



Public Health
Prevent. Promote. Protect.
Aitkin County

Food Drive Toolkit

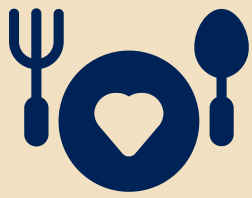
How to support Food Shelves
during COVID-19

Drop off your non-perishable items at your
local food shelf to help support others in need



FOOD SHELVES IN AITKIN COUNTY

Public Health
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Aitkin County



AITKIN AREA FOOD SHELF

Day/s: Wednesday of every week

Hours: 10:30 am - 3:00 pm

Donations: Drop off donations at 10:30 am on food shelf days. For large donations, call Lee to coordinator drop off.



612-803-1839



AITKIN FIRST LUTHERAN CHURCH "AITKIN COMMUNITY FOOD SHELF"

Day/s: 2nd & 4th Thursday of every month

Hours: 9:30 am - 5:00 pm

Donations: Contact Laura Smith to coordinate donation drop off.



218-821-7159

AITKIN ST. JAMES CATHOLIC CHURCH FOOD SHELF

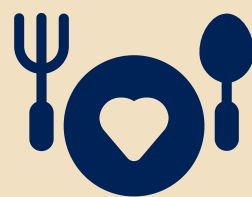
Day/s: Tuesdays of every week

Hours: 12:00 pm - 3:00 pm

Donations: Please make donations Monday-Friday at the church from 9:00 am - 5:00 pm.



218-927-6581



HILL CITY FOOD SHELF

Day/s: 3rd Saturday of every month

Hours: 8:30 am - 11:30 am (by appointment)

Donations: Please call Bonnie to coordinate donation drop off.



218-697-8263

JACOBSON FOOD SHELF

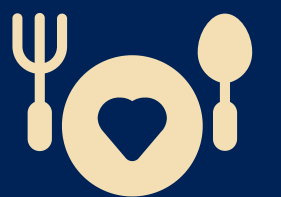
Day/s: 1st & 3rd Thursday of every month

Hours: 4:00 pm - 6:00 pm

Donations: Please contact Marcell to coordinate donation drop off.



218-426-4799



MCGREGOR LORD'S HOUSE CHURCH GROCERY GIVEAWAY

Day/s: Last Friday of every month

Hours: 5:00 pm - 5:30 pm

Donations: Please call the number listed below to coordinate donation drop off.



218-768-4795

MCGREGOR FOOD SHELF

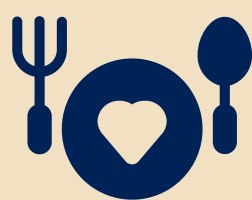
Day/s: 2nd & 4th Wednesday of every month

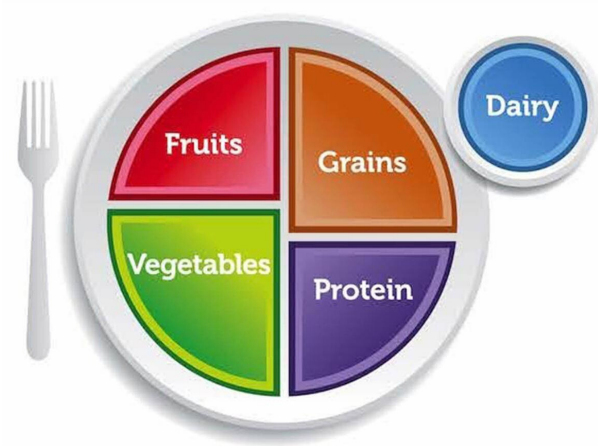
Hours: 9:00 am - 12:00 pm

Donations: Please contact Sharon to coordinate donation drop off.



218-426-3330

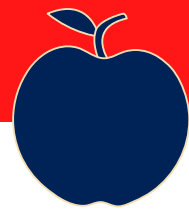




FOOD DONATIONS LIST FROM MYPLATE

HEALTHY SHELVES FOOD DRIVE

FRUITS



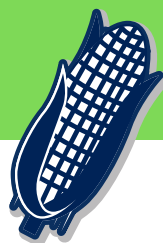
- Peaches (100% fruit juice)
- Pears (100% fruit juice)
- Pineapple (100% fruit juice)
- Peaches (100% fruit juice)
- Applesauce
- Dried apricots
- Raisins
- 100% fruit juice in either ready to drink containers or juice boxes.

GRAINS



- Brown rice
- Wild rice
- Oatmeal
- Infant cereal
- Low sugar cereal
- Whole wheat/multigrain bread
- Whole wheat/multigrain pasta
- Bread, muffin and pancake mixes
- Hot cereal mixes
- Whole-grain crackers
- Flour

VEGETABLES



- Canned green beans (no salt added)
- Canned corn (no salt added)
- Canned peas (no salt added)
- Canned carrots (no salt added)
- Canned tomatoes (no salt added)
- Canned spaghetti sauce (no salt added)

PROTEIN

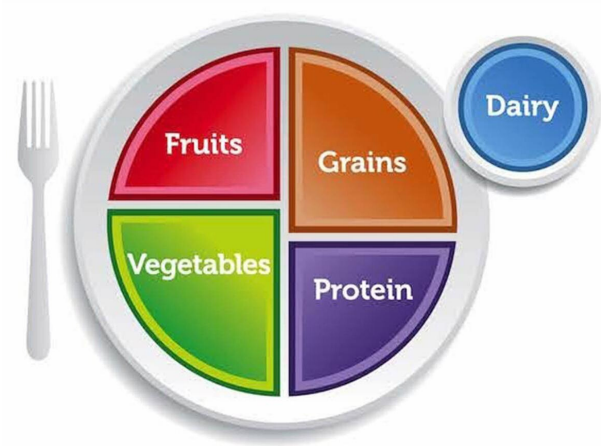


- Canned or package of tuna
- Canned or package of chicken breast
- Canned or package of salmon
- Canned kidney beans (no salt added)
- Canned great northern beans (no salt added)
- Canned black beans (no salt added)
- Canned butter beans (no salt added)
- Canned garbanzo or chickpeas (no salt added)
- Canned nuts
- Peanut Butter

DAIRY



- | | | |
|-------------------|---------------------------|-------------------------------|
| • Infant formula | • Shelf-stable (UHT) milk | • Canned condensed cheddar |
| • Nonfat dry milk | (small boxes) | cheese soup |
| • Evaporated milk | • Canned & boxed pudding | • Carnation Breakfast packets |



FOOD DONATIONS LIST FROM MYPLATE

HEALTHY SHELVES FOOD DRIVE

SNACKS



- Granola
- Nuts & Seeds
- Dried Fruit
- Graham Crackers

CONDIMENTS



- Salsa
- Oils
- Mustard
- Salt-free seasonings

WHY THESE ITEMS?

Food shelves rely on the generosity from our community to serve families in need year-round. Whether you're donating money or food, each gift helps us fight hunger a little more.

While fresh foods are an important part of the food we provide, non-perishables are also needed and easy for you to donate. Food shelves can make the most of your non-perishable food donation when you consider three things: nutrition, usefulness, and quality vs. quantity.

While all donations are important and appreciated, Aitkin County Public Health and the Statewide Health Improvement Partnership (SHIP) program encourages the public to choose healthy, nutrient-packed donations from the list above over highly processed, boxed foods like little Debbie snacks and ramen noodles.





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Aitkin County

FOOD ITEMS TO DONATE BASED ON

Healthy Shelves Recipe Cards

CINNAMON FRENCH TOAST



CINNAMON FRENCH TOAST

Photo Credit: NDSU Extension

INGREDIENTS

- 2 Tbsp. sugar
- 1 tsp. ground cinnamon
- 1/4 tsp. nutmeg
- 4 eggs
- 1/4 cup fat-free milk or milk of choice
- 1/2 tsp. vanilla
- 8 slices whole-grain bread or bread of choice
- Nonstick cooking spray
- Toppings of choice (maple syrup, sliced bananas, strawberries, blueberries, etc.)

Makes 4 servings (2 slices each)

DIRECTIONS

1. Mix together sugar, cinnamon and nutmeg in a large bowl.
2. Add eggs, milk, and vanilla. Combine thoroughly with a whisk or rotary beater.
3. Preheat the griddle or large fry pan sprayed with nonstick cooking spray.
4. Dip the bread in the egg mixture. Fry the French toast until light brown, then flip the slices and cook the other side.
5. Serve immediately with favorite toppings

Source: NDSU Extension Service

Public Health Aitkin County
Healthy Shelves
ship


ITEMS TO DONATE:

- 1 bag sugar
- 1 container ground cinnamon
- 1 container nutmeg
- 1 container vanilla
- 1 loaf whole wheat bread
- 1 bottle maple syrup

BAKED OATMEAL

ITEMS TO DONATE:

- 1 can evaporated milk
- 1 container quick oats
- 1 bag sugar
- 1 container honey
- 1 bottle olive or canola oil
- 1 container cinnamon



BAKED OATMEAL

INGREDIENTS

- 4 cups milk (1 & 1/3 cup powdered milk and 3 & 3/4 cup of water)
- 3 & 1/2 cups of quick oats
- 1/3 cup brown sugar or honey
- 2 Tablespoons of olive oil or oil of choice
- 1 Teaspoon of cinnamon

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Mix powdered milk and water together, then combine all ingredients in an oven safe pan.
3. Cover and bake for 30 minutes.
4. Stir and bake for 30 more minutes uncovered.
5. Let the oatmeal bake until golden brown. Take out of oven and let cool for about 5 minutes.

Source: NDSU Extension Service

Public Health Aitkin County
Healthy Shelves
ship

APPLESAUCE OATMEAL FOR ONE



APPLESAUCE OATMEAL FOR ONE

Makes 1 serving

INGREDIENTS

- 1 cup water
- 1/2 cup rolled oats
- 1/8 tsp. salt
- 1/4 cup unsweetened applesauce
- Cinnamon to taste

DIRECTIONS

1. Pour the water, oats and salt into a medium pot on the stove-top.
2. Heat until it is boiling, then turn heat to low.
3. Slowly stir in applesauce and cinnamon.
4. Cook on low heat and continue to stir until desired texture is reached (5-7 minutes).

Source: NDSU Extension Service

Public Health Aitkin County
Healthy Shelves
ship

ITEMS TO DONATE:

- 1 container quick oats
- 1 jar of applesauce
- 1 container cinnamon

JUST ADD WATER PANCAKES

ITEMS TO DONATE:

- 1 bag all purpose flour
- 1 bag sugar
- 1 container powdered milk
- Baking powder



JUST ADD WATER PANCAKES

INGREDIENTS

- 8 cups All-purpose flour
- 3/4 cup sugar
- 1 & 1/2 cups dry milk
- 2 tsp. salt
- 2 Tbsp. baking powder

DIRECTIONS

1. Mix all the ingredients together and store in a 1 gallon air tight container.
2. When ready to make pancakes, take 1 & 2/3 cup to 2 cups of pancake mix already prepared with water to desired consistency.
3. Pour 1/4 cup of mix on hot griddle or pan (sprayed with cooking spray), and cook to desired golden brownness.)

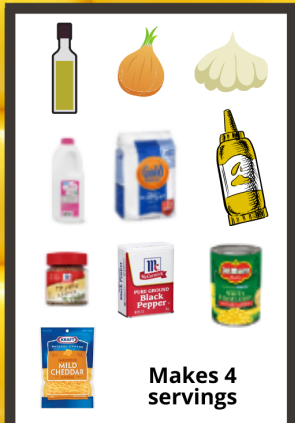
Source: NDSU Extension Service

Public Health Aitkin County
Healthy Shelves
ship

10 MINUTE CORN CHOWDER



10 MINUTE CORN CHOWDER



Makes 4 servings

INGREDIENTS

- **1 tsp.** canola oil (or oil of choice)
- **1/2 onion**, chopped (or 1 tsp. onion powder)
- **1 clove** garlic (or 1/8 tsp. garlic powder)
- **3 cups** of milk of choice (or milk powder)
- **4 Tbsp.** flour
- **2 tsp.** mustard
- **1/4 tsp.** thyme
- Pepper to taste
- **2 cups** corn (frozen or canned)
- **4 Tbsp.** shredded cheddar cheese

DIRECTIONS

1. Heat oil in a large nonstick pan over medium-high. Saute the onion and garlic until golden (2 minutes).
2. In a separate bowl, whisk together milk, flour, mustard, thyme, and pepper in a small bowl. Mix well.
3. Slowly stir the milk mixture into the onions in the pan then add the corn. Mix well until the mixture comes to a boil and thickens (3 minutes). Stir constantly.
4. Serve hot, topped with cheddar cheese. Source: Guiding Stars Nutrition



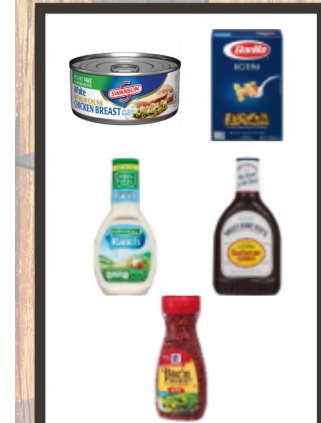
ITEMS TO DONATE:

- 1 bottle olive oil or canola oil
- Onion Powder
- Garlic Powder
- 1 container powder or evaporated milk
- 1 bag flour
- 1 container mustard
- Thyme seasoning
- 1 can corn
- 1 can condensed cheddar cheese soup

BBQ CHICKEN PASTA



BBQ CHICKEN PASTA



INGREDIENTS

- **1 can** chicken, drained
- **1 box** rotini noodles (16 oz.), cooked & drained
- **1 cup.** ranch dressing
- 3/4 cup BBQ sauce
- **1/2 cup** bacon bits

DIRECTIONS

1. Cook and drain noodles.
2. While noodles are cooking put the rest of the ingredients in a large mixing bowl.
3. Mix in noodles and refrigerate, for at least 2 hours.
4. Serve and Enjoy!



Source: Jodi & Julie at Food Storage Made Easy

ITEMS TO DONATE:

- 1-2 cans chicken breast
- 1 box rotini noodles
- 1 bottle ranch dressing
- 1 bottle BBQ sauce
- 1 container bacon bits

MAC AND CHEESE



MAC AND CHEESE



Makes 4 servings

INGREDIENTS

- **2 cans** condensed cheddar cheese soup
- **1 can** evaporated milk (or 2 cups of milk)
- **1/4 tsp.** pepper
- Seasoned to taste of salt
- **3 cups** pasta cooked & drained
- **2 Tbsp.** bread crumbs

DIRECTIONS

1. Stir soup, milk, pepper, seasoned salt, and pasta in a baking dish.
2. Sprinkle with bread crumbs
3. Bake at 400 degrees F. for 25 minutes or until hot and bubbling.



Source: NDSU Extension Service

ITEMS TO DONATE:

- 2 cans of condensed cheddar cheese soup
- 1 box whole wheat medium pasta shells or pasta noodles of choice
- 1 container bread crumbs

ANY DAY'S A PICNIC CHICKEN SALAD



Photo Credit: Choose MyPlate

ANY DAY'S A PICNIC CHICKEN SALAD



Makes 6 servings

INGREDIENTS

- **2 & 1/2 cup** chicken breast, cooked and diced
- **1/2 cup** celery, chopped
- **1/4 cup** onion, chopped
- **2 Tbsp.** pickle relish
- **1/2 cup** light mayonnaise

DIRECTIONS:

1. Rinse and prepare celery and onion.
2. Combine all ingredients. Refrigerate until ready to serve. Use within two days.

HOW TO USE:

- Make chicken salad sandwiches.
- Make a pasta salad by mixing with 2 cups of cooked pasta shells.



Source: NDSU Extension Service

ITEMS TO DONATE:

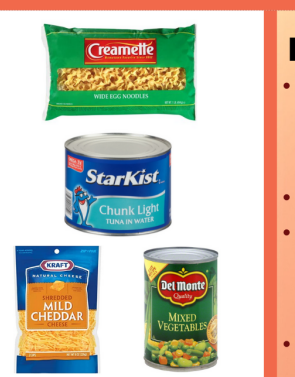
- 1-2 cans chicken breast
- 1 onion
- 1 jar pickle relish
- 1 container mayo

TUNA & NOODLES



Photo Credit: NDSU Extension

TUNA & NOODLES



Makes 4 servings

INGREDIENTS

- **3 cups** of noodles (noodles shape of choice), uncooked. Tip-try different noodles like whole wheat, lentil or chickpea
- **1 (8 ounce) package** shredded cheese
- **1 (15 ounce) package** of canned mixed vegetables, drained (may substitute with 1 (16 ounce) bag of frozen mixed vegetables)
- **1 (6 ounce) can** water-packed tuna, drained and flaked (may substitute tuna with chicken)
- **1/4 teaspoon** pepper

DIRECTIONS

1. Bring 2 cups water to boil in saucepan (medium-high). Stir in noodles.
2. Reduce heat to medium-low; cover.
3. Simmer 8 minutes or until noodles are tender. Do not drain water.
4. Add shredded cheese, vegetables, tuna and pepper; stir until cheese melts.
5. Serve and Enjoy!



Source: NDSU Extension Service

ITEMS TO DONATE:

- 2 cans of condensed cheddar cheese soup
- 1 whole wheat medium pasta shells or pasta noodles of choice
- 1 container bread crumbs

CHICKEN WILD RICE SOUP



CHICKEN WILD RICE SOUP



INGREDIENTS

- **1 package** of Long Grain Wild Rice Mix (ex. "Uncle Ben's")
- **2 cans** of cream of chicken soup
- **1 can** cream of mushroom soup
- **10 ounce can** of chicken
- **3-4 cups** of water (depending on desired consistency)

DIRECTIONS

1. Cook rice as directed on box.
2. Mix together rice, chicken, soups and water
3. Let simmer until well done (20-30 minutes)
4. Serve and enjoy!



Source: Food Storage Made Easy

ITEMS TO DONATE:

- 1-2 cans chicken breast
- 1 packaged of long grain wild rice
- 1 can of cream of mushroom soup
- 2 cans of cream of chicken soup

BEAN & RICE BURRITOS



Photo Credit: NDSU Extension

BEAN & RICE BURRITOS

INGREDIENTS

- 2 cups cooked rice
- 1 small onion
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 teaspoon chili powder (optional to taste)
- 8 (10 inch) flour tortillas
- 1/2 cup salsa (or more)
- 1/2 cup cheese, shredded

To add fiber, consider using brown rice and/or whole-wheat tortillas.

DIRECTIONS

1. Preheat oven to 300 F.
2. Peel the onion and chop into small pieces
3. Drain the liquid from the beans and rinse them in a colander.
4. Mix the rice, onion, beans, and chili powder in a bowl.
5. Put the tortilla on a flat surface and add 1/2 cup of the rice and bean mixture.
6. Fold the side to hold the rice and beans. Place each filled tortilla, seam side down, in a large baking sheet.
7. Bake for 15 minutes or until heated. Pour the salsa over the baked burritos and top with cheese.

Source: NDSU Extension Service

ITEMS TO DONATE:

- 1 box or package of brown rice
- Onion
- 1 can of kidney beans
- Chili powder
- Package of tortillas
- 1 can of salsa
- 1 can of condensed cheddar cheese soup

GARLIC & SALMON LINGUINE



GARLIC SALMON LINGUINE

INGREDIENTS

- 1 package linguine pasta (16 ounces).
- 1/3 cup olive oil or oil of choice
- 1/8 teaspoon garlic powder
- 1 can or package of Salmon (14-15 ounces).
- 3/4 cup chicken broth
- 4 teaspoons parsley
- 1/8 teaspoon cayenne pepper

DIRECTIONS

1. Cook linguine according to package directions; drain.
2. Meanwhile, in a large skillet, heat oil over medium head. Add garlic powder, cook and stir for 1 minute.
3. Stir in remaining ingredients, heat through.
4. Add linguine; toss gently to combine.
5. Serve and enjoy!

Source: Taste of Homes

ITEMS TO DONATE:

- 1 package of linguine pasta
- Bottle of olive oil or canola oil
- 1-2 cans or packages of salmon
- 1 can of chicken broth
- Parsley seasoning
- Cayenne pepper seasoning

HEARTY SPICY BEAN CHILI



Photo Credit: NDSU Extension

HEARTY SPICY BEAN CHILI

INGREDIENTS

- 2 (15-oz.) cans black beans**
- 2 (15-oz.) cans kidney beans**
- 2 (15-oz.) cans butter beans**
- 1 (15-oz.) can diced tomatoes**
- 1 (6-oz.) can tomato paste
- 1 (1.25-oz.) packet reduced-sodium chili seasoning
- 1 Tbsp. oil
- 2 cloves garlic, minced
- 1 medium yellow onion, minced
- 2 tsp. vegetable bouillon plus 2 cups water

DIRECTIONS

1. ** Drain and rinse beans. Set aside.
2. Heat oil in a large pan. Add the diced yellow onion and garlic, then saute until the onions turn clear.
3. Boil 2 cups of water on the stove or in the microwave.
4. Once boiling, add 2 teaspoons of the vegetable bouillon until completely dissolved.
5. Combine all can ingredients into a large pot (may use slow cooker if have in possession) followed by the onion, garlic mixture, and then the broth.
6. Add the chili seasoning and mix well.
7. Let the chili cook either on the stove on medium-high heat for approximately 45 minutes or until the chili reaches. (if using slow cooker, leave on high for approximately 45 minutes.

Source: NDSU Extension Service

ITEMS TO DONATE:

- 2 cans of black beans
- 2 cans of kidney beans
- 2 cans of butter beans
- 1 can diced tomatoes
- 1 can tomato paste
- 1 packet of reduced-sodium chili seasoning
- 1 bottle of olive oil or canola oil
- Garlic or garlic powder
- Onion or onion powder
- Vegetable bouillon

PB & BANANA SANDWICH



PB & BANANA SANDWICH

INGREDIENTS

- 4 slices of bread
- 4 Tablespoons of peanut butter
- 1 banana

To add fiber, consider using whole wheat bread

DIRECTIONS

1. Spread peanut butter evenly on 2 slices of bread.
2. Top with sliced banana (optional- can sprinkle with raisins)
3. Top with remaining bread.

Source: Guiding Stars Nutrition

ITEMS TO DONATE:

- 1 loaf of whole wheat bread
- 1 jar of peanut butter
- 1 bundle of bananas

EASIEST COOKIES IN THE WORLD



EASIEST COOKIES IN THE WORLD!

INGREDIENTS

- 2 Over Ripe Bananas
- 1 Cup Quick Oats
- 1/2 Cup of Chocolate Chips

DIRECTIONS

1. Using a fork mash the bananas in a bowl. The consistency should be gooeey, try to get the lumps out.
2. Pour in oats and chocolate chips and mix well.
3. With moist hands form 2- inch balls of mixture, place on greased cookie sheet about 1 inch apart.
4. Bake at 350 degrees F for 15-20 minutes or until golden brown.
5. Let cool and enjoy!

ITEMS TO DONATE:

- 1 bundle of bananas
- 1 container of quick oats
- 1 bag of chocolate chips

MONSTER ENERGY BITES

ITEMS TO DONATE:

- 1 container of quick oats
- 1 container dry roasted peanuts
- 1 bottle of honey
- 1 bag of chocolate chips



MONSTER ENERGY BITES

INGREDIENTS

- 1 cup quick oats
- 1/2 cup dry roasted peanuts
- 1/4 cup peanut butter
- 1/4 cup honey
- 1/2 cup chocolate chips

DIRECTIONS

1. In a microwave safe bowl, melt the honey and peanut butter until warm.
2. Add the dry ingredients (quick oats, dry roasted peanuts and chocolate chips) to the melted/warm honey and peanut butter and mix well.
3. Place mixture in the refrigerator for 30 minutes to form.
4. Roll mixture into balls.

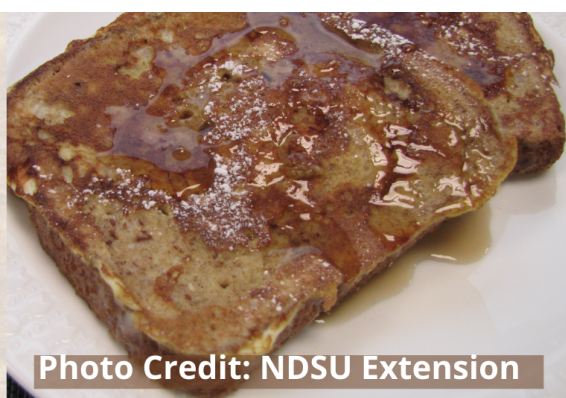


Photo Credit: NDSU Extension

CINNAMON FRENCH TOAST



Makes 4 servings
(2 slices each)

INGREDIENTS

- 2 Tbsp. **sugar**
- 1 tsp. **ground cinnamon**
- 1/4 tsp. **nutmeg**
- 4 **eggs**
- 1/4 cup **fat-free milk** or milk of choice
- 1/2 tsp. **vanilla**
- 8 slices **whole-grain bread** or bread of choice
- **Nonstick cooking spray**
- **Toppings of choice** (maple syrup, sliced bananas, strawberries, blueberries, etc.)

DIRECTIONS

1. Mix together sugar, cinnamon and nutmeg in a large bowl.
2. Add eggs, milk, and vanilla. Combine thoroughly with a whisk or rotary beater.
3. Preheat the griddle or large fry pan sprayed with nonstick cooking spray.
4. Dip the bread in the egg mixture. Fry the French toast until light brown, then flip the slices and cook the other side.
5. Serve immediately with favorite toppings

Source: NDSU Extension Service



BAKED OATMEAL



INGREDIENTS

- 4 cups **milk** (1 & 1/3 cup powdered milk and 3 & 3/4 cup of water)
- 3 & 1/2 cups of **quick oats**
- 1/3 cup **brown sugar** or **honey**
- 2 Tablespoons of **olive oil** or oil of choice
- 1 Teaspoon of **cinnamon**

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Mix powdered milk and water together, then combine all ingredients in an oven safe pan.
3. Cover and bake for 30 minutes.
4. Stir and bake for 30 more minutes uncovered.
5. Let the oatmeal bake until golden brown. Take out of oven and let cool for about 5 minutes.

Source: NDSU Extension Service



APPLESAUCE OATMEAL FOR ONE



Makes 1 serving

INGREDIENTS

- 1 cup **water**
- 1/2 cup **rolled oats**
- 1/8 tsp. **salt**
- 1/4 cup **unsweetened applesauce**
- **Cinnamon to taste**

DIRECTIONS

1. Pour the water, oats and salt into a medium pot on the stove-top.
2. Heat until it is boiling, then turn heat to low.
3. Slowly stir in applesauce and cinnamon.
4. Cook on low heat and continue to stir until desired texture is reached (5-7 minutes).

Source: NDSU Extension Service



JUST ADD WATER PANCAKES



INGREDIENTS

- 8 cups **All-purpose flour**
- 3/4 cup **sugar**
- 1 & 1/2 cups **dry milk**
- 2 tsp. **salt**
- 2 Tbsp. **baking powder**

DIRECTIONS

1. Mix all the ingredients together and store in a 1 gallon air tight container.
2. When ready to make pancakes, take 1 & 2/3 cup to 2 cups of pancake mix already prepared with water to desired consistency.
3. Pour 1/4 cup of mix on hot griddle or pan (sprayed with cooking spray), and cook to desired golden brownness.)

Source: NDSU Extension Service





10 MINUTE CORN CHOWDER



Makes 4 servings

INGREDIENTS

- 1 tsp. canola oil (or oil of choice)
- 1/2 onion, chopped (or 1 tsp. onion powder)
- 1 clove garlic (or 1/8 tsp. garlic powder)
- 3 cups of milk of choice (or milk powder)
- 4 Tbsp. flour
- 2 tsp. mustard
- 1/4 tsp. thyme
- Pepper to taste
- 2 cups corn (frozen or canned)
- 4 Tbsp. shredded cheddar cheese

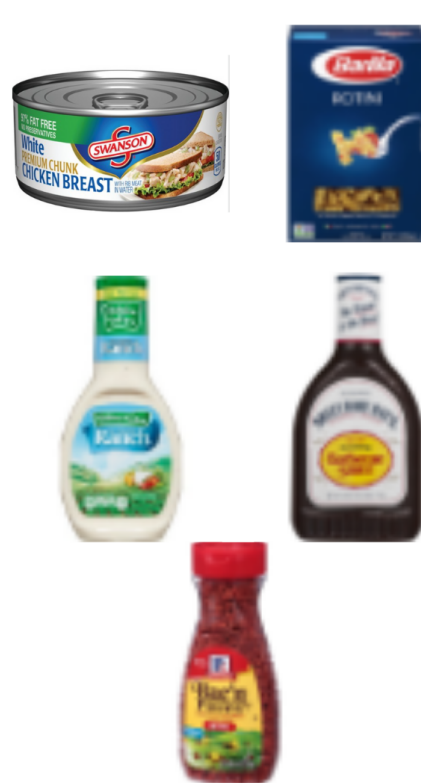
DIRECTIONS

1. Heat oil in a large nonstick pan over medium-high. Saute the onion and garlic until golden (2 minutes).
2. In a separate bowl, whisk together milk, flour, mustard, thyme, and pepper in a small bowl. Mix well.
3. Slowly stir the milk mixture into the onions in the pan then add the corn. Mix well until the mixture comes to a boil and thickens (3 minutes). Stir constantly.
4. Serve hot, topped with cheddar cheese.

Source: Guiding Stars Nutrition



BBQ CHICKEN PASTA



INGREDIENTS

- 1 can chicken, drained
- 1 box rotini noodles (16 oz.), cooked & drained
- 1 cup. ranch dressing
- 3/4 cup BBQ sauce
- 1/2 cup bacon bits

DIRECTIONS

1. Cook and drain noodles.
2. While noodles are cooking put the rest of the ingredients in a large mixing bowl.
3. Mix in noodles and refrigerate, for at least 2 hours.
4. Serve and Enjoy!

Source: Jodi & Julie at Food Storage Made Easy



MAC AND CHEESE



Makes 4 servings

INGREDIENTS

- 2 cans condensed cheddar cheese soup
- 1 can evaporated milk (or 2 cups of milk)
- 1/4 tsp. pepper
- Seasoned to taste of salt
- 3 cups pasta cooked & drained
- 2 Tbsp. bread crumbs

DIRECTIONS

1. Stir soup, milk, pepper, seasoned salt, and pasta in a baking dish.
2. Sprinkle with bread crumbs
3. Bake at 400 degrees F. for 25 minutes or until hot and bubbling.

Source: NDSU Extension Service



Photo Credit: Choose MyPate

ANY DAY'S A PICNIC CHICKEN SALAD



INGREDIENTS

- 2 & 1/2 cup chicken breast, cooked and diced
- 1/2 cup celery, chopped
- 1/4 cup onion, chopped
- 2 Tbsp. pickle relish
- 1/2 cup light mayonnaise



Makes 6 servings

DIRECTIONS:

1. Rinse and prepare celery and onion.
2. Combine all ingredients. Refrigerate until ready to serve. Use within two days.

HOW TO USE:

- Make chicken salad sandwiches.
- Make a pasta salad by mixing with 2 cups of cooked pasta shells.

Source: NDSU Extension Service





Photo Credit: NDSU Extension

HEARTY SPICY BEAN CHILI



Makes 15 servings

INGREDIENTS

- **2 (15-oz.)** cans black beans **
- **2 (15-oz.)** cans kidney beans **
- **2 (15-oz.)** cans butter beans **
- **1 (15-oz.)** can diced tomatoes **
- **1 (6-oz.)** can tomato paste
- **1 (1.25-oz.)** packet reduced-sodium chili seasoning
- **1 Tbsp.** oil
- **2 cloves** garlic, minced
- **1 medium** yellow onion, minced
- **2 tsp.** vegetable bouillon plus 2 cups water

DIRECTIONS

1. ** Drain and rinse beans. Set aside.
2. Heat oil in a large pan. Add the diced yellow onion and garlic, then saute until the onions turn clear.
3. Boil 2 cups of water on the stove or in the microwave.
4. Once boiling, add 2 teaspoons of the vegetable bouillon until completely dissolved.
5. Combine all can ingredients into a large pot (may use slow cooker if have in possession) followed by the onion, garlic mixture, and then the broth.
6. Add the chili seasoning and mix well.
7. Let the chili cook either on the stove on medium-high heat for approximately 45 minutes or until the chili reaches. (if using slow cooker, leave on high for approximately 45 minutes.

Source: NDSU Extension Service



PB & BANANA SANDWICH



Makes 2 servings

INGREDIENTS

- 4 slices of bread
- 4 Tablespoons of peanut butter
- 1 banana

To add fiber, consider using whole wheat bread

DIRECTIONS

1. Spread peanut butter evenly on 2 slices of bread.
2. Top with sliced banana (optional- can sprinkle with raisins)
3. Top with remaining bread.

Source: Guiding Stars Nutrition



EASIEST COOKIES IN THE WORLD!



YIELD: 2 Dozen

INGREDIENTS

- 2 Over Ripe Bananas
- 1 Cup Quick Oats
- 1/2 Cup of Chocolate Chips

DIRECTIONS

1. Using a fork mash the bananas in a bowl. The consistency should be gooey, try to get the lumps out.
2. Pour in oats and chocolate chips and mix well.
3. With moist hands form 2- inch balls of mixture, place on greased cookie sheet about 1 inch apart.
4. Bake at 350 degrees F for 15-20 minutes or until golden brown.
5. Let cool and enjoy!



MONSTER ENERGY BITES



INGREDIENTS

- **1 cup** quick oats
- **1/2 cup** dry roasted peanuts
- **1/4 cup** peanut butter
- **1/4 cup** honey
- **1/2 cup** chocolate chips

DIRECTIONS

1. In a microwave safe bowl, melt the honey and peanut butter until warm.
2. Add the dry ingredients (quick oats, dry roasted peanuts and chocolate chips) to the melted/warm honey and peanut butter and mix well.
3. Place mixture in the refrigerator for 30 minutes to form.
4. Roll mixture into balls.

