



October Sunshine Pop-up Pantry Menu

Your boxes this month contain the ingredients to make the following meals. The recipes for these dishes are included in this packet.

Grilled Cheese & Chicken Rice Soup

Spaghetti with Meatballs or Ground Sausage

Rice Vegetable Medley

Baked Chicken Legs with Knorr Side & Spaghetti Squash

Hamburger with Small Potatoes

**You will need to provide a small amount of ketchup for this recipe.*

Extras included in this month's delivery include:

Granola Bars

Eggs

Cereal

Cheese & Crackers

String Cheese

English Muffins

Miscellaneous

We are eternally grateful to our partner Sunshine Brewing Co. and for the generous donations from Lake Mills community members!





Additional Community Resources

The Bread Basket

Multiple pop-up pantries throughout Jefferson County

<https://www.facebook.com/BreadBasketWisconsin>

Ruby's Pantry - Jefferson

4th Wednesday of every month

<https://www.facebook.com/RubysPantryImmanuelUMCJeffersonWI>

Lake Mills Food Pantry

920-648-2800

720 E. Lake St., Lake Mills

Second Harvest - Marshall/Waterloo

4th Friday of every month

Holy Trinity Lutheran Church, 605 Madison Street, Marshall

Start time: 1:00 pm until all food is distributed.

No restrictions, EVERYONE in need is welcome and served. No ID necessary.

Second Harvest - Fort Atkinson

2nd Thursday of every month

St Joseph's Catholic Church, 1650 Endl Boulevard, Fort Atkinson

Start time: 2:00 pm until all food is distributed.

No restrictions, EVERYONE in need is welcome and served. No ID necessary.



Spaghetti Squash

Ingredients:

1 spaghetti squash
2 teaspoons oil
Sprinkle of salt and pepper

Steps:

1. To prepare the spaghetti squash, preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy clean-up.
2. Use a very sharp chef's knife to cut off the tip-top and very bottom ends of the spaghetti squash. Stand the squash upright on a stable surface and carefully slice through it from top to bottom to divide it in half.
3. Use a large spoon to scoop out the spaghetti squash seeds and discard them. Drizzle the insides of each squash half with 1 teaspoon oil and rub it all over the inside, adding more oil if necessary. Sprinkle salt and pepper lightly over the interiors of the squash, then place them cut-side down on the prepared baking sheet.
4. Bake for 40 to 60 minutes, until the cut sides are turning golden and the interiors are easily pierced through with a fork.
5. Once the squash is done baking, fluff the interiors with a fork to make the insides spaghetti-like. Serve.

Baked Chicken Legs

Ingredients:

Chicken legs
Oil
Salt
Pepper

Steps:

1. Preheat the oven to 425 degree F.
2. Lightly spray baking sheet with non-stick cooking oil. Set aside.
3. Remove drumsticks from packaging. Pat them dry with paper towels. Place into a bowl or resealable plastic bag. Add oil oil and toss to coat.
4. Place drumsticks on the baking sheet.
5. Lightly salt and pepper.
6. Place in a preheated oven and bake for 40-45 minutes or until the internal temperature is 165 degrees or higher.

Rice Vegetable Medley

Ingredients:

2 cup uncooked brown rice
4-1/2 cups water
4 to 5 tablespoons onion soup mix
1/4 teaspoon salt
1 bag frozen corn, peas or mixed vegetables
1/2 cup chopped onions

Steps:

1. In a large saucepan, combine the rice, water, soup mix and salt; bring to a boil. Add the vegetables; return to a boil. Reduce heat; cover and simmer for 15 minutes. Cook until rice and vegetables are tender.



--	--



TIPS & TRICKS

EGGS

Eggs stay good for long after the expiration date. Use the “float test” to see if your eggs are still good. If eggs sink to the bottom of a bowl of cold water and lie flat on their sides, they are very fresh. If they are less fresh but still good to eat, they will stand on one end at the bottom. If they float to the surface, they are no longer fresh enough to eat.

QUESO PANELA

Panela is a semi-soft, white, cow’s milk cheese from Mexico made from skim milk. Queso panela is firm, flexible, and will not melt when heated. It’s gently salted and can be eaten plain as a snack, or it can be sliced and used as a sandwich filling.

Panela cheese is incredibly versatile:

- **Crumbled.** It can be crumbled up and used as a topping for huevos rancheros, tacos, quesadillas, enchiladas, nopal salads, and more.
- **Sliced.** Add sliced queso panela on top of Mexican sandwiches, like a cemita or a torta. For an easy, no-cook snack, tuck panela slices into corn tortillas.
- **Fried.** Queso panela is also great when fried. Since panela cheese holds its shape, try frying thick slices in olive oil. Serve fried panela with lime juice and cilantro for a simple appetizer.
- **Baked.** Try baked panela cheese—the panela will soften, rather than melt, to be spreadable on tortilla chips or crackers.



Oven Roasted Corn on the Cob

Ingredients:

6 ears corn, still in husks

Steps:

1. Preheat oven to 350 degrees F.
2. Place corn husks directly on the oven rack and roast for 30 minutes or until corn is soft.
3. Peel down the husks and use as a handle when eating.
4. Butter and salt to taste.



Italian Sausage Rice and Beans

Ingredients

- 1 Italian rope sausage
- 1 C rice
- 2 C water
- 1 tsp ham base seasoning
- 1 bag Uncle Ben's beans

Directions

- Slice italian rope sausage and brown in pan
- Add 1 C rice, 2 C water, 1 tsp ham base and stir together
- Bring to a boil.
- Reduce heat to low and cover for 20 minutes
- Add bag of Uncle Ben's beans
- Stir all together and heat until beans are warm, about 5 minutes
- Remove from heat and serve



Breakfast Hashbrown Bake

Ingredients

- 1 package breakfast sausage
- 1 bag frozen hashbrowns
- 6 eggs
- ¼ C milk
- 2 cup shredded cheddar cheese
- Salt and pepper to taste

Directions

- Preheat oven to 350
- Brown sausage and set aside
- Sprinkle a quarter of the bag of frozen hashbrown into greased 13x9 baking pan
- Add the browned sausage over the thin layer of hashbrowns
- Add the rest of the hashbrowns over the sausage
- In a separate bowl beat 6 eggs and ¼ C milk with salt and pepper
- Pour evenly over the hashbrowns
- Top with 2 C cheese
- Cover and bake for 1 hour
- Remove cover and return to oven for 5 minutes or until cheese is lightly browned
- Serve



Sausage Gravy with Biscuits

Ingredients

- 2 packages Buttermilk biscuits
- 2 packages breakfast casserole
- ½ C flour
- 4 C milk

Directions

- Prepare biscuits according to package
- Cook sausage in large skillet over medium heat until cooked through
- Stir in flour to coat sausage
- Gradually add milk
- Cook until mixture comes to a boil and thickens, stirring constantly
- Reduce heat to medium-low, simmer 2 minutes, stirring constantly
- Turn off heat
- Split biscuits in half and top with sausage gravy



Chicken Drumsticks with Mac-n-Cheese & Steamed Veggies

Ingredients

- 1 package chicken drumsticks
- 2 boxes mac-n-cheese
- 2 packages steamable frozen vegetables
- Poultry seasoning

Directions

- Prepare mac-n-cheese according to box
- Prepare steamable frozen vegetables according to package
- Preheat oven to 400 degrees
- Place chicken drumsticks on baking sheet or in baking dish
- Sprinkle with poultry seasoning
- Bake until no longer pink at the bone and the juices run clear, about 1 hour, turning chicken about halfway through.
- An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).