

## FOOD \$EN\$E RECIPES

### Grilled Chicken Burgers

#### Ingredients

1 lb ground chicken	1 chopped tomato
1 chopped red pepper	1/2 cup bread crumbs
1 cup fresh mushrooms	1 diced onion
2 chopped carrots	Salt & pepper

#### Directions

1. Preheat grill on high for 10-15 minutes.
2. Sauté the onions, red pepper, carrots, mushroom and tomato for 5-10 minutes.
3. Set aside and allow all vegetables to cool completely.
4. In a large bowl, combine the ground chicken, vegetables and bread crumbs. Season with salt and pepper.
5. Mix all together well and form into 4 equal patties.
6. Grill over medium heat for 5 to 6 minutes per side, or until internal temperature reaches 165°F.

MAKES 4 SERVINGS

### Polish Sausage with sauté vegetables

#### Ingredients

4 cups cubed peeled potatoes	1 teaspoon Cajun seasoning
1 lb polish sausage, cut 1/4 in slices	1 teaspoon onion powder
1/2 cup chopped onion	1 tablespoon canola oil
1/2 cup yellow pepper	1 tablespoon butter
1/2 cup red pepper	

#### Directions

1. Heat a large skillet over medium heat
2. Cook potatoes, sausage, onions, peppers and Cajun seasonings in oil and butter.
3. Cook for 15-20 minutes or until potatoes are tender, stirring occasionally.

MAKES 4 SERVINGS

### ABOUT FOOD \$EN\$E

The Food \$en\$e program is designed to increase self-sufficiency by helping individuals stretch their food dollars. 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 nearly 40 sites in 11 counties.

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.

