

## FOOD \$EN\$E RECIPES

### Italian Sausage with Tomato & Spinach Pasta

#### Ingredients

1/2 pound spaghetti	1 can tomato sauce
1 pound Italian Sausage	1/2 teaspoon oregano
2 tablespoons olive oil	1/2 teaspoon basil
2 minced garlic cloves	1/2 package frozen spinach

#### Directions

1. Bring a pot of water to a boil. Cook spaghetti per package directions and set aside.
2. Heat olive oil in pan on medium heat. Add sausage; remove from pan once cooked (about 10-15 minutes) and set aside.
3. Add garlic to pan, and cook on low heat. Place sauce in pan.
4. Add oregano and basil, and bring sauce to a low boil.
5. Defrost spinach per package directions. Add spinach, cooking until wilted.
6. Add spaghetti and sausage to pan until heated all the way through.

MAKES 4 SERVINGS

### Italian Chicken Salad

#### Ingredients

1 bag lettuce	1 cup halved grape tomatoes
1 red onion	1 can (15.5 oz) cannellini beans
3 sliced hard boiled eggs	1 can ( 15.5 oz) sliced black olives
3 cubed cooked chicken breasts	Italian Dressing of your choice

#### Directions

##### Hard Boiled Eggs

1. Bring pot of water to a boil. Place eggs in water. Cook for 12 minutes.
2. Remove pot from heat. Transfer eggs to a bowl of cold water.
3. Once cool, tap each egg lightly to crack and remove shell.
4. Rinse eggs under cold water to remove any shell pieces; slice eggs.

##### Chicken Breast

1. Bake chicken at 350° F for 20-30 minutes or until internal temperature reaches 165°F.
2. Let chicken cool. Cube chicken to desired size.

##### Salad

1. In a medium bowl, layer all the ingredients listed (starting from the top). Add Italian dressing of your choice and serve.

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.

