Easy Comfort Food

For more recipes like these, go to: panen.org/recipes/all-recipes
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- Springfield Baptist and Christ Church Quaker Farms Youth Groups
- The Pennsylvania Nutrition Education Network’s Social Marketing Committee

= Foods labeled with this symbol are choking hazards for kids under the age of 4.

Allergy warnings throughout this book focus on the 8 most common foods that cause 90% food allergies: peanuts, tree nuts, milk, eggs, wheat, soy, fish and shellfish. If you are allergic to any other foods, make sure they are not in the ingredients list before trying any of these recipes.

* = This symbol means that there is an important note about this ingredient at the end of the recipe.
Ingredients:

- 3 tablespoons cooking oil (vegetable, canola, or olive oil) or butter
- 12 skinless chicken drumsticks (or 4 large or 8 small whole, skinless chicken breasts or 4 bone-in, skinless chicken quarters)
- 1 10.5-ounce can cream of chicken soup
- 1 cup water (This fills a little less than the whole soup can.)

Directions:

1. Heat 3 tablespoons cooking oil in a large skillet over medium heat for about 3-5 minutes or until it starts to bubble.
2. Add chicken, and brown on all sides. This will take about 3-5 minutes a side. Turn heat down to medium low, if needed.
3. Remove chicken from pan, and set aside.
4. Stir the soup and water together in the skillet, and heat it to a boil.
5. Return the chicken to the skillet. Turn the heat to low.
6. Cover and cook for 15 more minutes. Flip chicken halfway through.
7. Chicken is done when you cannot see any pink meat all the way through, its juice runs clear, and the meat’s internal temperature is 165°F.

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### Nutrition Facts

**Made with chicken drumsticks**

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*Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium*

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.*

**Made with skinless chicken breast**

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*Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium*

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.*

Apple Chicken Salad

Ingredients:
• 1 10-ounce can of chicken, drained (or 1 whole, skinless chicken breast; or 6 skinless drumsticks; or 2 legs, cook and chopped)
• 3 tablespoons mayonnaise* (or plain yogurt**)
• 1 tablespoons honey (or table syrup)
• 1 cup apples, cut into 1/4 inch pieces
• 1/8 to 1/4 cup onions, cut into 1/4 inch pieces
• 2 tablespoons raisins
• 1/4 teaspoon black pepper

Directions:
1. In a large mixing bowl, combine all ingredients. Mix well.

Notes:
• Put the salad in a sandwich or wrap in lettuce.

YIELD
Servings: 6  
Serving Size: 2/3 cup

ALLERGY WARNING
This recipe contains eggs and milk.

CUT DOWN ON CHOKING:
For kids 2-4 years old, serve food in the following ways:
• Cut ingredients in this recipe into half inch pieces or smaller.
• Take the skin off the apple.
• Remove raisins from the salad.
* Mayonnaise contains eggs. If you are allergic, you can switch 3 tablespoons of mayonnaise for 3 tablespoons of yogurt. You can also choose an egg-free or vegan option.

** If you are allergic to milk-based yogurt, use mayonnaise or creamy salad dressing.

Source: https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/any-days-picnic-chicken-salad
**Ingredients:**

- 1/3 cup brown rice, uncooked
- 1/2 pound ground beef (or 1/2 pound ground turkey or 8 ounces of canned beef, drained and fat removed.)
- 1 onion, chopped
- 1 garlic clove, minced (or 1/8 teaspoon garlic powder)
- 2 1/2 cups water
- 1 14.5-ounce can diced tomatoes, with juice
- 1/2 cup tomato sauce (or tomato juice)
- 1 small to medium cabbage head, chopped into bite-sized pieces
- 1 cup or about 1/8th of the block of USDA block cheese, cubed or sliced*
- Salt and pepper to taste (optional)

**Directions:**

1. Prepare rice according to package directions.
2. In a large pot, brown fresh ground beef or warm canned beef with onion and garlic. Drain fat.

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*Note: For kids 2-4 years old, serve food in the following ways. Puree, blend or mash all ingredients in this recipe. Firm, smooth, or slippery foods like onions, cabbage, and rice kernels are choking hazards.*

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**YIELD**

Servings: 5  
Serving Size: 2 cups

**ALLERGY WARNING**

This recipe contains milk.
3. While beef is cooking, wash your hands and any surfaces that have come in contact with raw meat.

4. Add water, tomatoes, tomato sauce, and cabbage to the pot.

5. Cover with a lid. Cook on medium heat for 20 minutes. Stir half way through. Cook until cabbage is soft but still has a little crunch when you bite into it.

6. Add rice. Cook 5 minutes longer without the lid.

7. Add cubes of cheese and let melt, about 1 minute.

8. Turn off heat and let stand 5 minutes before serving.

9. Add salt and pepper to taste (optional).

Notes:

- “Minced” means to cut or grind into very small pieces.
- White rice can be used instead of brown rice. However, the brown rice is recommended for added nutrients.

*If you are allergic to milk-based cheese, try soy-based cheese or other dairy free alternatives.

Source: https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cabbage-roll-casserole
Cauliflower Mac & Cheese

Ingredients:
- 4 cups elbow macaroni or other similar shaped pasta, whole grain or regular, uncooked
- 2 cups cauliflower, chopped into 1/4 inch pieces
- 2 cups skim or 1% milk
- 1/2 teaspoon garlic powder (or 2 garlic cloves, minced)
- 1 teaspoon salt
- 1/4 cup flour
- 2 tablespoons cooking oil (vegetable, olive or canola oil) or butter
- 1 cup shredded, cubed or sliced cheese or 1/8 of a block of USDA block cheese

Directions:
1. Cook pasta according to package directions.
2. Fill the same pot with 2 cups of water and cauliflower.
3. Over medium heat, bring to a boil.
4. Once boiling, cook the florets until soft, about 4 minutes.
5. Drain cauliflower.

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6. Place the cooked cauliflower, 1/2 cup milk, garlic powder, and salt in a blender. Blend until mixture is smooth (mash with large fork or masher in your pot, if blender is not available).

7. In a separate large pot (big enough to combine pasta and sauce), heat oil or butter on medium heat. Add the flour and whisk until the mixture is smooth and flour is coated (use fork, if whisk is not available).

8. Add remaining 1 and 1/2 cup of milk to flour mixture. Cook the mixture until it bubbles and thickens, stirring regularly to make sure flour is completely mixed in.

9. Add cooked pasta, cauliflower mixture and cheese to the pot. Mix together until well blended. Remove from heat and serve.

Notes:

• “Minced” means to cut or grind into very small pieces.

• If you have old bread, you can turn it into bread crumbs for the top of the mac and cheese. Slice or cube the bread. Cook cubes in the oven until dry and crispy. Place the cooled, dried bread in the food processor, blender, or plastic bag. Turn on the machine, or use your hands or the back of a large spoon to crush the bread into crumbs. Sprinkle on top of mac and cheese.

**If you are allergic to milk-based cheese, try soy-based cheese or other dairy free alternative.

Source: https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cauliflower-shells-cheese
Kale Salad

Ingredients:
- 6-8 large kale leaves with stems (or 6-8 cups loosely packed leaves without stems)
- 1 tablespoon prepared mustard
- 1 tablespoon of any variety vinegar
- 2 tablespoons plain yogurt* (or mayonnaise**)
- 1/3 cup olive oil
- 1 teaspoon lemon juice
- 1 tablespoon lemon zest (optional)
- 1/4 cup grated, shredded or powdered Parmesan cheese***
- 1 cup croutons, premade****

Directions:
1. Wash kale in cold water.
2. Hold the tip of the stem furthest from the leaves, and gently pull leaves from the stem.
3. With clean hands, tear the leaves into bite-sized pieces. Place leaves in a medium-sized bowl.
4. In a medium-sized bowl place mustard, vinegar, yogurt, olive oil, lemon juice, and lemon zest (optional).

YIELD
- Servings: 6-10
- Serving Size: 1 cup

ALLERGY WARNING
This recipe contains milk, eggs, and wheat.

CUT DOWN ON CHOKING:
For kids 2-4 years old, serve food in the following ways:
- Rip the kale into half inch pieces.
- Make sure croutons are softened by the salad dressing and cut into half inch pieces.
5. Whisk or stir with a fork until mixture is creamy.
6. Pour half of the dressing over the kale.
7. With clean hands, firmly message and crush the greens to work in the dressing. You know you’re done when the greens look darker and shiny.
8. Add the rest of the dressing, Parmesan cheese, croutons and serve.

*If you are allergic to milk-based yogurt; switch 2 tablespoons of yogurt for 2 tablespoons of mayonnaise. You can also try soy, almond, or coconut-based yogurt.

** Mayonnaise contains eggs. If you are allergic, switch 2 tablespoons of mayonnaise for 2 tablespoons of yogurt. Or, choose an egg-free or vegan option.

***If you are allergic to milk-based cheese, try soy-based cheese or other dairy free alternatives.

****If you are allergic to the wheat in croutons; try nuts, seeds, beans, rice or other gluten free grains, dried fruit, or other gluten-free alternatives to top your salad.

Based off the following recipes:
1) Sunday Suppers Philly Kale Caesar Salad: http://sunday suppersphilly.org/kale-caesar-salad/
Ingredients:

- 3 10-ounce cans of chicken (You can also use cooked chicken. This amount comes from: 18 bone-in chicken drumsticks, or 4.5 lb. whole chicken, or 1.5 lb. boneless chicken breasts, or 5 bone-in chicken quarters)
- 5 cups chicken broth (about 40 ounces)
- 2 tomatoes (about 2 cups chopped) or 2 cans diced tomatoes, drained
- 1 clove garlic, minced (or 1/8 teaspoon garlic powder)
- 1/2 cup onion, chopped (or 1 teaspoon onion powder)
- 1/4 cup mild chilies, canned (about 1/2 of a 4.5 ounce can)
- 1 15-ounce can of white, red, garbanzo or black beans; drained and rinsed (or 1.75 cups cooked beans)
- salt and pepper (to taste)

Canned Chicken Directions:

1. Drain and rinse chicken.
2. Combine chicken, chicken broth, tomatoes, garlic, onion, beans, and chilies in a large sauce pan.
3. Cook on low heat for about 10 minutes.
4. Add salt and pepper to taste.
**Fresh Chicken Directions:**

1. Place chicken in a large saucepan, and add enough water to cover. Top with a lid.
2. Wash your hands and any surfaces that have come in contact with raw meat.
3. Bring to a boil over medium-high heat. Once boiling, reduce heat to low and cover. Cook for: breasts or drumsticks – 25 minutes; whole chicken cut into pieces or bone-in legs – 30-40 minutes; whole chicken – 1-1.5 hours
4. You’ll know it’s done when you cannot see any pink meat all the way through, its juice runs clear, and the meat’s internal temperature is 165°F.
5. Remove chicken from the broth.
7. While chicken is cooling, combine chicken broth, tomatoes, garlic, onion, and chilies in a large sauce pan.
8. Once chicken has cooled, remove skin.
9. Shred chicken into bite-sized pieces with your hands.
10. Add beans and shredded chicken to the large sauce pan with the other ingredients. Cook on low heat for about 10 minutes.
11. Add salt and pepper to taste.

**Notes:**

- “Minced” means to cut or grind into very small pieces.

*Source: https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/mexican-chicken-soup*
Nacho Bean Dip

Ingredients:
• 1 8-ounce package or 1 cup of cream cheese, softened
• 1 15-ounce can of white, red, garbanzo or black beans; undrained
• 1 14.5-ounce can diced tomatoes, drained
• 1 teaspoon garlic powder (or 4 garlic cloves, minced)
• 1 teaspoon onion powder (or 1/2 cup onion, chopped)
• 2 cups shredded cheddar cheese (2 cups or 1/4 of the block of USDA block cheese, cubed)*

Directions:
1. Preheat oven to 350°F.
2. Spread cream cheese on the bottom of an 8-inch by 8-inch baking or casserole dish.
3. Spread undrained, canned beans on top of cream cheese.
4. Drain canned tomatoes, and combine with garlic powder and onion powder in a small bowl. Spoon on top of beans.
5. Sprinkle with shredded or sliced block cheese.
6. Bake for 20 to 25 minutes or until cheese is melted and bubbly.

Continued on Back
Note:

- Serve hot with tortilla chips, celery, carrots, or your favorite vegetable.
- “Minced” means to cut or grind into very small pieces.
- If you use USDA block cheese, do not try to grate it. Cube so it melts easily.
- Healthier low-fat, reduced-fat, and low-sodium options for cream cheese, cheese and beans can be used within this recipe.

*If you are allergic to milk-based cheese, try soy-based cheese or other dairy-free alternatives.

Ingredients:
- 4 cups rotini or other similar shaped pasta, whole grain or regular, uncooked
- 1 10-ounce package frozen vegetables
- 1 24-ounce jar spaghetti sauce
- 1/4 cup of water
- 1/4 cup grated or powdered Parmesan cheese

Directions:
1. Prepare pasta according to package directions.
2. Add frozen vegetables during the last five minutes of cooking time, when pasta has been cooked for roughly 3-5 minutes.
3. Drain pasta and vegetables. Set aside.
4. In the large pot, bring the spaghetti sauce to a boil over medium heat.
5. Add the pasta and vegetables to the spaghetti sauce, and turn off heat.
6. Dish pasta evenly into bowls, and top each with a spoonful of grated Parmesan.

YIELD
Servings: 6
Serving Size: 1 1/4 cup

CUT DOWN ON CHOKING:
For kids 2-4 years old, serve food in the following ways:
- Cut all parts of the recipe into half-inch pieces.
Nutrition Facts

6 servings per container
Serving size 1 1/4 cup

Amount Per Serving
Calories 380

% Daily Value*
Total Fat 5.5g 8%
  Saturated Fat 1.5g 8%
  Trans Fat 0g
Sodium 530mg 23%
Total Carbohydrate 68g 25%
  Dietary Fiber 5g 18%
  Total Sugars 0g Includes 0g Added Sugars 0%
Protein 13g 26%

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Potato Beef Casserole

Ingredients:
- 1 medium onion (or 2 teaspoons onion powder)
- 1/2 pound ground beef (or 1/2 of a 24-ounce can USDA canned beef, drained and fat removed)
- 1 10.5-ounce can cream of mushroom soup
- 2/3 cup water (This fills 1/2 of the soup can.)
- 4-5 medium baking potatoes

Directions:
1. Preheat oven to 350°F.
2. Peel onion and dice into bite-sized pieces.
3. On medium heat in a medium sauce pan, cook fresh ground beef and onions in a skillet until the meat is browned. This should take about 15 minutes (only sauté onions when using canned beef).
4. Drain off fat and liquid (skip step for canned beef).
5. Carefully wash your hands and any surfaces that have come in contact with raw meat.
6. Use a brush to scrub potatoes under cold running water. Slice potatoes into 1/2-inch thick pieces and place in the bottom of a casserole dish.

YIELD
Servings: 6
Serving Size: 1 cup

CUT DOWN ON CHOKING:
For kids 2-4 years old, serve food in the following ways:
- Cut ingredients in this recipe into half inch pieces or smaller.
7. Mix the meat, onions, soup and water together. Pour over potatoes.
8. Bake at 350°F for 45-50 minutes until potatoes are tender and casserole is bubbly and browned.

Source: https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/potato-beef-casserole
Simply Spiced Lima Beans

Ingredients:
- 1/2 pound lean, ground beef (or 1/2 of a 24-ounce can of canned USDA beef, drained and fat removed)
- 1 cup frozen lima beans, thawed and drained
- 1 15-ounce can whole kernel corn, drained and rinsed
- 1 14.5 ounce can crushed or diced tomatoes, drained
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon cinnamon (or nutmeg)

Directions:
1. Brown ground beef in large pan on medium heat for about 15 minutes (skip step for canned beef).
2. Wash your hands and any surfaces that have come in contact with raw meat.
3. Drain excess liquid from cooking meat.

CUT DOWN ON CHOKING: This recipe is not recommended for kids under the age of 4.

YIELD
Servings: 6
Serving Size: 3/4 cup

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4. Add thawed lima beans, corn, tomatoes, salt, and pepper to pan (If using canned beef, add that too,).
5. Cover and cook on low heat for 5 minutes or until thoroughly heated.
6. Sprinkle with cinnamon or nutmeg before serving.

Source: https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/misickquash-indian-succotash
Recipes are also based off of the What’s Cooking USDA Mixing Bowl’s recipe database. Recipes included in the database have been reviewed by nutrition professionals at the US Department of Agriculture’s Food and Nutrition Service using specific cost and nutrition criteria. Recipes are consistent with the current Dietary Guidelines for Americans and MyPlate. Nutrition educators in the Supplemental Nutrition Assistance Program (SNAP) or other Food and Nutrition Service (FNS) nutrition assistance programs and their partners are encouraged to use the database to support their nutrition education program goals. For additional recipes and more information about the What’s Cooking USDA Mixing Bowl’s recipe database, please visit the website at https://whatscooking.fns.usda.gov