

## **RECIPES FOR FEEDING AMERICA FOOD BOX ITEMS**

### **CONFETTI GRAIN SALAD**

Try this recipe with a variety of vegetables until you find what you and your family like best.

- 1 1/2 cups white or brown rice, uncooked
- 3 cups water
- Lemon (juiced)
- 3 green onions (also called scallions)
- 1/4 cup parsley (minced)
- 1/2 teaspoon salt
- Black pepper (to taste)
- 1/4 cup olive oil (or other vegetable oil)
- 1 1/2 cups vegetables (of your favorite, cut into small pieces)

1. Wash rice and put into a 2-quart pot with water. Bring to boil, then lower heat to simmer, and cook uncovered until all the water is absorbed. (approximately 45 minutes)

2. Pour into medium sized bowl and allow to cool.

3. Pour lemon juice over rice and stir. When rice is cooled to lukewarm, add vegetables, salt, pepper, and oil.

4. Stir and chill at least 1 hour. This dish also can be served warm.

Recipe from

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/confetti-grain-salad>

*(Note – I modified rice to say white or brown rice)*

## ONE PAN SPAGHETTI

Perfect for a busy weeknight, this one pan spaghetti dish has grains, vegetables, meat, and dairy. Enjoy it with a side of fruit.

- 1/2 pound ground beef (lean)
- 1 onion (medium, chopped)
- 3 1/2 cups water
- 1 can tomato sauce (15 ounces)
- 2 teaspoons dried oregano
- 1/2 teaspoon sugar
- 1/2 teaspoon garlic powder
- 1/2 teaspoon rosemary
- 1/4 teaspoon pepper
- 2 ounces spaghetti noodles (broken)
- 1 cup Parmesan cheese (shredded)

1. Brown meat and onions in a large skillet over medium-high heat (300 degrees in an electric skillet). Drain fat.
2. Stir in water, tomato sauce, and spices; bring to a boil.
3. Add spaghetti, cover pan, and simmer 10-15 minutes, stirring often to prevent sticking.
4. When spaghetti is tender, top with grated cheese.
5. Refrigerate leftovers within 2-3 hours.

<https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/one-pan-spaghetti>

*(NOTE-This uses a small amount of meat, the spaghetti and tomato sauce they received in the Feeding America box)*

## **DUTCH GREEN BEANS**

Using canned green beans and other pantry items, this side dish is great when you don't have much time. Adding the onion at the end kicks up the flavor a bit.

1 can green beans (15 ounces)  
1/4 cup brown sugar  
1 teaspoon cornstarch  
1/3 cup vinegar  
1 onion (small, sliced)

1. Drain the beans, and save the liquid from the can in small bowl.
2. Pour 1/2 cup bean liquid into the saucepan.
3. Add the cornstarch in the bean liquid. Stir well.
4. Add the vinegar and brown sugar.
5. Put on medium heat and bring to a boil.
6. Turn the heat to low.
7. Add the green beans and onions. Heat and serve.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network

## **FOR CANNED CHICKEN RECIPES --**

*(NOTE: I did find this article on the web)*

<https://noblepig.com/2020/03/three-easy-meals-you-can-make-with-canned-chicken/>