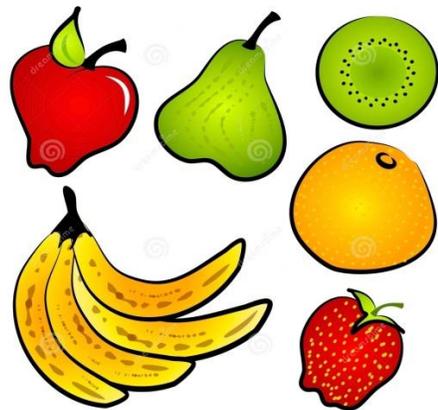
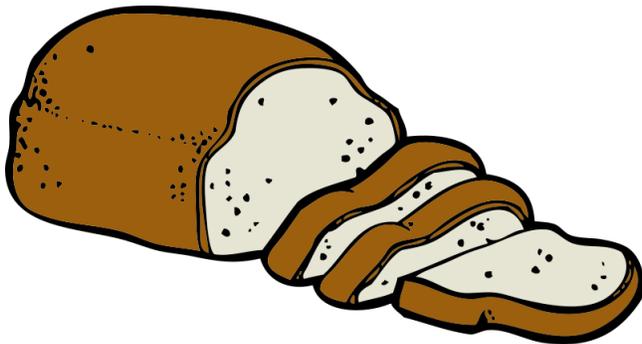


SU Campus Food Bank Cookbook:

**A guide to getting the
most out of a hamper
Compiled by SU Campus Food
Bank Volunteers**



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Breakfast

Pancake Breakfast Cups

Recipe contributed by: Breann

Prep Time: 5 minutes
Yields: 9 breakfast cups

Cook Time: 15 minutes

Ingredients:

½ cup of milk
3 eggs
¼ teaspoon of salt
½ teaspoon vanilla
2 tablespoons butter (melted)
Optional filling: jam, deli meat, syrup, cheese

Directions:

1. Preheat oven to 400°F
2. Combine and mix milk, eggs, flour, salt and vanilla in a bowl
3. Add melted butter to the bowl and mix
4. Grease 9 baking cups and fill each with a ¼ cup of batter
5. Bake for 15 minutes or until they are a golden brown
6. Let the breakfast cups cool
7. Fill with toppings and enjoy!

Banana/Apple Breakfast Muffins

Recipe contributed by: Danais

Prep Time: 10 minutes
Yields: 3 muffins

Cook Time: 12 minutes

Ingredients

¼ cup of uncooked oatmeal
1 teaspoon of baking powder
1 banana/apple
2 tablespoon of peanut butter/almond butter
1 egg
½ cup egg whites

Directions:

1. Mash the banana or cut apple into small pieces
2. Mix all the ingredients on a bowl
3. Blend together with a mixer until you obtain a creamy consistency (batter-like)
4. Grease and fill muffin cups with mix. Add nuts for extra flavor (optional)
5. Place muffin pan into a 350 oven for 12 min – until golden brown on top
6. Enjoy!

Homemade Pancakes

Recipe contributed by: Danais

Prep Time: 5 minutes

Cook Time: 5 minutes

Yields: 3 pancakes

Ingredients

½ cup of oats

½ teaspoon of vanilla

½ banana

2 egg whites

Few drops of apple sauce or cinnamon
(optional)

Directions

1. Place all ingredients on a blender. Blend for around 2 to 3 minutes until batter-like consistency is obtained.
2. Place mix on griddle or pan in thin circles. Add chocolate chips for extra chips (optional)
3. Cook until golden brown and add desired toppings!

Lunch & Dinner

Garlic Parmesan Roasted Broccoli

Recipe contributed by: Danais

Prep Time: 5 minutes
Cook Time: 10 minutes

Total Time: 15 minutes
Yield: 6 serving

These roasted broccoli florets come together with just 5 min prep, tossed in Parmesan-garlic goodness. Plus, it's the perfect and easiest side dish to any meal!

Ingredients

24 ounces broccoli florets*	Salt and black pepper, to taste
3 tablespoons olive oil	1/4 cup grated Parmesan
4 cloves garlic, minced	Juice of 1 lemon

Directions

Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with non-stick spray.

1. Place broccoli florets in a single layer onto the prepared baking sheet. Add olive oil and garlic; season with salt and pepper, to taste. Gently toss to combine.
2. Place into oven and bake for 10-12 minutes, or until tender.
3. Serve immediately, sprinkled with Parmesan and lemon juice.

Notes

**24 ounces broccoli florets is equal to about 5 cups.*

Slow Cooker Creamed Corn

Recipe contributed by: Danais

Skipped the canned cream corn this year and make it from scratch right in the crockpot – it's so rich and creamy and unbelievably easy to make with just 5 ingredients!

Ingredients

3 (15.25-ounces) cans whole kernel corn, drained	1/4 teaspoon pepper
1 cup milk	8 ounces cream cheese, cubed
1 tablespoon sugar	1/2 cup (1 stick) unsalted butter, cut into thin slices

Directions

1. Place corn into a slow cooker. Stir in milk, sugar and pepper until well combined. Without stirring, top with butter and cream cheese. Cover and cook on high heat for 2-3 hours.

2. Uncover and stir until butter and cream cheese are well combined. Cover and cook on high heat for an additional 15 minutes.
3. Serve immediately.

Notes

Adapted from Family Fresh Meals

Broccoli Shells n' Cheese

Recipe contributed by: Danais

Ingredients

8 oz. pasta	2.5 cups milk
1 lg. crown broccoli	8 oz. (2 cups) sharp cheddar, shredded
½ med onion	¼ cup grated parmesan
3 Tbsp butter	To taste salt and pepper
3 Tbsp all-purpose flour	

Directions

1. Get a large pot of salted water on to boil. Rinse the broccoli well and cut it into small florets.
2. The pasta and broccoli will be cooked in the same pot to save on dishes and time. When the water comes to a full boil, add the pasta. Set a timer for 8 minutes then add the broccoli. Cook the pasta and broccoli for two minutes more and then pour everything into a colander to drain. Set them aside until ready to add to the cheese sauce.
3. While the pasta and broccoli are doing their thing, you can begin the cheese sauce. Finely dice the onion and cook with butter over medium heat until softened (about 2-3 minutes).
4. Add the flour to the butter and onion. The flour and butter will form a paste like mixture (roux). Using a whisk, stir and cook the roux for 1-2 minutes more taking care not to let it scorch. This slightly cooks the flour preventing the cheese sauce from having an overly flour or paste like flavor.
5. Add the milk and whisk well to dissolve all of the flour clumps. Add freshly cracked black pepper at this point. Bring the mixture up to a simmer (you may need to raise the heat just slightly). When the sauce reaches a simmer, it will begin to thicken. When it is thick enough to coat the back of a spoon, it's time to add the cheese.
6. Turn the burner off and whisk in the shredded cheese (and parmesan if using) until it is fully melted in. Give the cheese sauce a taste and add salt, pepper and hot sauce to taste.
7. Once you have the cheese sauce seasoned to your liking, stir in the cooked and drained pasta and broccoli. Serve hot and gooey!

Scalloped Potatoes

Recipe contributed by: Danais

Prep Time: 15 minutes

Cook Time: ~1.5-2 hours

Ingredients

8-10 medium potatoes
2 tablespoons of flour
2 cups shredded cheese

¼ cup cold butter, cut into small squares
2 cups milk
1 teaspoon salt

Directions:

1. Wash and peel thinly sliced potatoes
2. Butter a casserole dish (9x13)
3. Layer 1/3 potatoes, 1/3 butter, 1 tbsp. of flour and 1/3 of cheese
4. Repeat (potatoes, butter, flour, cheese)
5. Follow with final layer of potatoes and top with remaining 1/3 butter
6. In a bowl mix milk, salt and pour over top of potatoes
7. Cover with tin foil and bake preheated 350 F for 1-1.5 hours until potatoes are soft and bubbly
8. Sprinkle with remaining cheese and bake uncovered for another 15-20 min

Tuna and Pasta

Recipe contributed by: Danais

Ingredients

¼ box of pasta
4-5 tbsp Pasta sauce

1 can of tuna
2 tbsp. of salt

Directions

1. Boil 2 litres of water and 2 tbsp. in a pot. Once the water is boiling, add pasta and stir within the first 2 minutes to keep the pasta from sticking.
2. Place the lid back on the pot to help bring the water back to a boil. Once the pot is boiling again, remove the lid for the remaining cook time to prevent the pasta from boiling over.
3. Cook pasta for 10-15 min and test until right desired consistency is achieved
4. Once the pasta is cooked, keep it warm on the stove burner using a low temperature setting.
5. In a separate pot place 4 -5 tbsp. of pasta sauce and heat at a low setting for 3-4 min until warm.
6. Once the pasta sauce is warm, add can of tuna and mix together. Stir and cook for 2-3 min.
7. While the pasta sauce is heating, drain the pasta into a colander in the sink.

- Place the pasta into a plate, add pasta sauce and tuna and enjoy!

Corn Flake-Battered Chicken

Recipe Contributed by: Heather

Prep Time: 10-15 minutes

Cook Time: 1 Hour

Ingredients

Crushed Corn Flakes	1 cup all-purpose flour
1 egg	½ teaspoon salt
1 cup of milk	¼ teaspoon pepper
1 chicken cut into quarters (wings, legs, breasts separated)	
3 tablespoons butter, melted	

Directions

- In a medium-sized mixing bowl, beat egg and milk slightly.
- Add flour, salt, and pepper. Mix until smooth.
- Dip chicken in batter. Coat dipped chicken with crushed Corn Flakes.
- Place in shallow baking pan coated with cooking spray or foil lined.
- Make sure the pieces are fully separated: they should not touch each other. Drizzle with margarine.
- Bake at 350^{oF} or 177^{oC} for about 1 hour or until chicken is tender, the meat is no longer pink and its juices run clear. Do not cover pan or turn chicken while baking.

Beef and Rice Casserole

Recipe contributed by: Heather

Prep Time: 30 minutes

Cook Time: 5 minutes

Ingredients

1 lb. ground beef	1 tsp. salt
1 large onion, chopped	½ tsp pepper
1 can tomato sauce 15 oz	2 2/3 cups cooked rice
1 can diced tomatoes 14 ½ oz.	
1 med green pepper	

- substitutes: canned mushroom, canned corn or any vegetable you enjoy cooked

Suggest spices

- 1 tsp. cumin
- 1 tsp. chili powder
- ½ tsp. garlic powder

Directions

1. In large skillet cook ground beef, onion and vegetables.
2. Once beef has become brown in color, drain off the fat and excess juices in the skillet. Stir in tomato sauce, tomatoes, and spices.
3. Bring to a boil. Cook five minutes. Add rice and stir.
4. Heat until desired consistency is attained (the longer you heat the thicker the casserole). Serve hot.

Creamy Tuna Casserole

Recipe contributed by: Heather

Prep Time: 25 minutes

Cook Time: 25-30 minutes

Ingredients

- | | |
|--|----------------------------|
| 5 cups uncooked pasta | ¼ cup chopped onion |
| 1 cup frozen peas | 8 oz. sour cream |
| 1 can (10 ¾ oz.) cream of mushroom soup | 2 cans 5 oz. tuna, drained |
| 1 tbs butter melted | ¼ tsp salt |
| ¼ cup bread crumbs | |
| 2/3 cup grated Parmesan cheese (can substitute other cheese) | |
| 1/3 cup whole milk (can substitute 1/5 cup evaporated milk with 1/5 cup water) | |

Directions

1. Bring pot of water to a boil, reduce to medium heat and add pasta.
2. Cook noodles until al dente (still somewhat firm) adding peas during the last minute of cooking.
3. Drain.
4. In a bowl stir soup, sour cream, cheese, milk, and salt. Then stir in tuna and onion.
5. Add to noodles and peas. Toss to combine.
6. Transfer to 11 x 7 inch buttered baking dish. In a small bowl toss bread crumbs with butter and sprinkle over noodle.
7. Bake uncovered at 350 degrees for 25-30 minutes or until bubbly.

Simple Meatballs

Recipe Contributed by: Heather

Prep Time: 5-10 minutes

Cooking Time: 20-25 Minutes

Ingredients

1 lb ground beef

½ cup milk

½ cup quick oats

1 egg

salt and pepper

onion powder, to taste (optional)

Directions

1. Preheat oven to 350 degrees.
2. In a medium or large bowl knead together all ingredients. Form into decent size balls and place on a greased cookie sheet or pizza pan.
3. Do not handle the meat too much or it will become chewy. Bake for 20-25 minutes, or until browned on outside. Serve with noodles and tomato-based pasta sauce.

Dessert

Russian Apple Pie

Recipe contributed by: Adrienne

Prep Time: 10 minutes

Cooking Time: 55 minutes

Servings: 8 units US

Ingredients

4 large granny smith apples, peeled	1 cup flour
1/2 cup sugar	3 large eggs

Directions

1. Remove core from the apples, cut in large chunks 2", lay parchment paper on the bottom of your baking form (I use 8 1/2 inch spring form).
2. Lay the apples on top of parchment paper.
3. Let eggs warm up for 10 minutes, then mix till light yellow and foamy; add sugar in, small portions at a time, let sugar dissolve; add flour; mix till you see air bubbles, pour mixture on the apples.
4. It will soak throughout; do not mix apples with batter.
5. Bake for 55 minutes on 375°F.
6. When pie is done flip upside down, Apples will be on the top.
7. Enjoy.

Spritz

Recipe contributed by: Adrienne

Servings: 8 Units US

Ingredients

3 3/4 cups all-purpose flour	1/4 cup orange juice
3/4 cup white sugar	1 egg yolk
1 1/3 cups butter, softened	

Directions

1. In large bowl, mix all ingredients at medium speed until well mixed. Cover and refrigerate for about one hour.
2. Preheat oven to 375 degrees F. Use part of dough at a time, keeping the rest refrigerated.
3. Using a cookie press fitted with a bar-plate tip, press dough in long strips, about one inch apart down the length of the cookie sheets.
4. With a sharp knife, cut each strip into 2 1/2 inch pieces. Leave pieces in place. Bake 8 minutes or until light golden. Do not to overbake.

5. Remove from oven and immediately cut again between cookies to separate any cookies which are still joined together.
6. Move cookies to wire rack, and allow cookies to cool completely. Store tightly covered.

Easy Peanut Butter Cookies

Recipe contributed by: Adrienne

Prep Time: 10 minutes

Cooking Time: 10 Minutes

Yields: 2 dozen

Ingredients

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).