring to a simmer, reduce heat to medium, and cook at a simmer for 1 hour 45 minutes. Stir cooked rice into the soup and cook until the rice separates into grains and are hot for about 15 minutes.

Desserts

Easy Peanut Butter Cookies

1 cup peanut butter

1 cup sugar

1 egg

Directions

1. Preheat oven to 350 degrees.
2. Combine all ingredients in a bowl.
3. Mix until well combined.
4. Form into 1" balls.
5. Bake at 350 until golden brown.
6. (To make more than 1 run of cookies just double the recipe).

Creamy Mixed Fruit Salad

2 cans of mixed fruit (drained and about 15 ounces each)

2 bananas, sliced

1 apple, peeled and sliced

1 cup lemon or vanilla low fat yogurt

2 Tablespoons of lemon or vanilla instant pudding mix

Directions

Combine mixed fruit, bananas, and apple in medium bowl. In a small bowl, mix together yogurt and pudding mix. Spoon yogurt mixture over fruit, stirring until coated. Serve right away or refrigerate.