Recipes #EatUP

*These recipes utilize the foods available in the boxes that guests receive. Several dietitians and organizations were gracious enough to contribute their creativity and compassion.*

We care
We share

For more info visit [www.clancyharrison.com](http://www.clancyharrison.com)

<table>
<thead>
<tr>
<th>Grains/Carbohydrates</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>egg noodles</td>
<td>brown rice</td>
</tr>
<tr>
<td>corn muffin mix</td>
<td>macaroni &amp; cheese</td>
</tr>
<tr>
<td>macaroni &amp; cheese</td>
<td>potato flakes</td>
</tr>
</tbody>
</table>

Also breakfast cereals

<table>
<thead>
<tr>
<th>Fruits and Vegetables</th>
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</thead>
<tbody>
<tr>
<td>carrots</td>
<td>corn</td>
</tr>
<tr>
<td>mixed veggies</td>
<td>pasta sauce</td>
</tr>
<tr>
<td>pasta sauce</td>
<td>apple sauce</td>
</tr>
<tr>
<td>apple sauce</td>
<td>peaches</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Meat/Protein</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ground beef</td>
<td>tuna fish</td>
</tr>
<tr>
<td>salmon</td>
<td>egg powder</td>
</tr>
<tr>
<td>beef stew</td>
<td>chicken noodle soup</td>
</tr>
</tbody>
</table>

Also peanut butter and powdered milk
**EGGS**

### Breakfast Egg Cups – Greater Pittsburgh Community Food Bank

<table>
<thead>
<tr>
<th>Ingredients</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Nonstick spray or oil</td>
<td></td>
</tr>
<tr>
<td>4 Tablespoons egg powder</td>
<td></td>
</tr>
<tr>
<td>½ cup water</td>
<td></td>
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<tr>
<td>1 Tablespoon powdered milk</td>
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<tr>
<td>¼ cup water</td>
<td></td>
</tr>
<tr>
<td>1 can mixed vegetables, drained</td>
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<tr>
<td>Salt and pepper to taste</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Instructions</th>
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</thead>
<tbody>
<tr>
<td>- Preheat oven to 350°F.</td>
<td></td>
</tr>
<tr>
<td>- Mix eggs with ½ cup water and beat until well blended.</td>
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</tr>
<tr>
<td>- In a separate bowl, mix the powdered milk with ¼ cup water and add to the eggs along with the vegetables, salt and pepper.</td>
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</tr>
<tr>
<td>- Pour egg mixture into 6 muffin cups that have been sprayed with nonstick spray or put a little oil on a paper towel and wipe the inside of the muffin tins.</td>
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</tr>
<tr>
<td>- Bake for 20-25 minutes, until the tops of the eggs are puffed.</td>
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</tr>
<tr>
<td>- Can be stored in airtight container in the refrigerator for a week, or freeze.</td>
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</tr>
<tr>
<td>- To reheat, cook in the microwave for 45-60 seconds until hot.</td>
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</tbody>
</table>

### Quiche

<table>
<thead>
<tr>
<th>Ingredients</th>
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</thead>
<tbody>
<tr>
<td>1 cup crushed cracker crumbs, chips or crushed cereal such as Rice Krispies or Cheerios type cereal</td>
<td></td>
</tr>
<tr>
<td>2 Tablespoons oil</td>
<td></td>
</tr>
<tr>
<td>1 bag powdered eggs</td>
<td></td>
</tr>
<tr>
<td>2 cups water</td>
<td></td>
</tr>
<tr>
<td>1 can mixed vegetables, drained</td>
<td></td>
</tr>
<tr>
<td>Salt and pepper to taste</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Instructions</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>- Preheat oven to 425°F.</td>
<td></td>
</tr>
<tr>
<td>- In bowl, mix the crumbs with the oil. Press into a pie pan to form a crust.</td>
<td></td>
</tr>
<tr>
<td>- Bake crust for 5 minutes and remove from oven.</td>
<td></td>
</tr>
<tr>
<td>- In a separate bowl, add the powdered eggs to the water and mix well.</td>
<td></td>
</tr>
<tr>
<td>- Stir in veggies, salt and pepper.</td>
<td></td>
</tr>
<tr>
<td>- Pour into the pie pan crust and bake until eggs are firm, about 10 minutes.</td>
<td></td>
</tr>
</tbody>
</table>
# Microwave Eggs in a Mug

**Ingredients**

- 2 Tablespoons egg powder
- 6 Tablespoons water
- ¼ cup of canned mixed vegetables, drained
- 1 Tablespoon powdered milk
- 2 Tablespoons water
- 2 Tablespoons low-fat shredded cheese, *optional*
- 2 Tablespoons pasta sauce
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder, *optional*
- ⅛ Tablespoon salt

**Instructions**

- Mix egg powder with 6 Tablespoons water.
- In separate bowl, mix powdered milk with 2 Tablespoons water and add to egg mixture along with vegetables, pasta sauce, salt and pepper and cheese if desired. Beat eggs with a fork until well mixed.
- Coat 2 microwave safe coffee mugs or bowls with non-stick cooking spray.
- Spoon ½ cup egg mixture into each mug or bowl.
- Microwave for 1 minute. Remove from microwave and stir to mix. Then microwave for another 90 seconds.
- Remove from microwave and allow to cool for 2 minutes before eating.
### Potato Soup Mix – Kansas State Cooperative Extension

**Ingredients**
- 2-1/2 cups instant mashed potatoes
- 1-1/4 cups nonfat dry milk
- 1 packet chicken gravy mix
- 2 teaspoons bouillon granules or 2 bouillon cubes
- Salt and pepper to taste

**Instructions**
- Place ingredients in large bowl and mix well, place in storage container.

**When ready to eat**
- Add 1 cup boiling water and ½ cup of mix into a bowl, stir well.
- Let stand 3 minutes until thickened.

**Variations**
- To add more protein - add a can of tuna or salmon, drain before mixing in.
- To add more vegetables - add a can of carrots, corn or mixed vegetables, drain before adding.

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### Egg Drop Soup – Leslie Bonci

**Ingredients**
- 1 can chicken noodle soup
- 1 can water
- 1 can mixed vegetables, drained
- 4 tablespoons egg powder (prepare according to package directions)

**Instructions**
- Heat soup over medium heat and add canned vegetables.
- In a separate container, prepare egg powder according to package directions.
- Drizzle egg mixture into the soup and cook until done.
# Cream of Chicken Noodle Soup

**Ingredients**
- ½ cup powdered milk
- 1 can chicken noodle soup
- 1 can water

**Instructions**
- Mix ingredients together and heat.

# Sweet Potato and Black Bean Bowls – Greater Pittsburgh Community Food Bank

**Ingredients**
- 5 cups canned sweet potato, chopped
- 1 Tablespoon oil
- 1 (15-ounce) can diced tomatoes, drained  
  or 1 (15-ounce) can pasta sauce
- ½ cup canned corn, drained
- ½ cup onions, chopped
- ½ teaspoon garlic powder, *optional*
- 1 teaspoon chili powder, *optional*
- 1 (15-ounce) can black beans, drained

**Instructions**
- Preheat oven to 400°F.
- Add sweet potato and oil to a mixing bowl, stir to coat. Spread potatoes on a baking sheet.
- Heat sweet potatoes for 10 minutes.
- While potatoes are heating, mix together pasta sauce, corn, onion, and seasoning in a bowl and set aside.
- Heat black beans in a pan over low heat.
- To assemble, add 1 cup sweet potatoes to a bowl and top with tomato/corn mixture and black beans.
- Yield: 4 servings
## Beefy Shepherd’s Pie – NCBA

**Ingredients**
- 2 cans beef
- 1 can mixed vegetables, drained
- ¼ teaspoon pepper
- 2 cups potato flakes (prepare according to package directions)
- Shredded cheese, optional

**Instructions**
- Preheat oven to 450°F.
- Mix canned beef and mixed vegetables together.
- Spoon beef mixture into 2-quart baking dish.
- Top with potatoes (prepare according to package directions), spread evenly.
- Sprinkle cheese on top.
- Bake in preheated oven for 25-30 minutes or until bubbly.

## Beef Stew Shepherd’s Pie – NCBA

**Ingredients**
- 1 package beef stew
- 1 can carrots, drained
- ¼ teaspoon pepper
- 2 cups potato flakes (prepare according to package directions)
- Shredded cheese, optional

**Instructions**
- Preheat oven to 450°F.
- Mix beef stew and carrots together.
- Spoon beef mixture into 2-quart baking dish.
- Top with potatoes (prepare according to package directions), spread evenly.
- Sprinkle cheese on top.
- Bake in preheated oven for 25-30 minutes or until bubbly.
### Meat Veggie Mash-Up – Leslie Bonci

**Ingredients**
- 1 can beef
- 1 can pasta sauce
- 1 can mixed vegetables, drained
- 2 cups potato flakes (prepare according to package directions)

**Instructions**
- Sauté a can of beef with a can of pasta sauce.
- Add mixed vegetables.
- Serve over potatoes (prepare according to package directions).

### Hamburger Helper – Sara Isaacs

**Ingredients**
- 1 can beef
- Salt and pepper to taste
- 1 box mac and cheese (prepare according to package directions)
- 1 can mixed vegetables, drained

**Instructions**
- Heat beef, season to taste.
- Prepare mac and cheese according to package directions.
- Add beef and can of mixed vegetables.
Noodles with Meatballs and Sauce – Sara Isaacs

**Ingredients**
- 2 cans beef
- 4 tablespoons egg powder (prepare according to package directions)
- ½ cup potato flakes
- 2 cans of pasta sauce
- 1 bag egg noodles (prepare according to package directions)
- Salt and pepper to taste

**Instructions**
- Chop up the canned beef, mix with the egg, potato flakes and salt and pepper to taste.
- Roll into half dollar size meatballs.
- Put 2 cans of tomato sauce in a large pan, add salt and pepper to taste.
- Add meatballs to tomato sauce, heat until warm.
- Serve over cooked noodles.
# Chili and Cornbread – Lisa Andrews

## Ingredients for chili
- 1 can beef
- 1 can pasta sauce
- 1 can kidney beans
- Chili powder to taste
- Salt and pepper to taste

## Ingredients for cornbread or corn muffins
- 1 package cornbread mix (prepare according to package directions)
- 1 can of corn, drained

## Instructions for chili
- Mix all chili ingredients together and heat.

## Instructions for cornbread or corn muffins
- Mix ingredients together, place into muffin pan or a 9-inch round cake pan and bake until top is golden brown and toothpick inserted into center comes out clean.
## Spanish Rice Bowl – Leslie Bonci

### Ingredients
- 1 can beef
- 1 can pasta sauce
- 1 can mixed vegetables, drained
- 1 can corn, drained
- 1 cup brown rice (prepare according to package directions)
- Shredded cheese, *optional*

### Instructions
- Mix together beef and pasta sauce, heat.
- Prepare rice according to directions.
- In a large bowl, layer rice, then mixed vegetables, then corn and top with meat mixture.
- Top with shredded cheese if desired/available.
**Beef or Salmon or Chicken Fajitas** – Roseanne Rust

**Ingredients**
- 2 teaspoons cooking oil
- 2 cups frozen bell pepper and onion blend or 1 can of mixed vegetables, drained
- 1 cup canned corn, drained
- 8 ounces canned cooked chicken, or canned beef, or canned salmon
- 6 flour tortillas or make the cornbread according to package directions
- 2 ounces shredded cheese, *optional*
- Salsa

**Instructions**
- Heat oil in a skillet on medium heat. Add frozen peppers and onions or a can each of mixed vegetables and corn. Sauté for 5-6 minutes.
- Add chicken, beef, or salmon to the pan, and heat through, for another 2-3 minutes.
- To make fajita in tortilla: place tortilla on a plate, add some of the skillet mixture, top with cheese and salsa, roll up tortilla.
- To make fajita on cornbread: place a wedge of cornbread on a plate and top with some skillet mixture, top with cheese and salsa.
# Beefy Noodles – Roseanne Rust

## Ingredients
- 8 ounces canned beef
- 1 can carrots, drained
- 10 ounces noodles
- ½ teaspoon salt
- Shredded cheese, optional

## Instructions
- Set a pot of water onto cooktop to boil over high heat.
- Heat the beef and carrots in a large skillet over medium heat for 6-9 minutes until heated through.
- Once water is boiling, add the salt and the noodles to the water while the beef is heating. Cook noodles for 9 minutes.
- Remove the beef skillet from the burner and turn off the burner.
- Drain the noodles in a colander over the sink.
- Transfer the noodles into the skillet with the beef and stir.
- Top with cheese if desired.
## Chicken Chili – Greater Pittsburgh Community Food Bank

### Ingredients
- 1 teaspoon oil
- ½ cup onion, chopped
- ½ cup bell pepper, chopped (optional)
- 2 Tablespoons chili powder or taco seasoning mix (1 packet)
- 1 (28-ounce) can diced tomatoes
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can corn, drained and rinsed
- 1 (10-ounce) can white meat chicken, drained and rinsed
- 2 cups chicken broth

### Instructions
- Heat oil in a soup pot over medium heat. Add onion and pepper. Cook for 5 minutes.
- Add chili powder, stir to mix. Cook for 1 minute.
- Add tomatoes, beans, corn, chicken and broth to pot. Stir to mix.
- Bring chili to a boil. Then reduce heat to medium-low. Simmer for 15-20 minutes.
- Store in the refrigerator for one week or freeze for up to 1 year.

**Note:** Don’t have black beans? Try using kidney, pinto or white beans.
# ENTREES – FISH

## High Protein and Produce Mac and Cheese – Leslie Bonci

### Ingredients
- 1 package mac and cheese (prepare according to package directions)
- ¼ cup powdered milk (dry)
- 1 can tuna, drained
- 1 can mixed vegetables, drained

### Instructions
- Prepare mac and cheese.
- Stir in powdered milk.
- Add tuna, flaked.
- Add mixed vegetables.

## Fried Rice – Chrissy Carroll

### Ingredients
- 1 cup powdered eggs (prepare according to package directions)
- 1 cup brown rice (prepare according to package directions)
- 1 can carrots, drained
- 1 can corn, drained
- 1 can salmon
- Soy sauce or salt and pepper to taste, optional

### Instructions
- Rehydrate eggs according to package directions and cook (like you would scramble) in a pan.
- Mix in cooked brown rice, canned carrots, canned corn, and (optionally) canned salmon.
- Add soy sauce or salt and pepper to taste.
## Peanut Noodles – Catherine Shamburger Brown

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 package egg noodles</td>
<td><img src="image1.png" alt="Image" /></td>
</tr>
<tr>
<td>1 cup peanut butter</td>
<td><img src="image2.png" alt="Image" /></td>
</tr>
<tr>
<td>Soy sauce or salt to taste</td>
<td><img src="image3.png" alt="Image" /></td>
</tr>
<tr>
<td>Honey, maple syrup or grape jelly</td>
<td><img src="image4.png" alt="Image" /></td>
</tr>
<tr>
<td>Red pepper flakes or cayenne pepper, optional</td>
<td><img src="image5.png" alt="Image" /></td>
</tr>
<tr>
<td>1 can carrots, drained and diced</td>
<td><img src="image6.png" alt="Image" /></td>
</tr>
<tr>
<td>1 can salmon</td>
<td><img src="image7.png" alt="Image" /></td>
</tr>
</tbody>
</table>

### Instructions
- Boil noodles and reserve 2 cups of water before draining.
- Thin 1 cup of peanut butter with 1 cup of pasta water to create sauce - it should be a syrup consistency.
- Add soy sauce or salt to taste.
- Add a little honey, maple syrup or grape jelly to lightly sweeten.
- Add red pepper flakes or cayenne pepper if desired/available.
- Pour over pasta and toss to coat.
- Add carrots and canned salmon.
- Toss again, adding more pasta liquid if needed.

## Salmon Patties

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Image</th>
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</thead>
<tbody>
<tr>
<td>1 can salmon</td>
<td><img src="image8.png" alt="Image" /></td>
</tr>
<tr>
<td>2 tablespoons egg powder</td>
<td><img src="image9.png" alt="Image" /></td>
</tr>
<tr>
<td>(prepare according to package directions)</td>
<td><img src="image10.png" alt="Image" /></td>
</tr>
<tr>
<td>½ cup potato flakes</td>
<td><img src="image11.png" alt="Image" /></td>
</tr>
<tr>
<td>¼ teaspoon salt</td>
<td><img src="image12.png" alt="Image" /></td>
</tr>
<tr>
<td>½ teaspoon black pepper</td>
<td><img src="image13.png" alt="Image" /></td>
</tr>
<tr>
<td>1-2 tablespoons oil for sautéing</td>
<td><img src="image14.png" alt="Image" /></td>
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</tbody>
</table>

### Instructions
- Flake the salmon, and remove skin and bones if present.
- In mixing bowl, combine salmon with egg, potato flakes, salt and pepper.
- Make into patties about 2 inches in diameter.
- Heat oil in large skillet over medium heat.
- Sauté salmon patties for about 4-5 minutes on each side until browned.
# Salmon Cakes

## Ingredients
- 1 can salmon, drained and flaked
- 1 tablespoons egg powder
- 3 Tablespoons water
- 2 cups bread crumbs or crushed saltine or crushed Rice Krispies cereal
- Salt and pepper to taste

## Instructions
- Preheat oven to 375°F.
- Mix egg powder and water in a medium bowl, add salmon, oil, and 2/3 cup crumbs. Season with salt and pepper.
- Form mixture into 8 patties. Coast patties with remaining crumbs, and arrange in a single layer on a baking sheet.
- Bake in preheated oven for 10 minutes, turning once, or until golden brown on both sides.

Adapted from [https://www.allrecipes.com/recipe/29506/super-easy-salmon-cakes/](https://www.allrecipes.com/recipe/29506/super-easy-salmon-cakes/)
# Tuna Noodle Casserole

## Ingredients
- 3-4 cups extra-wide egg noodles
- 1-2 cans carrots
- 2 ½ tablespoons butter
- 2 ½ tablespoons all-purpose flour
- 2 ½ cups milk, evaporated or fresh
- 1 teaspoon salt
- Black pepper, to taste
- 1 cup shredded cheese - Cheddar or other
- 2 (6-ounce) cans tuna, drained and flaked
- ½ cup potato flakes
- 1 tablespoon oil

## Instructions
- Preheat oven to 350°F
- Bring large pot of salted water to a boil over high heat. Add the egg noodles and cook.
- Add carrots to pasta and boiling water, drain and set aside
- While noodles are cooking, set another large pot, or skillet over medium heat. Add butter and swirl until melted. Stir in flour and continuously whisk for 2 minutes. Continue to whisk as you slowly pour in milk. Stir until smooth and bring to a simmer, whisking regularly to prevent the bottom from burning. Cook for 1-2 minutes, until the sauce has thickened.
- Remove from heat, stir in salt and pepper to taste. Gradually blend in cheese until melted, then stir in drained tuna.
- Stir drained noodles and carrots into the sauce mix until everything is well coated.
- In separate bowl, mix potato flakes with oil.
- Put tuna noodle mixture into baking dish, top with potato flakes/oil mixture.
- Bake in preheated oven for 10-15 minutes until potato flakes are browned.
<table>
<thead>
<tr>
<th>Ingredients</th>
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</thead>
<tbody>
<tr>
<td>2 5-ounce cans salmon, drained</td>
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<tr>
<td>8.5 ounce box of corn muffin mix</td>
</tr>
<tr>
<td>1 can corn, drained</td>
</tr>
<tr>
<td>¼ cup powdered egg (or egg protein powder)</td>
</tr>
<tr>
<td>¼ cup water</td>
</tr>
<tr>
<td>¼ cup applesauce</td>
</tr>
<tr>
<td>6 tablespoons canola oil, divided (or any other oil of choice)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>- In large bowl, mix together salmon, corn muffin mix, corn, powdered egg, water, and applesauce.</td>
</tr>
<tr>
<td>- To cook, work in batches. Start by heating 2 tablespoons of oil in a large skillet over medium heat. Scoop in a little of the batter, pressing down to form a small patty. Repeat, filling the pan with 4-5 patties.</td>
</tr>
<tr>
<td>- Let patties cook for 2-3 minutes, then flip and continue cooking for another 2-3 minutes on the other side, until patties are all crisp on the outside.</td>
</tr>
<tr>
<td>- Repeat with the remaining two batches, adding extra oil for each batch until all the salmon corn fritters are done.</td>
</tr>
</tbody>
</table>
Tuna Burgers

**Ingredients**
- 2 (4.5 ounce) cans tuna, drained  
  *or (canned chicken works well too)*
- 1 cup potato flakes
- 1 cup cheddar cheese, shredded (optional)
- 2 tablespoons egg powder (prepare according to package directions)
- ½ cup Ranch dressing
- ½ can carrots, drained, and finely chopped
- 1 tablespoon oil

**Instructions**
- Drain tuna, separate into flakes using a fork.
- In medium bowl, combine tuna, ½ cup potato flakes, cheese, egg, salad dressing, and carrots.
- Form 6 patties; coat each side with remaining ½ cup of potato flakes.
- Put 1 tablespoon of oil in the pan and heat on medium heat.
- Cook patties 3-5 minutes on each side until golden brown.
**Noodle Pudding – Adapted from Jewish Soul Food**

**Ingredients**
- 1 (16-ounce) package egg noodles
- ½ cup margarine
- 4 Tablespoons powdered eggs
- ¾ cup water
- ½ cup white sugar, or 1/3 cup honey
- 1 ½ cups applesauce
- Cinnamon, optional
- 2 Tablespoons crushed cereal

**Instructions**
- Preheat oven to 350°F.
- Fill large pot with lightly salted water and bring to boil over high heat. Once water is boiling, stir in egg noodles and return to boil. Cook pasta uncovered, stirring occasionally, until pasta has cooked through, but still firm to the bite, about 5 minutes. Drain well in colander over sink.
- Place noodles in large bowl. Mix margarine into the noodles until melted.
- Mix powdered eggs with water and add to the noodles along with the sugar or honey, and applesauce. Pour noodle mixture into a 9x13 inch baking pan, then sprinkle with cinnamon and/or crushed cereal. Cover baking pan with aluminum foil.
- Bake in preheated oven for 30 minutes. Uncover and bake until golden brown, 20-30 minutes.

**Ingredients**
- 2 cans corn, drained
- 4 Tablespoons butter, melted
- 4 Tablespoons flour
- 6 Tablespoons sugar
- 2 Tablespoons egg powder mixed with 6 Tablespoons water
- 1 cup of milk made from powdered milk

**Instructions**
- Preheat oven to 350°F.
- In 8x8 inch pyrex casserole dish or 8-inch round cake pan*, mix melted butter with sugar and flour. Add beaten egg mix. Add corn and milk. Mix all.
- Bake in preheated oven for 1 hour.
- Yield: 10-12 servings.

* Be sure to use a flat dish, not a bowl. A bowl shape will cause uneven cooking and center will be too runny.

### Baked Zucchini Bites – Greater Pittsburgh Community Food Bank

**Ingredients**
- 2 cups zucchini, shredded
- ½ cup plain breadcrumbs or 1/3 cup potato flakes
- ¼ cup parmesan cheese
- 2 Tablespoons egg powder
- 6 Tablespoons water
- 1 Tablespoon Italian herbs or oregano, optional
- 1/8 teaspoon salt
- Pepper if desired
- 1 Tablespoon oil or non-stick cooking spray

**Instructions**
- Preheat oven to 400°F.
- Use a cheese grater to shred zucchini, squeeze shredded zucchini with a paper towel.
- In a mixing bowl, mix egg powder with water. Add zucchini, breadcrumbs or potato flakes, and seasoning. Stir to mix.
- Grease baking sheet with oil or spray with non-stick cooking spray.
- Use a tablespoon to measure zucchini bites, place separately on the oiled baking sheet, with clean hands, flatten slightly to form disks.
- Bake 25-30 minutes. Flip zucchini bites once while they are cooking, to brown both sides.
## DESSERTS

### Peach Pancake Casserole – Chrissy Carroll

**Ingredients**

- 1 package Bisquick, or corn muffin mix
- ¼ cup powdered egg* (or egg white protein powder, or 1 large fresh egg)
- ½ cup water* (cut to ¼ cup if using a fresh egg)
- ½ cup applesauce
- 1 (15-ounce) can peaches
- Maple syrup, optional

**Instructions**

- Preheat oven to 350°F. Grease an 8x8 or 9x9 baking dish.
- In large bowl, combine Bisquick or corn muffin mix, powdered egg, water, and applesauce.
- Remove peaches from can (note – you may want to reserve the peach liquid to make a “syrup”). Chop peaches into bite size pieces and add to the batter.
- Pour batter into greased baking dish.
- Bake for approximately 25-30 minutes, or until inserted toothpick pulls out clean.
- Serve with maple syrup, or if you don’t have that, heat the reserved peach liquid and then pour that on top as syrup.
# Swedish Pancakes

**Ingredients**
- 3 tablespoons powdered egg mix
- 9 tablespoons water
- 1 cup powdered milk
- 3 cups warm water
- 4 tablespoons melted butter-flavored shortening (or oil (or real butter))
- 2 tablespoons sugar
- 1 ½ teaspoons salt
- 1 ½ cups flour
- Apple sauce

**Instructions**
- Put water and powdered egg mix in a bowl and whisk until well blended.
- Add dry milk, warm water, 3 tablespoons melted shortening/oil/butter, sugar and salt.
- Then add flour, continuing to whisk until batter is smooth.
- Let sit for 5 minutes and mix again.
- Melt 1 Tablespoon shortening or oil in a hot pan.
- Pour ½ cup batter into the middle, tilting the pan or griddle to form an 8-inch circle.
- Cook until batter sets and edges start to brown a little.
- Flip carefully and cook other side.
- Serve with applesauce.
Peach Cake

<table>
<thead>
<tr>
<th>Ingredients for cake</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 ½ cups sugar</td>
<td></td>
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<tr>
<td>2 cups all-purpose flour</td>
<td></td>
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<tr>
<td>1 teaspoon cinnamon</td>
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<tr>
<td>1 teaspoon baking soda</td>
<td></td>
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<tr>
<td>½ teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>1 ½ teaspoon vanilla extract</td>
<td></td>
</tr>
<tr>
<td>4 tablespoons egg powder mixed with ¼ cup water</td>
<td></td>
</tr>
<tr>
<td>1 (14-ounce) can peaches chopped (with juices)</td>
<td></td>
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<tr>
<td>1 cup brown sugar</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>Ingredients for Icing</th>
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<tbody>
<tr>
<td>1/3 cup powdered milk mixed with 1 cup of water</td>
<td></td>
</tr>
<tr>
<td>½ cup sugar</td>
<td></td>
</tr>
<tr>
<td>½ cup (1 stick) unsalted butter</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon vanilla extract</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Instructions</th>
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</thead>
<tbody>
<tr>
<td>Preheat oven to 350°F. Lightly grease 9x13-inch baking dish with butter or non-stick spray</td>
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</tr>
<tr>
<td>In large bowl, whisk together sugar, flour, cinnamon, baking soda and salt</td>
<td></td>
</tr>
<tr>
<td>Then mix in egg powder-water blend, vanilla extract and peaches</td>
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<tr>
<td>Pour batter into prepared pan and top with an even layer of brown sugar</td>
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<tr>
<td>Place baking dish in oven and bake for 40-45 minutes, or until toothpick inserted in center comes out clean.</td>
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<tr>
<td>While cake cooks, combine milk, sugar and butter in medium saucepan over medium-high heat and bring to a boil.</td>
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<tr>
<td>Remove from heat and stir in vanilla extract, then pour over hot cake after removed from oven.</td>
<td></td>
</tr>
<tr>
<td>Let cake cool so it absorbs icing, then slice, serve and enjoy</td>
<td></td>
</tr>
</tbody>
</table>

Source: [https://12tomatoes.com](https://12tomatoes.com)
### Energy Bites

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup peanut butter</td>
<td>- Mix together peanut butter and jelly or honey.</td>
</tr>
<tr>
<td>¾ cup honey or jelly</td>
<td>- Add in cereal, oats and powdered milk and raisins.</td>
</tr>
<tr>
<td>1/3 cup powdered milk</td>
<td>- Roll into quarter size balls or pat into ice cube trays.</td>
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<tr>
<td>1 cup oats</td>
<td></td>
</tr>
<tr>
<td>1 ½ cup cereal</td>
<td></td>
</tr>
<tr>
<td>1 cup raisins (if available)</td>
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</tbody>
</table>

### Peanut Butter and Jelly Granola Bars – Good and Cheap Cookbook

<table>
<thead>
<tr>
<th>Ingredients for cake</th>
<th>Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 cups rolled oats or 2 cups rolled oats and 1 cup Rice Krispies</td>
<td>- Preheat oven to 350°F.</td>
</tr>
<tr>
<td>½ cup peanut butter</td>
<td>- Lightly oil or butter 9x13 inch or 8x8 inch baking pan.</td>
</tr>
<tr>
<td>½ cup jelly</td>
<td>- Pour oats (or oats/cereal combination) into a large bowl.</td>
</tr>
<tr>
<td>¼ cup hot water</td>
<td>- Add peanut butter, half the jelly, the water, and the salt into a small pan. Stir over low heat until smooth.</td>
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<tr>
<td>Butter, margarine or oil</td>
<td>- Mix the peanut butter and jelly concoction into the oats until all oats are coated and you have a sticky mass.</td>
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<tr>
<td></td>
<td>- Dump the mixture into the oiled pan, press into an even layer.</td>
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<tr>
<td></td>
<td>- Spread the remaining jelly on top.</td>
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<tr>
<td></td>
<td>- Pop the pan into the oven for 15-25 minutes, until it’s toasty and brown around the edges. (If you use the 9x13 inch pan it will be done faster.)</td>
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<tr>
<td></td>
<td>- Keep bars in the pan until cooled completely, about an hour, then slice into 12 bars.</td>
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</tbody>
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