



## 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.

- **Hamburgers with Pita Chips**
- **Nachos Topped with Mexican Cheese & Diced Onions**
- **Scrambled Eggs with Croissants & Pineapple Slices**
- **Baked Chicken Legs with Acorn Squash & Sweet Potatoes**

Extras included in this month's delivery include:

**Cereal Bars**

**Apples**

**Pancake Mix**

**Twinkies**

**Random Beef, Pork, and/or Chicken**

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



## 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.

## Recipes

### **Roasted Acorn Squash**

#### **Ingredients:**

2 medium acorn squash  
1 tablespoon extra-virgin  
olive oil, divided  
¼ teaspoon fine salt

#### **Steps:**

1. Preheat the oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy clean-up.
2. To prepare the squash, use a sharp chef's knife to slice through it from the tip to the stem. I find it easiest to pierce the squash in the center along a depression line, then cut through the tip, and finish by slicing through the top portion just next to the stem. Use a large spoon to scoop out the seeds and stringy bits inside, and discard those pieces.
3. Place the squash halves cut side up on the parchment-lined pan. Drizzle the olive oil over the squash, and sprinkle with the salt. Rub the oil into the cut sides of the squash, then turn them over so the cut sides are against the pan.
4. Bake until the squash flesh is very easily pierced through by a fork, about 30 to 45 minutes depending on the size of your squash. Add any desired toppings, and serve warm.

## Baked Sweet Potatoes

**Ingredients:**

4 sweet potatoes  
1 tablespoon olive oil  
sea salt to taste

**Steps:**

1. Preheat oven to 400° F.
2. Wash sweet potatoes, and brush lightly with olive oil. Sprinkle with salt, to taste.
3. Bake sweet potatoes for 1 hour 20 minutes, or until the flesh has reduced and is very soft. The skin will very easily pull off the potatoes when they are ready.

**Notes**

Do a "poke test" to see if they are ready -- they should greatly yield to the touch. The skins will "puff up" around the flesh and an air pocket forms around the reduced flesh.

## Baked Chicken Legs

**Ingredients:**

Chicken legs  
Oil  
Salt and Pepper to taste

**Steps:**

1. Preheat oven to 400°F.
2. Toss chicken drumsticks in olive oil, salt and pepper.
3. Spread chicken drumsticks onto a sheet pan.
4. Roast for 30 minutes or until chicken drumsticks are cooked through.