

# Recipes from the Orangevale Food Bank

## Baked Mac-n-cheese Lasagna

### *Ingredients:*

- 1 box of Mac-n-cheese (you will need butter and milk)
- 1 can chili or pork and beans
- 1 8oz can tomato sauce
- 1 cup (8oz) of mozzarella cheese, shredded
- 1 cup frozen peas or 1 can of vegetables

1. Heat oven to 350° F.
2. Cook Macaroni and Cheese according to box directions over stove.
3. Add 1 cup of peas to noodles and stir thoroughly.
4. In an 8 inch square pan spoon half the macaroni on the bottom of the pan.
5. Top with ½ cup of tomato sauce, then ½ can chili or pork and beans, then ½ cup cheese. Add the rest of the macaroni, and repeat layers.
6. Bake for 20-25 minutes.

## Ramen Fried Noodles

### *Ingredients:*

- 1 package of ramen noodles
- ½ cup frozen peas
- 2 eggs, beaten
- 1 tsp sesame oil
- 1 pinch black pepper
- 1 TB canola oil
- 4 green onions, chopped
- 1 garlic clove
- ½ can of pork and beans or 1 can of tuna
- 1 tsp soy sauce

1. Break noodles into 6 pieces into a large bowl, sprinkle seasoning packet over it and pour boiling water to cover.
2. Defrost peas in microwave or under hot water in sink.
3. Whisk together eggs, sesame oil and black pepper.
4. Heat a large skillet over medium-high heat and add canola oil.
5. Add onion and garlic and cook for 30 seconds.
6. Add pork and beans or tuna and stir fry for 1-2 more minutes.
7. Drain noodles well and add to skillet. Stir fry for 2 more minutes stirring constantly.
8. Stir in soy sauce.
9. Pour egg mixture into skillet and continue to cook until the eggs are cooked.

Recipes complements of Orangevale's Mommy Meal Planner at <http://mommymealplanner.blogspot.com>



# Recipes from the Orangevale Food Bank

## Baked Mac-n-cheese

### *Ingredients:*

- 1 box of Mac-n-cheese (you will need butter and milk)
- 1 can chili, pork and beans or 1 can of tuna
- 1 can tomato sauce
- 1 cup frozen peas or 1 can of vegetables
- 1 cup (8oz) of mozzarella cheese, shredded
- Crushed crackers (optional)

1. Heat oven to 350° F.
2. Cook Macaroni and Cheese according to box directions over stove.
3. Add 1 can of chili, pork and beans or tuna. Mix together until combined.
4. Add 1 can of tomato sauce. Mix together until combined.
5. Defrost peas in microwave for a couple minutes and add to the macaroni and cheese mixture.
5. Pour the ingredients into a 2 qt casserole dish.
6. Sprinkle with crushed crackers and then cheese. Bake for 20-25 minutes.

## Ramen Noodle Egg Patty

### *Ingredients:*

- 1 3oz package ramen noodles
- 3 TB butter
- 2 eggs
- 2 green onions, chopped
- ½ tsp sesame oil
- ½ tsp soy sauce
- ½ tsp baking powder

1. Cook ramen according to package directions and drain well.
2. Whisk onions, ½ seasoning packet, sesame oil, soy sauce and baking powder with a fork in a small bowl.
3. Heat butter over medium-high heat in a 8 inch non-stick skillet.
4. Add drained noodles to butter and brown lightly 2-3 minutes. Do not stir.
5. Pour whisked egg mixture over noodles and gently incorporate, but let the egg set enough to flip egg patty over.
6. Flip patty over and cook the other side until egg is set, about 2 minutes.

## Oaty Cereal Bars

### *Ingredients:*

- ½ cup sugar
- ½ cup honey
- ½ cup peanut butter
- 3 cups of toasted oat cereal
- 1 cup salted peanuts (optional)

1. Grease a 9x13 inch pan.
2. In a large saucepan over medium heat, stir together the sugar and honey. Bring to a boil, then remove from heat and stir in the peanut butter until well blended.
3. Stir in the cereal and if desired, stir in the salted peanuts.
4. Press into the prepared pan. Allow to cool until firm, then cut into bars.

These recipes use ingredients supplied in a grocery bag provided by Orangevale Food Bank



# Recipes from the Orangevale Food Bank

## Cheesy Rice and Broccoli Tuna Casserole

### *Ingredients:*

- 2 cups of cooked rice
- 2 cans of tuna
- 1 10 oz bag frozen broccoli florets, thawed
- 1 can cream of mushroom soup
- 1 can cheddar cheese soup, cream of chicken soup or broccoli-cheese soup
- 1 cup crackers, crushed

1. Preheat oven to 350 ° F.
2. In a large bowl mix rice, tuna, broccoli, and both soups.
3. Pour into a 3 qt casserole dish. Cook uncovered for 30 minutes.
4. Take casserole out, sprinkle crackers on top, and bake for an additional 5 minutes until topping starts to brown.

## Cold Ramen Noodle Salad

### *Ingredients:*

- 1 8oz bag of coleslaw mix
- 1 3oz package ramen noodles, raw and crushed
- ½ cup sunflower seed kernels
- ½ cup oil
- ¼ cup apple cider vinegar
- ¼ cup sugar

1. In a small skillet turned to medium-high heat, toast sunflower seeds until lightly browned.
2. In a large bowl, mix together coleslaw mix, crushed noodles and sunflower seeds.
3. In a small bowl mix seasoning packet, oil, vinegar and sugar.
4. Mix all ingredients together and refrigerate for at least 2 hours.

## Tuna-Tomato Pasta

### *Ingredients:*

- Cooking spray
- 2 cloves garlic, chopped
- 1 cup flat-leaf parsley, chopped (optional)
- 1 28 oz can crushed tomatoes
- Salt and pepper
- 4 TB Butter
- 1 5-6 oz can of tuna in olive oil or water, drained
- 1 lb pasta

1. Spray large skillet with cooking spray over medium heat. Add garlic and cook for 1 minute. Add 2 TB parsley and cook for 1 more minute. Add tomatoes, season with salt and pepper and cook over medium-low heat for 15-20 minutes until sauce thickens. Take off heat, and whisk in butter and stir in tuna.
2. Meanwhile, in a large pot of boiling water, cook pasta about 7 minutes. Drain. Add pasta to large skillet with tomato sauce. Stir in ¾ remaining parsley. Top each plate with remaining parsley.

## Corn Flake Treats

### *Ingredients:*

- 1 ¼ c corn syrup
- 1 cup sugar
- 1 cup peanut butter
- 4 cups cornflakes
- 2 cups peanuts (optional)

- Bring corn syrup and sugar to a rolling boil. Take off heat and add peanut butter. Mix well.
- Pour peanut butter mixture over corn flakes and peanuts in a large bowl. Mix well. Pour into a 9x13 inch dish that has been coated with cooking spray or greased. Press smooth. Cut into squares.

