

FOOD \$EN\$E RECIPES

Polish Sausage and Potato Skillet

Ingredients

1 pound Polish sausage	Cheese
20 oz roasted potatoes	1 teaspoon of Italian seasonings
1 lb package frozen vegetables	1/4 cup butter
1/2 cup shredded Cheddar	

Directions

1. Preheat oven to 375°F .
2. Spread mixed vegetables out in the bottom of a lightly greased 9x13in baking dish.
3. Mix in potatoes and Polish sausage.
4. Cut pats of butter evenly over mixture. Sprinkle with Italian seasonings and cover with aluminum foil.
5. Bake at 375°F for 50 minutes. Open foil carefully and place cheese over the top and allow to melt.

MAKES 4 SERVINGS

Cheesy Macaroni-Beef Skillet

Ingredients

1 lb ground beef	1 cup shredded cheddar cheese
1 (14.5 oz) can diced tomatoes	1 lb frozen vegetables
1 1/2 cup water	Salt and pepper
1 pkg macaroni and cheese	

Directions

1. In a large skillet brown ground beef; drain.
2. Stir in tomatoes, frozen vegetables and water; cover. Bring to boil
3. Stir in macaroni and the cheese sauce; simmer, cover on medium-low heat about 10 minutes.
4. Top with shredded cheese. Remove from heat.
5. Let stand; covered 5 minutes or until cheese is melted.

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

