

FOOD \$EN\$E RECIPES

Turkey Sliders with Honey Dijon Mayo

Ingredients

1 pound ground turkey	1/3 cup mayonnaise
2 tablespoons Parmesan cheese	1 tablespoon Dijon mustard
2 tablespoons chopped parsley	12 slider or dinner rolls
1 teaspoon minced garlic	Salt and pepper

Directions

1. Combine ground turkey, cheese, parsley and garlic. Mix together well.
2. Shape turkey mixture into 12 small patties.
3. Bake at 350°F for 8-10 minutes or until cooked through.
4. Combine mayonnaise with Dijon mustard and stir until well blended.
5. Place patties on rolls and top with Dijon mayo.

MAKES 4 SERVINGS

Chicken Florentine Casserole

Ingredients

1 pound boneless chicken breast	15 oz light ricotta cheese
1 teaspoon cooking oil	10 ounces frozen spinach
1 teaspoon minced garlic	1 cup mozzarella cheese
3/4 cup milk	2 cups bowtie pasta

Directions

1. Preheat oven to 375°F.
2. Heat oil in a large skillet on medium heat. Add chicken and cook for 4-5 minutes. Add garlic and cook for additional 1-2 minutes until chicken is done.
3. Stir in all remaining ingredients.
4. Spoon into 1-1 1/2 quart casserole dish, sprayed with cooking spray.
5. Bake 25 minutes or until heated through.

MAKES 6 SERVINGS

ABOUT FOOD \$EN\$E

The Food \$en\$e program is designed to increase self-sufficiency by helping individuals stretch their food dollars. The Food Bank of CNY is able to purchase food items in large quantities, and this savings is passed on to the program's customers. The Food Bank organizes this program with over 40 sites in a 14 county area.

Monthly Food \$en\$e packages are created by the Food Bank, a newsletter is generated and distributed to each site coordinator. The coordinators are responsible for taking orders from customers, placing the order with the Food Bank, and distributing the packages on a specific date. The monthly newsletter includes information for the coordinators, the current month's Food \$en\$e package, the projected package for the following month, and recipes using food items from the unit.

Anyone who needs to stretch their food dollars can participate. The cost of the package is \$15.50; participants pre-pay with cash or EBT card and pick up their Food \$en\$e packages at the end of the month. A food unit contains 10-12 items, including fresh fruits and vegetables, meats, and staple food items.

