

FOOD \$EN\$E RECIPES

Chicken Broccoli Quiche

Ingredients

3 cups shredded Cheddar cheese	1 lb frozen broccoli
2 cups cooked chicken	1 cup milk
1 cup chopped onions	3 eggs
	3/4 cup Bisquick mix

Directions

1. Preheat oven to 400°F.
2. Mix 2 cups of cheese, chicken, onion and broccoli in greased deep dish pie plate.
3. Beat eggs, milk and baking mix together in a large bowl.
4. Pour mixture into deep dish pie plate.
5. Bake in the oven for 25-35 minutes. Last 5 minutes, top with remaining cheese. Put back in oven until cheese melts.

MAKES 4 SERVINGS

Almond Broiled Pollock Fillets

Ingredients

12 oz Pollock fillets	1/2 cup sliced almonds
1/4 cup butter	1 tablespoon chopped parsley
1/4 cup flour	4-6 drops hot sauce
2 tablespoons lemon juice	Salt and pepper

Directions

1. Combine flour, salt and pepper in a small shallow dish.
2. Roll the Pollock fillets in mixture and place in a single layer, skin side down, in a well-greased baking pan.
3. Drizzle 2 tablespoons of melted butter over the Pollock fillets.
4. Broil 10-15 minutes on low, or until fish flakes with a fork.
5. Meanwhile, sauté almonds in remaining butter until golden brown.
6. Remove almonds from heat and add lemon juice, hot sauce and parsley.
7. Pour over the broiled Pollock fillets and serve.

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

