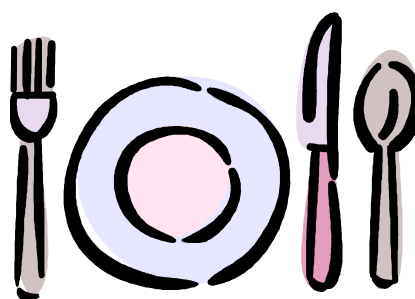


From Food Pantry to Table Cookbook

2014



This From Food Pantry to Table Cookbook was produced by the University of Hawaii's Cooperative Extension Service's (UH-CES) Nutrition Education for Wellness Program (NEW) and its Supplemental Nutrition Assistance Program - Education (SNAP-Ed), with funding from United States Department of Agriculture's Supplemental Nutrition Assistance Program (formerly known as Food Stamps Program). The NEW program would like to especially thank The Giving Tree Food Pantry whose collaborative effort with UH-CES SNAP-Ed over the years, has helped to provide the catalyst for the creating of this cookbook.

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Introduction

Food pantries are a great resource available to certain communities that can help individuals and families stretch their food dollar, and potentially help aid in the reduction of food insecurity. They provide individuals and families access to food and may provide other daily necessities such as, baby food, clothing, toiletries, cleaning supplies, furniture, and other basic household items. Food pantries depend on donations and other community agencies to provide a supply of food and other necessities.

Food pantries are very individual, depending on the makeup of their geographic location, environment, population, space, and staffing. The types and amounts of different foods available at each pantry can vary at any time. For instance, one day there may be a large supply of canned goods and fresh produce, while another day, only snack type of foods may be available. Variations in availability of food items can make it challenging for food pantry participants to create meals or snacks for themselves and/or their families.

The UH-CES SNAP-Ed program created *From Food Pantry to Table Cookbook* to help food pantry participants find new and creative ways to prepare delicious meals and snacks using foods that they receive from their food pantry. *From Food Pantry to Table Cookbook* includes a compilation of recipes, whose ingredients all originated from a food pantry. Examples of recipe categories include, sandwiches and wraps, soups and stews, salads, desserts, and beverages, to name a few. In addition to utilizing ingredients that may be available at food pantries, the recipes are easy, incorporate fruits and vegetables, and are pleasing to the palate. Enjoy!

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Variations for all recipes in *From Food Pantry to Table Cookbook*:

Due to the variability of available ingredients at food pantries, substitutions of similar ingredients are recommended. For example, if a recipe calls for vanilla yogurt, a substitution of any flavor of yogurt that is available at the food pantry is suggested.

Cooking terms and methods are capitalized and defined in *Winning Ways In the Kitchen*, which is also included in this cookbook.

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Beverages

Chocolate Coffee Smoothie

Yield:

Ingredients:

- 1 (4-ounce) box instant chocolate pudding
- 2½ cups milk
- 1 (9.5-ounce) Dark Chocolate coffee drink
- 3 cups Ice

Directions:

1. In a medium bowl, empty the pudding mix and 2 cups milk. BEAT with wire whisk until there are no lumps. Let the pudding set for about 5 minutes.
2. Into the blender, add the pudding and coffee drink. Cover and BLEND, while gradually adding the ice.
3. Add the remaining ½ cup milk. BLEND until smooth.
4. For a thicker consistency add more ice, or for a thinner consistency add less ice or more milk.

Variations:

Use pudding flavors such as vanilla, cheesecake, white chocolate, chocolate fudge, Oreo cookies 'n cream.

Use sugar free pudding flavors.

Use lowfat or fat free milk, if available.

Use any flavor of coffee drink.

Use a light or reduced fat coffee drink.

Use 1 bottle of coffee drink and 1 - 1 ½ cups of lowfat or fat free milk.

For small blender (less than 6-cup capacity), make 2 batches, using half of ingredients for each batch.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Fruit & Pudding Smoothie

Yield: approximately 6 cups

Ingredients:

- 1 (15 ounce) can sliced peach
- 1 cup 100% juice
- 1 cup milk
- ½ cup ready-to-eat rice pudding
- 2 cups Ice

Directions:

1. Wash can lid before opening. DRAIN peaches.
2. Into a blender, add peaches, juice, milk, and pudding.
3. Cover and BLEND, while gradually adding ice until desired consistency.
4. To prevent spillovers, DO NOT pass the top line of the blender.

Variations:

Use any fresh, frozen, or canned fruit.

Use any flavors that are 100% juice.

Use lowfat or fat free milk, if available.

Use any flavor pudding.

Use yogurt or pudding instead of rice pudding. Use lowfat or fat free yogurt, if available.

Add more ice for a thicker consistency or less ice for a thinner consistency.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Fruity Iced Tea

Yield: approximately 6 cups

Ingredients:

5 cups fresh fruit
2 cups iced tea or tea
½ cup 100% juice
½ cup fruit flavored soda or sparkling water
Ice as needed

Directions:

1. Rinse uncut fresh fruit under running tap water. PEEL and remove stems, cores, and seeds, if necessary. DICE the fruit and set aside.
2. In a large bowl or pitcher, mix together the iced tea, 100% juice, and soda.
3. Add diced fruit to the iced tea mixture.
4. Cover and refrigerate, or add ice to make the drink colder.

Variations:

Use any fresh seasonal fruits available such as watermelon, pineapple, peaches, strawberries, mangos, blueberries, lilikoi, cantaloupe, lychee, apples, starfruit.

Use any type of 100% juice.

Use sparkling water or carbonated water as alternatives to soda.

Use Italian fruit flavored soda, lemon-lime flavored soda, or ginger ale soda.

Add ginger to give your iced tea a little extra zing of flavor.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Mixed Fruit Smoothie

Yield: approximately 5 cups

Ingredients:

4 cups of a variety of fruits (fresh, frozen, canned)
1 (6-ounce) container yogurt
¼ cup of water or milk

Directions:

1. Rinse uncut fresh fruits under running tap water. PEEL and remove stems, cores, and seeds, if necessary.
2. If using canned fruit, wash can lids before opening. DRAIN.
3. CHOP fruits into chunks.
4. PLACE fruit and yogurt into the blender. BLEND on low speed and slowly increase to a higher speed.
5. Add water or milk to BLEND more smoothly.
6. For a thinner consistency add more water or milk. BLEND until desired consistency.
7. To prevent spillovers, DO NOT pass the top line of the blender.

Variations:

Use any fresh, frozen, or canned fruit.

Use fresh fruit such as bananas, apples, mango, pears, strawberries, pineapple, blueberries.

Combine fruits and vegetables to make a fruit and vegetable smoothie.

Use any flavor of yogurt. Use lowfat or fat free yogurt, if available.

Use 100% juice in place of milk.

Add a few ice cubes or frozen fruit gradually while BLENDING, for a colder, thicker consistency.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Pumpkin Eggnog Smoothie

Yield: approximately 6 cups

Ingredients:

- 1 cup canned pumpkin
- ½ cup cottage cheese
- ⅓ cup milk
- 3 cups eggnog

Directions:

1. Wash can lid before opening pumpkin.
2. Into a blender, place pumpkin, cottage cheese, and milk. BLEND at low speed, gradually increasing to medium speed.
3. Gradually add eggnog and BLEND until smooth.
4. For a thinner consistency, add more milk.
5. To prevent spillovers, DO NOT pass the top line of the blender.

Variations:

Use cottage cheese that is 2% fat or less, if available.

Use lowfat or fat free milk, if available.

Use reduced fat eggnog, if available.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Desserts

Blueberry Banana Crumble

Number of Servings:

Ingredients:

- 1 (20-ounce) can pineapple chunks
- 1 cup of fresh blueberries
- 2 medium bananas
- 1 (6.5-ounce) pouch muffin mix
- 2 (6-ounce) containers of yogurt
- ½ cup of trail mix or granola

Directions:

1. Wash can lid before opening. DRAIN pineapple chunks. Set aside.
2. Rinse blueberries under running tap water and DRAIN. Set aside.
3. Peel and SLICE bananas. Set aside.
4. Prepare muffin batter according to package instructions.
5. HEAT skillet. Place muffin batter into skillet and cook as you would with pancake batter.
6. ADD a few pieces of pineapple on top of each muffin. FLIP muffin half way through cooking. Check frequently to make sure they do not burn.
7. When muffins are cooked, remove from skillet and set aside.
8. To serve, repeat these steps for each muffin:
 - a. Add yogurt on top of each muffin.
 - b. Add banana slices and blueberries on top of the yogurt.
 - c. Sprinkle trail mix or granola over the top of the fruit.

Variations:

Use any available muffin mix or yogurt flavor.

Use any fresh, frozen, canned, or dried fruit.

Use dried fruit pieces or cereal instead of trail mix or granola.

Use pancake mix instead of muffin mix.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Dessert Croissants

Number of Servings: 4

Ingredients:

1 medium apple	4 mini croissants
1 (4-ounce) applesauce sauce cup or ½ cup of applesauce	2 tablespoons marshmallow crème
2 - 4 tablespoons water	¼ cup or 1 ounce of chocolate bar
2 medium bananas	2 teaspoons caramel ice cream topping

Directions:

1. Rinse apple under running tap water. Remove apple core and seeds. SLICE thinly. If using canned applesauce, wash can lid before opening.
2. Heat skillet, add apple slices, cover, and cook for 3 minutes.
3. Stir apples, add applesauce, and stir again.
4. Add water so apples and applesauce do not burn. Cover and heat thoroughly, stirring occasionally.
5. Meanwhile, PEEL and SLICE bananas thinly. Set aside.
6. Cut croissants in half, lengthwise. For each sandwich, repeat these steps:
 - a. Spread ½ tablespoon of marshmallow crème on bottom half of croissant.
 - b. Evenly GRATE approximately 1 tablespoon of chocolate bar onto the marshmallow crème.
 - c. Add ¼ of warm apple mixture onto the GRATED chocolate.
 - d. Lightly drizzle ½ teaspoon of caramel topping over apples.
 - e. Add banana slices (about ½ banana) to each croissant.
 - f. Close each croissant and eat as a sandwich.

Variations:

Use any fresh, frozen, or canned fruit.

Use any flavor of ice cream topping.

Use another type of bread instead of a croissant.

Instead of grating the chocolate bar, melt it and drizzle over croissant or bread.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Fruit and Pudding Cup

Number of Servings:

Ingredients:

- 2 (3.5 oz) boxes vanilla pudding mix
- 4 cups milk
- 1 cup fresh fruit
- 1 (14 oz) can cranberry jelly
- 1 (15 oz) can fruit
- ½ box crackers or cookies

Directions:

1. In medium bowl, MIX pudding and cold milk. Whisk for 2-4 minutes.
Let pudding set for 5 minutes.
2. Rinse uncut fresh fruit under running tap water. SLICE fruit and set aside.
3. Wash can lids before opening. DRAIN canned fruit.
4. In another medium bowl, mash the cranberry jelly and canned fruit together with a fork or a potato masher, or CHOP into small pieces with a butter knife.
5. Crush or crumble the crackers or cookies in a bowl or a sealed plastic bag.
6. Layer the following in a pan/container or into individual cups:
 - Pudding
 - Cranberry and canned fruit mix
 - Crushed or crumbled crackers or cookies
 - Fresh fruit

Variations:

Use any flavor pudding such as lemon, cheesecake, butterscotch, banana cream, or white chocolate.

Use cottage cheese or yogurt in place of pudding. Use lowfat or fat free, if available.

Use any fresh, frozen, or canned fruit.

Use any type of fruit combination to make the fruit mix such as applesauce mixed with canned peaches; mashed bananas mixed with fresh strawberries.

Use graham crackers, wafers, cereal, or granola.

Add flavors such as cinnamon, nutmeg, or vanilla extract.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Fruit Cereal Parfait

Number of Servings: 4

Ingredients:

- 1 (4.4-ounce) containers fresh blueberries
- 2 (6-ounce) containers yogurt
- 4 cups of cereal

Directions:

1. Rinse blueberries under running tap water. Set aside.
2. Using 4 cups or bowls, add a layer of the following ingredients into each cup or bowl:
 - 3 ounces or $\frac{1}{2}$ container of yogurt
 - $\frac{1}{4}$ cup of blueberries
 - $\frac{1}{2}$ cup of cereal
3. Cover and refrigerate until ready to serve.

Variations:

Combine all ingredients into one large bowl or container.
Use any fresh, frozen, canned, or dried fruit.
Use any flavor of yogurt. Use lowfat or fat free, if available.
Use any type, flavor, shape or size cereal, or use granola.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Fruit S'mores

Number of Servings: 4

Ingredients:

- ½ cup fresh blueberries
- 1 medium banana
- 4 graham crackers
- 4 teaspoons marshmallow crème
- 4 teaspoons chocolate (grated chocolate bar)

Directions:

1. Rinse blueberries under running tap water, DRAIN, and set aside.
2. PEEL and SLICE banana. Set aside.
3. Assemble the follow ingredients onto one graham cracker (repeat these instructions for each cracker):
 - a. Spread 1 teaspoon of marshmallow crème evenly onto graham cracker.
 - b. Place ¼ of the sliced banana on top of the marshmallow crème.
 - c. GRATE approximately 1 teaspoon of the chocolate bar over the bananas.
 - d. Add 2 tablespoons of blueberries as the last ingredient for the fruit s'more.

Variations:

Use any type of fresh, frozen, canned, or dried fruit.

Use another type of cracker or cookie.

Instead of grating the chocolate, melt it and drizzle it over the fruit s'mores.

Add nuts on top of the s'mores for a little crunch.

Use a mild, soft cheese or a reduced fat cream cheese instead of marshmallow crème.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Homemade Granola Bar with Fruit n' Yogurt

Number of Servings:

Ingredients:

2 cups cereal
½ (12-ounce) bag granola
⅓ (10-ounce) bag marshmallows
1 (16-ounce) jar peanut butter
½ cup dried fruit
½ cup chopped nuts
3 medium bananas
2 medium apples
3 (6-ounce) containers yogurt

Directions:

1. Crush cereal leaving big pieces.
2. In a medium bowl, put granola and crushed cereal together and mix.
3. Add marshmallows, peanut butter, dried fruit, and nuts to the cereal mixture.
4. Mix until everything is combined well.
5. Pour mixture onto cutting board and shape into a square. Cut into bars. Set aside.
6. SLICE bananas. Rinse apples under running tap water, remove cores, and CHOP apples. Put into a medium bowl.
7. Add yogurt to fruit and mix. Serve with granola bars.

Variations:

Use any type of cereal. Substitute cereal for granola if not available.
Use any fresh, frozen, canned (drained), or dried fruit to mix with yogurt.
Use any flavor or type of yogurt. Use lowfat or fat free yogurt, if available.
Use different types of peanut butter.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Peanut Butter and Apple Sandwich

Number of Servings:

Ingredients:

- 1 large apple
- 1 full size pita pocket bread (full circle)
- 2 tablespoons peanut butter

Directions:

1. Rinse apple under running tap water. PEEL apple, remove core, and SLICE into thin wedges. Set aside.
2. Cut full circle pita bread in half on dotted lines.
3. Open the pocket of one half. Spread 1 tablespoon peanut butter on one side of pocket and add apple slices to the pocket. Repeat with the other half pita pocket.

Variations:

Use other fruit for the filling.

Use bread or crackers instead of pita.

Put peanut butter on apple slices and eat with crackers on the side.

Use smooth or crunchy peanut butter.

Use cheese slices instead of peanut butter.

Instead of slices of bread, use the pita to make a sandwich.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Pumpkin Pancakes

Number of Servings:

Ingredients:

- 1 (8 oz) bag chopped walnut pieces
- 1 medium apple
- 2 cups fruit
- ¼ cup graham cracker crumbs (about 2 full sheets)
- 2 ¼ cups pancake and waffle mix
- 2 cups milk
- 1 (15 oz) can 100% pure pumpkin
- ¼ cup (½ stick) butter OR nonstick cooking spray
- ¼ cup plain yogurt
- 1 (6 oz) container vanilla yogurt

Directions:

1. In a skillet or pan, toast walnuts for 2 to 3 minutes. Remove from heat and set aside.
2. Rinse uncut fresh fruit under running tap water. Remove core and SLICE apple. Cut other fruit if necessary. Set aside.
3. CRUSH graham crackers and set aside.
4. Wash can lid before opening. In large bowl, add pancake mix, milk, and 1 cup pumpkin. Whisk but do not over mix.
5. Lightly spray skillet or pan with nonstick cooking spray, or coat with a little butter.
6. Pour batter into hot skillet and sprinkle walnuts onto each pancake. Cook for 2 to 3 minutes, or until bubbles appear. Turn and cook the other side for another 1 to 2 minutes. Remove from heat and set aside. Continue to do this until all the pancake batter and walnuts are used.
7. In a small bowl, mix yogurt and the rest of the pumpkin.
8. Put 1 to 2 teaspoons pumpkin-yogurt mix on the middle of the pancake. Sprinkle with graham cracker crumbs and serve with fruit.

Variations:

Use other fresh, canned (drained), or frozen fruit.

Use 14 ounces of any yogurt that would blend well with pumpkin taste. Use lowfat or fat free yogurt, if available.

Add spices such as cinnamon, nutmeg, or pumpkin spice.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Tangy Fruit Salad

Number of Servings:

Ingredients:

1 pear	1 (16-ounce) cottage cheese
1 nectarine or peach	$\frac{1}{3}$ cup juice drink
1 apple	$\frac{1}{2}$ (14-ounce) can whole cranberry sauce
3 cups seedless watermelon	
2 bananas	1 (6-ounce) vanilla yogurt

Directions:

1. Rinse uncut fresh fruit under running tap water. Cut pears, nectarine or peach, and apple in half, remove cores and seeds. **CHOP** and set aside.
2. **DICE** watermelon. Set aside.
3. **PEEL** bananas and **SLICE**. Set aside.
4. In a large bowl, Mix all fruits together and set aside.
5. Prepare parfait sauce:
 - a. In a blender, **BLEND** cottage cheese and juice drink until smooth (it will look like a very thick milk shake).
 - b. Wash can lid before opening. Add cranberry sauce, $\frac{1}{4}$ cup at a time, **BLENDING** only for a few seconds. Do not over **BLEND**.
 - c. Pour into bowl and **FOLD** in vanilla yogurt.
6. Pour parfait sauce over fruit.
7. Cover and refrigerate until ready to serve.

Variations:

Use any fresh, frozen, or canned fruit.

Use any flavor of juice drink such as passion-orange, guava, lilikoi. Use 100% fruit juice, if available.

Use lowfat or fat free cottage cheese, if available.

Use any flavor of yogurt. Use lowfat or fat free yogurt, if available.

Add any type of nuts and cereal to provide extra crunch.

Add a few pieces of crushed cookies or graham crackers for the final topping.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Eggs

Egg Foo Yung

Number of Servings:

Ingredients:

1 (10-ounce) package bean sprouts	2 tablespoons water
1 large carrot	1 (5-ounce) box Mapo tofu sauce
1 zucchini	6 eggs
1 (4-ounce) can mushrooms, stems and pieces	¼ cup ginger vinaigrette dressing

Directions:

1. Rinse fresh vegetables under running tap water. DRAIN bean sprouts. Set aside.
2. PEEL carrot. SHRED carrot and zucchini. Set aside.
3. Wash can lid before opening. DRAIN liquid from mushrooms.
4. In a skillet, add carrots, zucchini, mushrooms, and water. Cook until tender.
5. Add bean sprouts and Mapo tofu sauce when vegetables are almost done.
Remove from heat.
6. In a medium bowl, BEAT eggs and add vegetable mixture. Combine.
7. In a large skillet over medium heat, place ladles of egg mixture to form omelets.
Cover and lower heat.
8. When almost firm, flip omelets and finish cooking (about a minute).
9. Remove omelets and serve with a drizzle of dressing.

Variations:

Substitute chop suey vegetables in place of bean sprouts.

Use baby corn, celery, bell pepper, green onion, or other vegetables.

Use a different dressing or no dressing at all.

Use a different flavor of sauce such as beef broccoli, Kung Pao, Mongolian beef, orange chicken, black bean, lemon chicken, garlic eggplant.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Vegetable Omelet

Number of Servings:

Ingredients:

- 1 (4.25-ounce) can chopped olives
- 1 (4-ounce) can mushrooms, sliced, or stems and pieces
- 1 round onion
- 2 medium bell peppers
- ¼ cup water
- ½ packet onion soup mix
- 6 eggs
- 1 cup shredded cheddar cheese

Directions:

1. Wash can lids before opening. DRAIN olives and mushrooms.
2. PEEL onion. Rinse vegetables under running tap water. Remove stem and seeds from bell pepper. CHOP onion and bell peppers.
3. Heat skillet and bring water to SIMMERING. Add onion soup mix and stir.
4. Add onion and bell peppers and cook until tender, about 5 minutes. Remove skillet from heat.
5. In a medium bowl, BEAT eggs.
6. Add olives, mushrooms, and cooked vegetables to eggs. Mix.
7. Pour egg and vegetable mixture into skillet and cook for a few minutes.
8. Sprinkle cheese onto eggs. Turn off skillet and cover until the cheese has melted.

Variations:

Add leftover meat.

Use any fresh, frozen, or canned vegetables.

Use fresh or dried herbs instead of onion soup mix.

Use lowfat or fat free milk instead of water.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Salads

Fun Fruit Salad

Number of Servings:

Ingredients:

- ½ (8.9-ounce) box granola bars
- 1 (15-ounce) cans sliced peaches
- 1 (15-ounce) cans pear halves
- 1 (20-ounce) cans pineapple chunks
- 2 apples
- 1 (16-ounce) container cottage cheese

Directions:

1. CRUSH granola bars in a plastic resealable bag. Set aside.
2. Wash can lids before opening. DRAIN canned fruit, and CHOP. Set aside.
3. Rinse apples under running tap water. Remove cores and CHOP apples.
4. In a large bowl, mix all fruit together.
5. FOLD cottage cheese into fruit.
6. Cover and refrigerate fruit mix until ready to serve.
7. Before serving, sprinkle granola on top of fruit mix.

Variations:

Use any fresh, frozen, or canned fruit, such as apricot, fruit cocktail, lychee, mandarin oranges, or mixed berries.

Use yogurt instead of cottage cheese. Use lowfat or fat free yogurt or cottage cheese, if available.

Use any cereal instead of granola for garnish.

Use nuts such as almonds, cashews, walnuts, or pecans to add crunch.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Katsu Cobb Salad

Number of Servings:

Ingredients:

1 round onion	1 (15-ounce) can corn
1 carrot	1 (14.5-ounce) can diced tomatoes
1 Japanese cucumber (thin, long)	1 (15-ounce) can kidney beans
1 (8-ounce) container fresh mushrooms	2 cups chicken katsu, sliced
2 heads romaine lettuce	1 (16-ounce) bottle salad dressing

Directions:

1. PEEL onion and carrot. Rinse all fresh vegetables under running tap water. SLICE onion, carrot, cucumber, and mushrooms.
2. CHOP lettuce.
3. Wash can lids before opening. DRAIN corn and tomatoes. Rinse and DRAIN kidney beans.
4. In a large bowl, layer lettuce, fresh vegetables, canned vegetables, beans, and chicken.
5. Add salad dressing as needed.

Variations:

Use any fresh, frozen, or canned vegetables.

Use any leafy greens: Manoa, red leaf, spinach, cabbage, kale, iceberg.

Use different canned beans: black, pinto, garbanzo, great northern, cannellini, shelled soybeans (edamame), lima.

Use leftover meat instead of chicken katsu.

Suggestions for dressings: ranch, garlic and herb, sesame and ginger, balsamic vinaigrette.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Mexican Salad

Number of Servings:

Ingredients:

- | | |
|----------------------------------|-------------------------------------|
| 1 (15-ounce) can kidney beans | 1 head lettuce |
| 1 (6-ounce) can sliced olives | 1 pound pork patties |
| 1 (15-ounce) can corn | ½ (4.7-ounce) box taco shells |
| 2 (15-ounce) cans diced tomatoes | 1 (8-ounce) package shredded cheese |
| 1 round onion | 1 (16 ounce) jar salsa |
| 1 bell pepper | |

Directions:

1. Wash can lids before opening. Rinse and DRAIN beans. DRAIN olives, corn, and tomatoes. Set aside.
2. PEEL onion. Rinse fresh vegetables under running tap water. Remove stem and seeds from bell pepper. SLICE onion and bell pepper. Tear lettuce into bite-sized pieces. Set aside.
3. DICE pork patties and FRY in skillet or pan. DRAIN excess fat.
4. Add onion and bell pepper to pork and SAUTE until vegetables are a little soft.
5. Add diced tomatoes. SIMMER until heated through. Remove from heat.
6. In large bowl, layer lettuce, pork mixture, beans, olives, and corn.
7. CRUSH taco shells. Sprinkle taco bits and cheese over the layered salad.
8. TOSS before serving. Serve with salsa.

Variations:

Use black, pinto, navy, or garbanzo beans.

Use any fresh, frozen, or canned vegetables.

Use canned diced tomatoes w/ onions and garlic, or other combinations.

Use ground beef, ground chicken, or ground turkey instead of pork patties.

Omit pork patties for vegetarian salad.

Use tortilla chips, other chips, or crackers instead of taco shells.

Use ranch dressing, spicy dressing, or sour cream instead of salsa.

Add herbs such as cilantro, green onions, basil.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Ono Salad

Yield: 12 cups

Ingredients:

- 1 large carrot
- 1 round onion
- 1 large cucumber
- 1 bell pepper
- 1 (8-ounce) container fresh mushrooms
- 1 large broccoli crown
- 1 (16-ounce) container sea asparagus
- 1 (1-pound) bag lettuce
- 1 bottle marinade or salad dressing

Directions:

1. PEEL carrot and onion. Rinse fresh vegetables under running tap water. Remove stem and seeds from bell pepper.
2. SLICE carrot, onion, cucumber, bell pepper, and mushrooms.
3. CHOP broccoli and sea asparagus.
4. Tear or CHOP lettuce.
5. In a large bowl, toss lettuce and other vegetables together.
6. Add marinade or dressing to taste.

Variations:

Use any fresh, frozen, or canned vegetables.

Use other kinds of lettuce or leafy greens, such as romaine, red leaf, Manoa, spinach, cabbage, kale.

Use marinade or dressing of your choice, or combine different marinades. Suggestions: garlic and herb, lemon pepper, soy sauce and ginger, Asian sesame, vinaigrette, green goddess, or ranch.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Rainbow Pasta Salad

Number of Servings:

Ingredients:

1 round onion	Ice
1 carrot	1 (14.5-ounce) can diced tomatoes
1 large crown of broccoli	1 (16-ounce) bottle salad dressing
1 small Japanese eggplant (thin, long)	1 cup shredded or cubed cheese
1 zucchini	½ (8-ounce) container grated Parmesan cheese
1 bell pepper	
1 (16-ounce) bag macaroni	

Directions:

1. PEEL onion and carrot. Rinse fresh vegetables under running tap water. Remove stems and seeds from bell pepper.
2. CHOP onion, carrot, broccoli, eggplant, zucchini, and bell pepper. Set aside.
3. In a large pot, cook macaroni according to package instructions. About 5 minutes before pasta is finished cooking, add broccoli, eggplant, and zucchini to the pasta.
4. When pasta is done, DRAIN pasta and cooked vegetables. Put ice into a large bowl, and add the cooked pasta and vegetables to stop them from cooking. Once cooled and ice has melted, DRAIN pasta and vegetables. Put them back into the bowl.
5. Add pepper, onion, and carrot to the pasta and cooked vegetables.
6. Wash can lid before opening. DRAIN and rinse tomatoes. Mix with pasta.
7. Add ½ bottle of salad dressing to pasta and vegetables, and mix. Add more dressing if salad is dry.
8. Sprinkle cheese (shredded and grated) over the salad.

Variations:

Use any fresh, frozen, or canned vegetables.

Use 1 (14-ounce) bag of frozen broccoli instead of fresh broccoli.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Soba Salad

Number of Servings:

Ingredients:

- 1 small (9-ounce) package soba noodles
- 1 head baby romaine lettuce
- 1 bell pepper
- 1 Japanese cucumber (thin, long, not round)
- 6 leaves green onion
- 1 (16-ounce) bottle of ginger sesame dressing

Directions:

1. In a medium pot, cook soba noodles according to package instructions. **DO NOT** overcook.
2. Rinse, **DRAIN**, and cool noodles. Set aside.
3. Rinse fresh vegetables under running tap water. **CHOP** lettuce. Set aside.
4. Remove stem and seeds from bell pepper. **SLICE** bell pepper, cucumber, and green onions.
5. In a large bowl, **TOSS** soba noodles, lettuce, bell pepper, cucumber, and green onions.
6. Add dressing to salad just before serving. **DO NOT** use the whole bottle; use as needed.

Variations:

Use other noodles if soba is not available.

Use any fresh, frozen, or canned vegetable.

Use red or yellow bell pepper.

Use soba sauce or different salad dressing.

Use chopped leftover or canned meat.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Summer Fruit Salad

Number of Servings:

Ingredients:

- | | |
|------------------------------|---------------------------------------|
| 1 small, seedless watermelon | 1 (20-ounce) can pineapple chunks |
| 1 apple | 1 (15-ounce) can fruit cocktail |
| 2 bananas | 4 (6-ounce) containers yogurt |
| | 1 (16-ounce) container cottage cheese |

Directions:

1. Rinse watermelon and apple under running tap water. DICE watermelon and apple. Set aside.
2. SLICE bananas. Set aside.
3. Wash can lids before opening. DRAIN pineapple chunks and fruit cocktail. Set aside.
4. In a medium bowl, mix yogurt and cottage cheese.
5. In a large bowl, TOSS fresh and canned fruit.
6. Add yogurt mixture on top of mixed fruit.

Variations:

Use any fresh, frozen, or canned fruit.

Suggested yogurt flavor combinations:

Strawberry, guava, raspberry

Lychee, strawberry, lemon

Haupia, pineapple

Use only yogurt (omit cottage cheese). Use lowfat or fat free yogurt or cottage cheese, if available.

Add flavor extracts to plain or vanilla yogurt: coconut, lemon, vanilla.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

The Everything Salad

Number of Servings:

Ingredients:

- | | |
|--------------------------------|------------------------------------|
| 1 (10-ounce) box couscous | 1 (15-ounce) can green beans |
| 1 (20-ounce) bag mixed lettuce | 1 (15-ounce) can kidney beans |
| 1 medium zucchini | ½ cup dried fruit |
| 1 bell pepper | 1 cup nuts |
| 2 pears | ½ (16-ounce) bottle salad dressing |
| 1 (15-ounce) can corn | |

Directions:

1. Prepare couscous as instructed on box. Set aside to cool.
2. Rinse fresh vegetables and fruit under running tap water. Remove stems and seeds from bell pepper and pears.
3. CHOP lettuce, zucchini, bell pepper, and pears. Set aside.
4. Wash can lids before opening. DRAIN corn and green beans. Rinse and DRAIN kidney beans.
5. In a large bowl, TOSS vegetables, fruit, beans, dried fruit, nuts, and couscous.
6. Slowly add salad dressing and TOSS. Add more dressing if needed.

Variations:

Prepare couscous with chicken broth instead of water.

Use any lettuce, leafy greens, or combination, instead of packaged mixed lettuce.

Use any fresh, frozen, or canned fruits and vegetables.

Use different canned beans such as black, pinto, garbanzo, great northern, cannellini, shelled soybeans (edamame), lima.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Sandwiches and Wraps

Coleslaw and Meat Sandwich

Number of Servings:

Ingredients:

- 1 round onion
- ½ small head cabbage
- 1 carrot
- 1 (6-ounce) package green salad mix
- 1 (16-ounce) bottle salad dressing
- 1 (16-ounce) loaf French bread
- 1 (3-pound) package sliced deli meat

Directions:

1. PEEL onion. Rinse fresh vegetables under running tap water.
2. SLICE onion and cabbage. Set aside.
3. PEEL and GRATE carrot.
4. In a large bowl, TOSS cabbage, onion, and carrots with enough salad dressing to mostly cover, but not drench, the salad.
5. Cut bread loaf lengthwise in half and open the bread.
6. Arrange meat on bottom half of loaf.
7. Add green salad mix on top of meat.
8. Add last layer of cabbage mix on top of green salad.
9. Close the sandwich and slice into smaller individual pieces.

Variations:

- Use any fresh, frozen, or canned vegetables.
- Use salad dressing of choice.
- Use other breads.
- Use cold cuts or leftover meats.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Grilled Pantry Sandwich

Number of Servings:

Ingredients:

3 medium bell peppers	2 (4-ounce) cans mushrooms
1 medium zucchini	3 (5-ounce) cans tuna
4 medium tomatoes	1 jar sun-dried tomato pesto sauce
2 large avocados	1 (1-pound) loaf whole wheat or whole grain bread
1 (16-ounce) can carrots	1 (16-slice) package American cheese

Directions:

1. Rinse all fresh vegetables and avocados. Remove stems and seeds from bell peppers and avocado. DICE the bell peppers and zucchini. Set aside.
2. SLICE tomatoes. Set aside.
3. Scoop avocados out of skin and put into small bowl. Mash with fork to a guacamole consistency. Set aside.
4. Wash can lids. DRAIN carrots, mushrooms, and tuna. Set aside.
5. Heat skillet or pan, and add bell peppers, zucchini, and tomato pesto sauce. Cook for 5 minutes, or until vegetables are slightly tender.
6. Add carrots, mushrooms, and tuna. Stir and cook for another 5 minutes. Set aside.
7. Heat a clean skillet or pan, and toast bread slices. Add cheese slice to each slice of bread and melt slightly. Add 2 slices of tomatoes to each slice of bread and melt cheese a little more. Remove from heat.
8. Add $\frac{1}{4}$ cup of tuna-veggie mix to each bread slice.
9. Top with a tablespoon of mashed avocados.

Variations:

Use any fresh, frozen, or canned vegetable.

Use other cheeses.

Use other pasta sauces.

Use other meats.

Make a fruit sandwich instead of a vegetable sandwich.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Mini Tostada

Number of Servings:

Ingredients:

1 eggplant	1 (15-ounce) can crushed tomatoes
1 zucchini	1 packet taco seasoning mix
1 carrot	1 (12 count) package taco shells
4 beef patties (or chicken, veggie, fish)	1 (8-ounce) container sour cream
1 (15-ounce) can stewed tomatoes	1 (8-ounce) package shredded cheese

Directions:

1. Rinse fresh vegetables under running tap water. CHOP eggplant and zucchini. Set aside.
2. PEEL and GRATE carrot. Set aside.
3. CHOP patties and BROWN in skillet over medium heat.
4. Wash can lids before opening. Into skillet, add stewed tomatoes, crushed tomatoes, and raw vegetables. SIMMER for 5 to 10 minutes.
5. Add taco seasoning and bring to BOIL. Reduce heat and SIMMER 5 minutes.
6. Break taco shells. Serve on taco shells.
7. Top with sour cream and shredded cheese.

Variations:

Use any fresh, frozen, or canned vegetables.

Use one pound ground beef, chicken, pork, or leftover meat instead of patties.

Use 4 to 5 meatless burgers instead of patties.

Use tortillas, tortilla chips, or crackers, if taco shells are not available.

Use plain yogurt instead of sour cream. Use lowfat or fat free yogurt, if available.

Use any type of shredded cheese.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Veggie Burrito Fiesta

Number of Servings:

Ingredients:

- 3 cloves garlic
- 2 zucchinis
- 1 (14.5-ounce) can stewed tomatoes
- 1 (15-ounce) can tomato sauce
- 1 tablespoon water
- 1 (10-count) package burrito size tortillas
- 1 (16 ounces) package shredded cheese

Directions:

1. Rinse fresh vegetables under running tap water. PEEL and CHOP garlic. DICE zucchinis. Set aside.
2. Wash can lids before opening. DRAIN and CHOP stewed tomatoes. Set aside.
3. SAUTE garlic and zucchini. Add stewed tomatoes, tomato sauce, and 1 tablespoon water. Set aside after cooking.
4. In a clean skillet, warm tortilla. Sprinkle cheese on top and melt.
5. Remove tortilla from skillet.
6. Put vegetable mixture onto warm tortilla, and roll it.

Variations:

Use any fresh, frozen, or canned vegetables.
Add canned chili beans or ranch style beans.
Add salsa as a topping.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Veggie Pizza

Number of Servings:

Ingredients:

- 1 medium zucchini
- 1 medium eggplant
- 1 (8-ounce) container fresh mushrooms
- 1 (15-ounce) can stewed tomatoes
- 1 (24-ounce) can spaghetti sauce
- 1 bottle Artichoke spread with olive oil
- 2 (12-15-ounce) bags of English muffins
- 1 (8-ounce) package shredded cheese

Directions:

1. Rinse fresh vegetables under running tap water. SLICE zucchini, eggplant, and mushrooms. Set aside.
2. Wash can lids before opening. DRAIN stewed tomatoes. Set aside.
3. In a skillet, add zucchini, eggplant, mushrooms, drained stewed tomatoes, and spaghetti sauce. Mix, cover, and SIMMER for 10 to 15 minutes, or until vegetables are tender. Stir occasionally.
4. During the last 5 minutes of cooking, add artichoke spread. Stir and heat thoroughly.
5. Split English muffins into halves. In a skillet, toast English muffins on both sides.
6. On top of each toasted muffin, add $\frac{1}{3}$ cup of veggie mixture, then add 1 to 2 tablespoons shredded cheese.

Variations:

Use green peppers or other fresh vegetables.

Use canned mushrooms.

Use any fresh, frozen, or canned vegetables.

Use any shredded cheese. Mozzarella cheese is good.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Soups and Stews

BBQ Chili Dog Stew

Number of Servings:

Ingredients:

4 cloves garlic	1 (16-ounce) package sausages
1 round onion	1 (26-ounce) can OR (24-ounce) jar
2 carrots	spaghetti sauce
1 (15-ounce) can green beans	1 (16-ounce) jar BBQ sauce
1 (14.5-ounce) can diced tomatoes	1 loaf bread
	1 (8-ounce) package grated cheese

Directions:

1. PEEL garlic and onion. Rinse fresh vegetables under running tap water.
2. MINCE garlic. Set aside.
3. PEEL carrots. CHOP carrots and onion. Set aside.
4. Wash can lids before opening. DRAIN green beans, but not tomatoes. Set aside.
5. Cut sausages into bite-size pieces and BROWN in skillet or large pot.
6. Add garlic and SAUTE.
7. Add onion and carrots, cover, and cook for 5 minutes over medium-low heat.
8. Add green beans, tomatoes, spaghetti sauce, and BBQ sauce. Cover and SIMMER for 20 minutes, stirring occasionally.
9. Serve over one slice of bread.
10. Sprinkle with grated cheese.

Variations:

Use any fresh, frozen, or canned vegetables.

Use leftover meats, ground meat, or tofu.

Add chili beans or kidney beans.

Add a packet of chili seasoning.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Beef Stew

Number of Servings:

Ingredients:

1 medium round onion	1 (15-ounce) can green beans
1 small carrot	1 (15-ounce) can corn
1 medium potato	1 (8-ounce) can tomato sauce
1 bell pepper	2 (24-ounce) cans beef stew
½ head Chinese cabbage	24 small cocktail sausages (about ½ pound)
1 (15-ounce) can stewed tomatoes	1 packet Beefy Onion soup and dip mix

Directions:

1. PEEL onion. Rinse all fresh vegetables under running tap water.
2. PEEL carrot and potato. Remove stem and seeds from bell pepper. CHOP onion, carrot, potato, bell pepper, and cabbage. Set aside.
3. Wash can lids before opening. Do not DRAIN. CHOP canned tomatoes. Set aside.
4. CHOP sausages and BROWN in a large skillet or pot.
5. Add all fresh vegetables (except cabbage), stir, cover, and SIMMER for 10-15 minutes or until vegetables are tender.
6. Add cabbage, undrained canned vegetables, tomato sauce, beef stew, and packet of soup and dip mix. Stir, cover, and SIMMER for about 10 minutes.

Variations:

Use any fresh, frozen, or canned vegetables.

Omit sausages or substitute a half pound (1½ cups) of cooked meat.

Use any soup and dip mix.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Chili Crunch Stew

Number of Servings:

Ingredients:

1 (15-ounce) can black beans	1 (15-ounce) can pork and beans
2 (15-ounce) cans corn	1 (10 ¾-ounce) can cream of mushroom soup
1 (15-ounce) can carrots	1 (15-ounce) can diced tomatoes
1 (15-ounce) can green beans	Crackers or chips
2 (15-ounce) cans of chili	

Directions:

1. Wash all can lids before opening. Rinse and DRAIN black beans. Set aside.
2. DRAIN corn, carrots, and green beans.
3. In a large skillet or pot, add the black beans, drained vegetables, chili, pork and beans, soup, and diced tomatoes. Mix and bring to SIMMERING. Cook for 5-10 minutes, or until heated thoroughly.
4. Serve with chips.

Variations:

Use any fresh, frozen, or canned vegetables; such bell peppers, mushrooms, onions, zucchini.

Use other canned beans such as great northern, kidney, navy, pinto, white.

Use dried beans. Cook according to package instructions.

Use other soups such as cream of thickened, tomato, or bean.

Add a packet of chili seasoning, or spices such as chili powder, cumin, oregano.

For a spicy flavor add cayenne, hot peppers, hot sauce, jalapenos.

Use shredded cheese and diced onions as toppings.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Gyoza and Veggie Soup

Number of Servings:

Ingredients:

- 1 bunch green onions
- 2 small Chinese cabbages OR 3 cups sliced head cabbage
- 1 container firm tofu
- 1 (8.5-ounce) can bamboo shoots
- 5 cups of water
- 2 (3-ounce) packages ramen
- 1 (8.47-ounce, 12 pieces) bag gyoza

Directions:

1. Rinse fresh vegetables under running tap water. CHOP green onions and set aside.
2. SLICE cabbage into strips and set aside.
3. CUBE the tofu and set aside.
4. Wash can lid before opening. DRAIN and CHOP bamboo shoots.
5. In a large pot, BOIL 5 cups of water. Add ramen flavor packets. STIR.
6. Lightly CRUSH ramen noodles to shorten them. Add noodles to boiling water and SIMMER for about 3 minutes.
7. Add cabbage, gyoza, and bamboo shoots. SIMMER until heated thoroughly.
8. Add chopped green onions and tofu.

Variations:

Use any type of cabbage or leafy greens.

Use fresh or boxed tofu.

Use any fresh, frozen, or canned vegetables.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Lentil Soup

Number of Servings:

Ingredients:

3 medium carrots	1½ cups lentils
1 onion	1 (14.5-ounce) can diced tomatoes
1 zucchini	1 (14.5-ounce) can stewed tomatoes
1 tablespoon oil	1 (14.5-ounce) can green beans
2 (14-ounce) cans broth	2 bouillon cubes
4 cups water	

Directions:

1. PEEL carrots and onion. Rinse fresh vegetables under running tap water. DICE carrots, onion, and zucchini.
2. In a large pot, heat oil over medium heat. Add vegetables and SAUTE for 5 minutes.
3. Add broth and water to vegetables, and bring to a BOIL.
4. Add lentils and SIMMER for 20 minutes. Stir occasionally.
5. Wash can lids before opening. Add diced tomatoes, stewed tomatoes, green beans, and bouillon cubes to the pot. Mix well and SIMMER until heated thoroughly, about 10 minutes.
6. The soup is ready when the lentils are softened.

Variations:

Use any type of broth such as beef, chicken, or vegetable. Use liquid, bouillon, powder, or paste.

Use any fresh, frozen, or canned vegetables. Suggestions: celery, mushrooms, bell peppers, garlic.

Add beef, chicken, or pork to soup.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Salmon Chowder

Number of Servings:

Ingredients:

1 round onion	1 (15-ounce) can cream style corn
1 potato	4 salmon patties
2 carrots	1 (14-ounce) can chicken broth
4 stalks of celery	1 (18-ounce) can New England clam chowder
1 small zucchini	1 quart (4 cups) milk
1 (4-ounce) can mushrooms	1 (6 to 8-ounce) box seasoned rice mix OR
1 (14.5-ounce) can green beans	couscous mix

Directions:

1. PEEL onion. Rinse fresh vegetables under running tap water. PEEL potato and carrots.
2. CHOP onion, potato, carrots, celery, and zucchini. Set aside.
3. Wash can lids before opening. DRAIN mushrooms and green beans. Set aside.
4. In lightly oiled skillet or pan, cook salmon patties over medium heat 4 to 5 minutes on each side. Remove from heat and CHOP. Set aside.
5. Heat broth in a skillet or large pot. Add raw vegetables. Cook until half done, about 5 minutes.
6. Add clam chowder, milk, instant rice or couscous mix. SIMMER until rice or couscous softens and vegetables are tender.
7. Add canned vegetables and salmon. SIMMER until heated thoroughly.

Variations:

Use any fresh, frozen, or canned vegetables.

Use leftover cooked rice or noodles. Use instant rice.

Use drained, canned salmon in place of salmon patties.

Use lowfat or fat free milk, if available.

Use powdered milk instead of liquid milk (1⅓ cups powdered milk and enough water to make 4 cups).

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Vegetable and Sausage Soup

Number of Servings:

Ingredients:

1 round onion	2 (8-ounce) cans tomato sauce
1 carrot	1 (10.75-ounce) can tomato soup
2 medium potatoes	3 cups water
½ long green squash (Asian squash)	2 cups uncooked macaroni
½ head of cabbage	1 (15-ounce) can of corn
2 (15-ounce) cans stewed tomatoes	1 (15-ounce) can green beans
24 small (cocktail) sausages (about ½ pound)	Pepper to taste

Directions:

1. PEEL onion. Rinse all fresh vegetables under running tap water. PEEL carrot and potatoes.
2. DICE onion, carrot, potatoes, and squash. Set aside.
3. CHOP cabbage. Set aside.
4. Wash all can lids before opening. Do not DRAIN vegetables. CHOP stewed tomatoes. Set aside.
5. CHOP sausages and FRY in a large skillet or large pot, until half done.
6. Add all fresh vegetables to the skillet or pot. Stir and cook about 10 minutes.
7. Add stewed tomatoes, tomato sauce, tomato soup, water, and macaroni.
8. Bring to a BOIL, reduce heat, cover, and SIMMER 20-25 minutes or until macaroni is tender.
9. Add corn, green beans, and pepper to taste. Cover and cook until heated thoroughly.

Variations:

Use any fresh, frozen, or canned vegetables.

Use Chinese cabbage or small cabbage varieties.

Use leftover meat, or other meats, or meat may be omitted.

Season with herbs and spices.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Veggie Curry

Number of Servings:

Ingredients:

1 round onion	2 (15-ounce) cans green beans
1 carrot	2 (15-ounce) cans whole kernel corn
1 potato	5 cups water
1 bell pepper	2 (3.5-ounce) box curry sauce mix

Directions:

1. PEEL onion. Rinse all fresh vegetables under running tap water. PEEL carrot and potato. Remove stem and seeds from bell pepper.
2. DICE onion, carrot, potato, and bell pepper. Set aside.
3. Wash can lids before opening. DRAIN canned green beans and corn. Set aside.
4. In large skillet or pot, SAUTE raw vegetables for 5-10 minutes
5. Add 5 cups water and bring to a BOIL. Lower heat to medium.
6. Add green beans and corn. Stir.
7. Break curry mix into pieces and add to skillet or pot. Stir until completely melted.
8. SIMMER for 5 minutes, stirring constantly. Cook until vegetables are tender.
9. Serve over rice or noodles.

Variations:

Use any fresh, frozen, or canned vegetables.

Add meat (½-1 pound, ground or cubed) such as beef, chicken, or pork.

Cut 1 block firm tofu into cubes and add to skillet before serving.

Use curry powder and spices instead of box curry sauce mix.

Add more or less water for thinner or thicker sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Grains and Starches

Barazushi Rice

Number of Servings:

Ingredients:

2 packages fresh green beans	½ bottle Asian ginger salad dressing
1 broccoli crown	3 cups water
1 green bell pepper	3 cups instant white rice
2 large carrots	1 package instant chirashi sushi mix
1 large yellow squash	

Directions:

1. Rinse fresh vegetables under running tap water.
2. CHOP the green beans and broccoli into bite-size pieces.
3. Remove stem and seeds from bell pepper, and SLICE thinly.
4. PEEL carrots. SLICE carrots and squash into thin strips about the size of matchsticks.
5. In a skillet, add vegetables and ¾ cup water. STEAM for 5 minutes or until vegetables are half cooked.
6. Add about ½ bottle of ginger dressing, stir, and cook for another 5 minutes. DRAIN vegetables and set aside.
7. BOIL 3 cups water in a skillet. Add 3 cups instant rice to boiling water, BOIL for a few minutes, then turn off heat and keep covered for about 5 minutes.
8. Add sushi mix (not nori packet) to rice and stir.
9. Add the other vegetables to the rice and stir.
10. Add the nori to the top for garnish.

Variations:

Use any fresh, frozen, or canned vegetable.

Use 3 cups short grain or medium grain rice (and 3 cups water), or 1½ cups white rice and 1½ cup brown rice (and 4½ cups water). Omit step 7 and follow rice cooker instructions.

ALWAYS FOLLOW SAFE FOOD HANDLING TECHNIQUES.

Colorful Mashed Potatoes

Number of Servings:

Ingredients:

1 clove garlic	4 (15-ounce) cans diced tomatoes
1 round onion	1 cup water
1 bell pepper	2 (14-ounce) cans chicken broth
1 eggplant	1 $\frac{2}{3}$ cups milk
$\frac{1}{2}$ bunch parsley	6 cups instant mashed potato flakes
1 (15-ounce) can corn	

Directions:

1. PEEL garlic and onion. Rinse fresh vegetables under running tap water. Remove stem and seeds from bell pepper.
2. MINCE garlic. CHOP onion, bell pepper, eggplant, and parsley. Set aside.
3. Rinse can lids before opening. DRAIN the corn and diced tomatoes. Set aside.
4. In a large skillet, SAUTE garlic, onion, bell pepper, and eggplant for about 5 minutes.
5. Add drained corn and tomatoes. SIMMER until heated. DRAIN and set aside.
6. In a large skillet or pot, BOIL water and broth.
7. To the boiling water and broth, add milk and potato flakes. Cook according to package instructions.
8. Add vegetables to cooked mashed potatoes. Mix gently.
9. Sprinkle chopped parsley on top for garnish.

Variation:

Use any fresh, frozen, or canned vegetables.
Use lowfat or fat free milk, if available.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Creamy Sweet Potatoes

Number of Servings:

Ingredients:

1 round onion	¼ cup brown sugar (not packed)
3 sweet potatoes	¼ cup vanilla wafer cookies (round)
2 cups milk	

Directions:

1. PEEL onion. Rinse vegetables under running tap water. PEEL potatoes.
2. CHOP onion and potatoes. Set aside.
3. In a skillet over medium heat, SAUTE onions for about 5 minutes.
4. Add milk to onions and heat until milk SIMMERS.
5. When milk is simmering, add brown sugar and stir to dissolve.
6. Add potatoes, mix well, and cook until potatoes are tender.
7. While potatoes are cooking, crush vanilla wafers in a resealable plastic bag. Set aside.
8. When potatoes are done, remove skillet from heat and let cool.
9. Use blender or potato masher to mash vegetables together.
10. Sprinkle wafer crumbs on top of potatoes for garnish.

Variations:

Use any fresh, frozen, or canned potato.

Use lowfat or fat free milk, if available.

Add chopped, dried fruit such as cranberries, dates, mango, raisins.

Add chopped nuts.

Sprinkle with grated orange or lemon rind, cloves, or cinnamon.

Mix leftover potato with beaten egg (1 egg for 1 cup potato), chopped parsley, chopped celery, grated onion. Shape into little cakes and dip in flour or bread crumbs or crushed cereal flakes. Brown each side in a little hot oil in a skillet.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Eggplant Skillet Lasagna

Number of Servings:

Ingredients:

- 1 round onion
- 4 eggplants
- 1 (28-ounce) can crushed tomatoes
- 1 (16-ounce) package uncooked elbow macaroni
- 1 (26-ounce) can OR (24-ounce) jar spaghetti sauce
- 2 tablespoons balsamic vinaigrette
- 1 (8-ounce) package shredded cheese

Directions:

1. PEEL onion. Rinse all fresh vegetables under running tap water.
2. CHOP onion and eggplants.
3. In a skillet, SAUTE onion and eggplant.
4. Wash can lid before opening. Add crushed tomatoes, uncooked macaroni, and spaghetti sauce.
5. SIMMER for 20-30 minutes. When macaroni is tender, turn off the heat.
6. Add balsamic vinaigrette to the sauce and stir.
7. Sprinkle with cheese and serve.

Variations:

Use any fresh, frozen, or canned vegetables.

Use other fresh vegetables such as zucchini, bell pepper, mushrooms.

Use frozen vegetables such as spinach, mixed vegetables, mixed blends.

Use any type or shape of pasta.

Use cheeses such as mozzarella, Parmesan, mixed cheese blends.

Add ground meat, leftover meat, or tofu.

Add spices such as basil, oregano, thyme, garlic.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Food Pantry Pasta

Number of Servings:

Ingredients:

1 large carrot	2 cups water
1 round onion	1 (16-ounce) package uncooked pasta
1 (15-ounce) can tomato sauce	1 (14-ounce) can mixed vegetables
1 (28-ounce) can crushed tomatoes	2 (4-ounce) cans mushrooms
1 (10.75-ounce) can tomato soup	1 (16-ounce) package shredded cheese

Directions:

1. PEEL carrot and onion. Rinse fresh vegetables under running tap water. CHOP carrot and onion. Set aside.
2. Wash can lids before opening. DRAIN mixed vegetables and mushrooms. Set aside.
3. In a large skillet or pot, over medium heat, SAUTE carrot and onion for about 5 minutes.
4. Add tomato sauce, crushed tomatoes, tomato soup, water, and uncooked pasta. STIR.
5. Bring to a BOIL, reduce heat, cover, and SIMMER 20-25 minutes or until pasta is almost tender.
6. Add mixed vegetables and mushrooms. Cook until pasta is tender.
7. Sprinkle with cheese before serving.

Variation:

Use any fresh, frozen, or canned vegetables; such as frozen spinach or mixed vegetables; fresh bell peppers, eggplant, zucchini.

Add tofu (DRAIN and mash one block of tofu).

Add ground meat or leftover meat.

Use spaghetti sauce.

Add more or less water for thinner or thicker sauce.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Pantry Stuffing

Number of Servings:

Ingredients:

- 2 cups broth (1 ½ cans)
- 1 (14-ounce) package Herb Seasoned Stuffing
- 1 (15-ounce) can mixed vegetables
- 1 (15-ounce) can corn
- 1 (15-ounce) can sliced carrots
- 1 (15-ounce) can green beans
- 1 tablespoon dried herb and spices blend

Directions:

1. Heat broth in skillet.
2. Add stuffing mix to hot broth and mix lightly.
3. Wash can lids before opening. DRAIN canned vegetables.
4. Add mixed vegetables, corn, carrots, green beans, and herb and spices blend.
5. Mix well and cook until heated thoroughly.

Variations:

Use any broth such as beef, chicken, vegetable.

Use any fresh, frozen, or canned vegetables such as celery, onions, spinach, squash.

Use herbs and spices such as curry powder, garlic, parsley.

Add leftover meats, canned chicken.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Pumpkin Alfredo

Number of Servings:

Ingredients:

1 (16-ounce) package spaghetti noodles	1 cup water
1 (15-ounce) can diced tomatoes	2 cups milk
1 (15-ounce) can stewed tomatoes	1 (8-ounce) carton heavy cream (whipping cream)
1 (15-ounce) can 100% pure pumpkin	2 bouillon cubes
1 (15-ounce) can corn	½ (16-ounce) container cottage cheese
1 (15-ounce) can green beans	2 tablespoons bacon bits
1 round onion	

Directions:

1. In large skillet or pot, BOIL noodles according to package instructions. DRAIN and set aside.
2. Wash can lids before opening. DRAIN tomatoes, corn, and green beans. Set aside.
3. PEEL onion, rinse under running tap water, and CHOP.
4. In a large skillet or pot, over medium heat, SAUTE onion for a few minutes.
5. Add water, milk, heavy cream, bouillon cubes, pumpkin, and tomatoes.
6. Mix well and SIMMER until heated through.
7. Add cooked pasta, corn, green beans, and cottage cheese.
8. SIMMER until vegetables are heated thoroughly. Mix well.
9. Serve with bacon bits as garnish.

Variation:

Use whole wheat pasta.

Use lowfat or fat free cottage cheese, if available.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Rice Nachos

Number of Servings:

Ingredients:

1 red onion	1 packet taco seasoning
1 carrot	1 (6-ounce) container plain yogurt
2 bell peppers	1 small bottle pesto spread
1 (15-ounce) can beans (kidney, pinto, red)	(sun-dried tomato, basil,
1 (14.5-ounce) can stewed tomatoes	artichoke, olives, eggplant, etc.)
1 box seasoned instant rice	1 bag tortilla chips
1 (15-ounce) can condensed tomato soup	

Directions:

1. PEEL onion and carrot. Rinse fresh vegetables under running tap water. Remove stems and seeds from bell peppers.
2. CHOP onion and carrot. SLICE bell peppers. Set aside.
3. Wash can lids before opening. Rinse and DRAIN beans. CHOP stewed tomatoes. Set aside.
4. Cook seasoned instant rice according to package instructions.
5. When the rice is halfway cooked, add carrot, tomato soup and stewed tomatoes. Mix, cover, and cook for 5 minutes. Stir occasionally.
6. Add onions, bell peppers, beans, and taco seasoning. Stir, cover, and simmer for about 5 minutes. Turn off heat.
7. In a small bowl, mix together the yogurt and pesto spread. Put on top of rice as garnish.
8. Serve and eat with tortilla chips.

Variations:

Use any fresh, frozen, or canned vegetables.

Use seasoned rice such as savory whole grain roasted garlic Italiano, lentil rice pilaf, or New Orleans beans and rice.

Use lowfat or fat free yogurt, if available.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Savory Eggplant Pasta

Number of Servings:

Ingredients:

1 (16-ounce) package pasta	½ cup water
3 bell peppers	1 (1-ounce) packet onion soup mix
6 medium eggplants	2 (14-ounce) cans crushed tomatoes
1 (8-ounce) container fresh mushrooms	1 cup shredded cheese

Directions:

1. In large skillet or pot, **BOIL** pasta according to package instructions. **DRAIN** and set aside.
2. Rinse fresh vegetables under running tap water. Remove stems and seeds from bell peppers. **CHOP** bell peppers, eggplants, and mushrooms. Set aside.
3. In large skillet or pot, heat ½ cup water. Add 1 packet onion soup mix and stir well.
4. Add bell peppers, eggplants, and mushrooms to the soup mixture. **SIMMER** until almost tender.
5. Wash can lids before opening. Add crushed tomatoes and **SIMMER** for about 5 minutes, stirring occasionally.
6. Add cooked pasta, mix, and turn off heat.
7. Sprinkle shredded cheese on top before serving.

Variations:

Use any fresh, frozen, or canned vegetables.

Use spaghetti sauce, or 1 packet of any flavor soup or sauce mix.

Use any type of shredded cheese.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Sushi Ramen

Number of Servings:

Ingredients:

1 (4-ounce) can sliced mushrooms	1 bunch green onions
1 (8-ounce) can sliced bamboo shoots	2 quarts (or 8 cups) water
1 bell pepper	4 (3-ounce) packages of ramen
1 long eggplant (Japanese eggplant)	1 (10.5-ounce) package chirashi
2 cups sliced Chinese cabbage	instant sushi mix

Directions:

1. Wash can lids before opening. DRAIN mushrooms and bamboo shoots. Set aside.
2. Rinse all fresh vegetables under running tap water. Remove stem and seeds from bell pepper. SLICE bell pepper, eggplant, and Chinese cabbage. Set aside.
3. CHOP green onions into 1 inch lengths. Set aside.
4. In large skillet or pot, BOIL 2 quarts of water.
5. When water is boiling, add ramen flavor packets and stir.
6. Add bell pepper, eggplant, and cabbage. Stir and SIMMER for about 5 to 10 minutes.
7. Add mushrooms and bamboo shoots. Stir and cook for another 5 minutes.
8. Add ramen noodles, green onions, and sushi mix (except nori packet). Stir and cook another 3 minutes.
9. Remove from heat. Sprinkle nori packet on top as garnish.

Variations:

Use any fresh, frozen, or canned vegetables.

Use fresh, frozen, or dried noodles.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Vegetable Pilaf

Number of Servings:

Ingredients:

- 2 zucchinis
- 1 long eggplant
- 2 (6-ounce) boxes rice pilaf or instant rice
- 1 box quinoa blend
- 1 (14.5-ounce) can sliced carrots
- 1 (15-ounce) can peas

Directions:

1. Rinse fresh vegetables under running tap water. DICE zucchinis and eggplant.
2. See rice and quinoa packages for how much water is needed. Measure and add water to heated skillet. When water is boiling, add the rice, quinoa, and seasoning packets. Cook according to package instructions.
3. When rice and quinoa are about halfway cooked, add zucchini and eggplant. Finish cooking, stirring occasionally.
4. Wash can lids before opening. DRAIN the canned carrots and peas. CHOP carrots.
5. When rice is finished cooking, add carrots and peas. Mix lightly and cook until heated thoroughly.

Variations:

Use any fresh, frozen, or canned vegetables.

Use vegetables such as onions, canned mushrooms, spinach, green onions.

Add herbs and spices such as basil, cilantro (Chinese parsley), cumin, garlic, oregano.

Add leftover meats, seafood, poultry.

Add tofu.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Stir-Fry

Corn Dog Stir-Fry

Number of Servings:

Ingredients:

1 round onion	1 (15-ounce) can corn
1 bell pepper	2 (4-ounce) cans mushrooms
1 bunch of asparagus	1 (6-count) package corn dogs
1 medium head broccoli	½ (10-ounce) bottle roasted garlic marinade

Directions:

1. PEEL onion. Rinse all fresh vegetables under running tap water. Remove stem and seeds from bell pepper.
2. SLICE onion and bell pepper. Set aside.
3. Break or cut off tough stems of asparagus, and cut asparagus into 2 inch lengths. Set aside.
4. Cut broccoli into bite-size pieces. Set aside.
5. Wash can lids before opening. DRAIN canned vegetables. CHOP mushrooms. Set aside.
6. Into a skillet, add onion, bell pepper, asparagus, and broccoli. STIR-FRY, cover, and cook for 5 to 10 minutes. Stir occasionally.
7. SLICE corn dogs into 1 to 2 inch pieces and BROWN in a skillet. Set aside.
8. When vegetables are a little tender, add mushrooms and corn. Stir.
9. Add corn dogs to stir-fried vegetables. Mix and serve.

Variations:

Use any fresh, frozen, or canned vegetables. Use vegetables that are in season. If fresh vegetables are too expensive, use frozen or canned.
Use any flavor marinade.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Sweet and Sour Stir-Fry

Number of Servings:

Ingredients:

3 garlic cloves
1 round onion
1 green bell pepper
1 zucchini or squash
1 head broccoli
1 (15-ounce) can green beans
1 (8-ounce) can water chestnuts
Sweet 'n sour dipping sauce

Directions:

1. PEEL garlic and onion. Rinse all fresh vegetables under running tap water. Remove stem and seeds from bell pepper.
2. CHOP garlic, onion, bell pepper, zucchini, and broccoli.
3. Wash can lids before opening. DRAIN green beans and water chestnuts. CHOP water chestnuts.
4. In a skillet over medium heat, SAUTE garlic and onion.
5. Add fresh vegetables and STIR-FRY, covered, about 5 minutes.
6. Add canned vegetables and dipping sauce. Mix and cook until vegetables are tender.

Variations:

Use any fresh, frozen, or canned vegetables.

Add chicken or tofu.

Add leftover meats.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Veggie Peanut Stir-Fry

Number of Servings:

Ingredients:

1 box instant brown rice	2 small eggplants
2 cloves garlic	1 (15-ounce) can green beans
2 thumb-size pieces ginger	2 (4-ounce) cans mushrooms
3 carrots	2 (8-ounce) cans tomato sauce
1 round onion	½ (18-ounce) jar peanut butter
1 zucchini	½ (18-ounce) bottle BBQ sauce

Directions:

1. In a skillet or medium pot, cook rice according to package instructions. Set aside.
2. PEEL garlic, ginger, carrots, and onion. Rinse fresh vegetables under running tap water.
3. CRUSH garlic and ginger. Set aside.
4. CHOP carrots, onion, zucchini, and eggplants. Set aside.
5. Wash can lids before opening. DRAIN green beans and mushrooms. Set aside.
6. In a skillet, SAUTE garlic, ginger, and onion.
7. Add fresh vegetables and STIR-FRY for a few minutes.
8. Add canned vegetables, mix, and heat thoroughly. Remove from heat. Set aside.
9. In another skillet, combine tomato sauce, peanut butter, and BBQ sauce. Stir over medium-low heat until the peanut butter is melted into the sauce.
10. Add vegetables to peanut sauce and heat thoroughly. Serve over rice.

Variations:

Use any fresh, frozen, or canned vegetables.
Use dressing, marinade, or bottled sauces.
Use hoisin sauce instead of BBQ and tomato sauces.
Add leftover meats.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Vegetable Stir-Fry

Number of Servings:

Ingredients:

- 1 (32-ounce) bag brown rice
- 1 round onion
- 2 bell peppers
- 5 long eggplants (Japanese eggplant)
- 1 large zucchini
- 1 bottle teriyaki sauce

Directions:

1. Measure rice according to size of rice cooker. Wash the rice. Add rice and water to rice cooker (5 cups water for 2½ cups uncooked brown rice). Cook according to rice cooker instructions.
2. PEEL onion. Rinse fresh vegetables under running tap water. Remove stems and seeds from bell peppers.
3. CHOP onions. Cut other vegetables into shapes that will be easy to stir-fry.
4. Into skillet over medium heat, STIR-FRY the onions and bell peppers for a few minutes.
5. Add eggplant and zucchini with some teriyaki sauce. STIR-FRY, then cover. Stir occasionally and add a little water so the sauce and vegetables do not burn or stick to the pan. Cook until vegetables are tender crisp, or as desired.
6. Serve with rice.

Variations:

Use any fresh, frozen, or canned vegetables.

Use orange or yellow bell peppers to add color.

Use any seasoning sauce.

For hapa rice, use 1 cup uncooked white rice, 1 cup uncooked brown rice, and 5 cups water.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.

Winning Ways in the Kitchen

Winning Ways In the Kitchen

Cooking Terms and Methods

- BAKE/ROAST.** Cook food uncovered in an oven or oven-type appliance.
- BEAT** Make mixture smooth with a rapid, regular motion using a wire whisk, spoon, hand beater, or mixer. When using a spoon, lift the mixture up and over with each stroke.
- BLEND** Mix two or more ingredients thoroughly.
- BOIL** Cook food over high heat in liquid in which bubbles rise constantly to the surface and break.
- BRAISE** Cook meat or poultry slowly in a small amount of liquid in a covered pot.
- BROIL** Cook food by direct heat, usually on a rack.
- BROWN** Cook food quickly until surface of food is brown.
- CHOP** Cut food into small pieces.
- CREAM** Make soft, smooth, and creamy with a spoon or mixer.
- CRUSH** Use a garlic press or a blunt object to smash foods until the fibers separate (such as garlic).
- CUBE** Cut food into small cubes (1/2-inch).
- DICE** Cut food into very small pieces (about 1/4-inch).
- DRAIN** Draw off (a liquid) gradually; to empty by drawing off liquid.
- FOLD** Combine ingredients by using a gentle circular motion to cut down into mixture; slide across the bottom of the bowl to bring some of the mixture up and over the surface.
- FRY** Pan Fry - Cook in frying pan over medium heat with a small amount of fat.
Deep Fry - Cook in hot fat deep enough for food to float in.
- GRATE** Rub food on a grater (or chop in blender or food processor) to produce fine, medium or coarse particles.
- GREASE** Cover or lubricate with oil or fat, to keep food from sticking.
- KNEAD** Work a food mixture (usually dough) with a fold and press motion.
- MARINATE** Allow food to soak in a seasoned liquid mixture.
- MINCE** Cut into tiny pieces; smaller than diced.
- PEEL** Remove outer covering of foods by trimming away with knife or vegetable peeler.
- PREHEAT** Heat oven to desired temperature before putting food in to bake.
- POACH** Cook food over low heat in small amount of hot, simmering liquid.
- SAUTE** Cook foods rapidly in a small amount of oil in an open pan and stir constantly.
- SHRED** Cut food into slivers or slender pieces using a knife or shredder.
- SIFT** Remove lumps or to lighten the dry ingredients by putting them through a strainer or a sifter.
- SIMMER** Cook food over low heat in a liquid just below the boiling point in which tiny bubbles form slowly.
- SKIM** Remove fat or scum from surface of food.
- SLICE** Cut food into thin pieces.
- STEAM** Cook food on a rack or in a colander in a covered pan over steaming hot water.
- STEW** Cook food over low heat in a large amount of simmering liquid.
- STIR FRY** Cook sliced food quickly in a skillet or wok and toss occasionally.
- THAW** Change from frozen to a liquid state slowly.
- TOSS** Mix foods lightly with a lifting motion, using forks or spoons.

Master Measuring

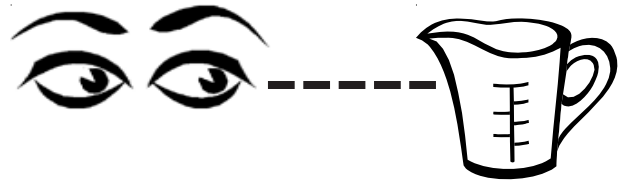


RECIPE SUCCESS

1. Read over recipe.
2. Clear work area.
3. Set out ingredients and supplies.
4. Prepare and measure ingredients.
5. Make recipe!

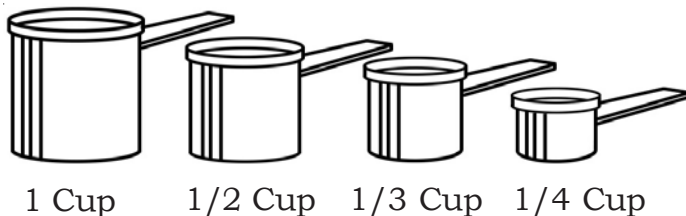


Use clear measuring cups to measure liquid ingredients.

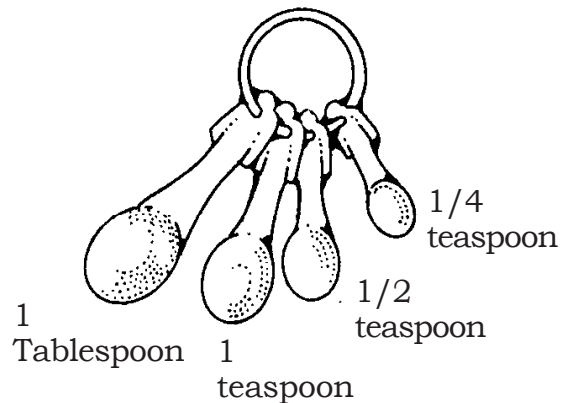


Check at eye level to make sure the correct amount is measured. Liquid should just touch the measurement line.

Use the dry measuring cups pictured below to measure dry ingredients.



Use these measuring spoons to measure small amounts of ingredients.



Dry ingredients should be spooned into measuring cup and leveled using the straight edge of a knife.

BASIC KITCHEN TOOLS

Draw a line to match the kitchen tools

Liquid Measuring Cup

Dry Measuring Cups

Measuring Spoons

Cutting Board

Knife

Spatula

Spoon

Mixing Bowls

Can Opener

Grater

Peeler

Hot Pad

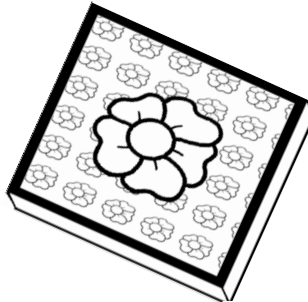
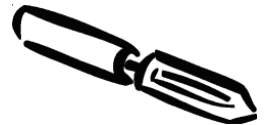
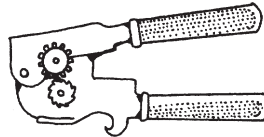
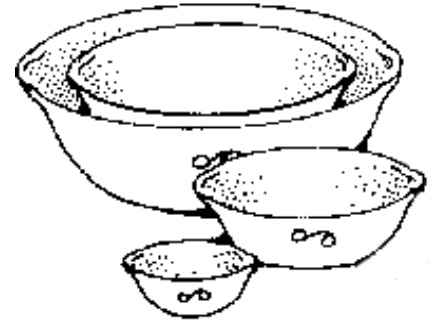
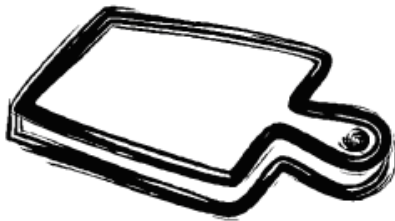
Pot

Pan

Scrubber

Baking Pan

Pot Holder



Temperatures for Safe Cooking



Roasting Meats



Thermometer Readings for Meats

All cooked leftovers (reheated)	165°F
Poultry (whole bird)	165°F
Poultry (breast, thigh, wing)	165°F
Ground poultry	165°F
Ground meat (beef, pork, veal, lamb)	160°F
Egg dishes	160°F
Fish	145°F
* Beef, Veal, or Lamb	145°F
* Pork or Ham	145°F

** Cook whole cuts of meat (beef, veal, lamb, pork, ham) to an internal temperature of 145°F, then allow the meat to rest for 3 minutes before carving or consuming.*

Proper food handling and cooking are “winning ways” to keep from becoming sick from bacteria in foods. Place a food thermometer in the thickest part of the meat and follow these temperatures as a guide to help prevent foodborne illnesses.