

FOOD \$EN\$E RECIPES

Chicken Sloppy Joes

Ingredients

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| 1 lb ground chicken | 1 cup chopped green pepper |
| 1 cup diced carrots | 1 8oz can tomato sauce |
| 2 tablespoons olive oil | 1 tbsp Worcestershire sauce |
| 1 cup chopped onion | Salt & pepper to taste |

Directions

1. Heat oil in a frying pan over medium heat.
2. Add carrots, onions and green peppers
3. Cook for 5-6 minutes, or until vegetables are soft.
4. Add the ground chicken, and cook until done, breaking up the meat as it cooks.
5. Stir in tomato sauce and Worcestershire sauce and simmer for several minutes until heated through.
6. Spoon onto rolls and top with a blue cheese dressing

Makes 4 servings.

Garlic Baked Pollock Fillets

Ingredients

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| 1 lb frozen Pollock fillets, defrosted | 1/4 cup butter, melted |
| 3 cloves garlic, minced | 1 tsp lime juice |
| | 1 tsp dried parsley |

Directions

1. Preheat oven to 400°F.
2. Place Pollock fillets in a baking dish in a single layer.
3. Combine garlic, melted butter, parsley, lime juice, salt and pepper.
4. Pour over Pollock fillets.
5. Bake for 15-20 minutes or until fish flakes with a fork.

Makes 2 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

