

## FOOD \$EN\$E RECIPES

### Grilled Tex-Mex Pizza

#### Ingredients

1 package thin crust flat bread	2 tablespoons salsa
1/2 pound ground chicken	1/2 cup shredded Mexican cheese
2 teaspoons taco seasoning	1/2 cup diced tomatoes
2 tablespoons water	1 tablespoon sour cream

#### Directions

1. Preheat grill on medium-high for 10 minutes.
2. On stove brown ground chicken in a skillet over medium-high heat; drain liquid from pan.
3. Stir in taco seasoning and water. Cook for 2-3 minutes or until liquid is absorbed.
4. Lightly oil both sides of flat bread.
5. Place cooked chicken, cheese and salsa on flat bread.
6. Place directly on grill for 4 minutes at medium heat with lid closed.
7. Remove and cut into wedges. Top pizza with a dollop of sour cream and tomatoes to serve.

MAKES 4 SERVINGS

### Parmesan-Crusted Pork Chops

#### Ingredients

2 medium eggs	1/2 teaspoon garlic powder
1 cup bread crumbs	1/2 teaspoon oregano
3/4 cup grated Parmesan cheese	Salt and pepper
4 pork chops (1/2-inch thick)	Lemon wedges or lemon juice
6 tablespoons olive oil	

#### Directions

1. Whisk the eggs in a bowl to blend.
2. Place the bread crumbs in another bowl.
3. Mix garlic powder and oregano with the cheese and place in a third bowl.
4. Sprinkle the pork chops generously with salt and pepper.
5. Coat the chops completely with cheese, pat the pork chops to help the cheese stick.
6. Dip the chop into the eggs than coat with bread crumbs.
7. Heat 3 tablespoons of oil in a large skillet over medium heat. Add pork chops and cook until golden brown. About 5 minutes per side and internal temperature reaches 145°F
8. Transfer the chops to plates and serve with lemon.

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.

