

FOOD \$EN\$E RECIPES

Cheesy BBQ Sloppy Joes

Ingredients

1 lb ground beef	1 tablespoon Worcestershire sauce
2 (14.5 oz) cans diced tomatoes	1 package frozen garlic toast
1 cup ketchup	1/2 cup shredded Cheddar cheese
1/2 cup barbecue sauce	

Directions

1. Brown ground beef in a large skillet over medium heat, stirring often, 8 to 10 minutes or until beef is no longer pink.
2. Drain well and return ground beef to skillet.
3. Stir in tomatoes, ketchup, barbecue and Worcestershire sauce.
4. Cover and cook 10 minutes.
5. Meanwhile, prepare garlic toast according to package directions.
6. Serve beef mixture over garlic toast and sprinkle with cheese.

MAKES 4 SERVINGS

Parmesan Pork Chops

Ingredients

4 (4 ounce each) pork chops	1 teaspoon onion powder
1/4 cup fat-free milk	1/4 cup chopped fresh parsley
1/4 cup grated Parmesan cheese	Cooking spray
1/4 cup seasoned bread crumbs	Salt and pepper
1/4 teaspoon garlic powder	

Directions

1. Preheat oven to 375°F.
2. Place milk in a shallow bowl.
3. In another shallow bowl, combine the cheese bread crumbs, garlic powder, onion powder salt and pepper.
4. Dip pork chops in milk, then coat with bread crumb mixture.
5. Place on a baking sheet coated with cooking spray.
6. Bake at 375°F for 10 minutes or until a thermometer reads 165°F.
7. Sprinkle chopped parsley over top of cooked pork chops.

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.

