



THE BEDFORD FOOD PANTRY RECIPE BOOK

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KEENE STATE COLLEGE DIETETIC INTERNS '19-'20

PIGEON PEAS & RICE

YIELD: 10 | PREP: 15 MINUTES | COOK: 40 MINUTES | TOTAL: 55 MINUTES

INGREDIENTS

- 1 Tablespoon Vegetable Oil
- 1/4 Onion, finely chopped
- 1 Tablespoon Minced Garlic
- 2 Teaspoon Chopped Cilantro
- 1/4 Teaspoon Dried Oregano
- 1 Tablespoon Tomato Paste
- 2 Cans Green Pigeon Peas
- 2 Cups Water with Chicken Bouillon
- 1 Can Coconut Milk
- 1 Teaspoon Salt
- 2 1/2 Cups Brown Rice

DIRECTIONS

- 1.Heat oil in pot over medium-high heat. Add onion, garlic, cilantro and oregano. Cook until onions soften, about 5 minutes. Add tomato paste.
- 2.Add pigeon peas, chicken bouillon mixture, coconut milk and salt; bring to boil. Stir in rice; return water to boil. Boil 1 minute. Reduce heat and simmer, without stirring, until water evaporates. Stir rice. Reduce heat to lowest setting & cook, covered for about 20 minutes.
- 3.Fluff rice with fork; serve.

Recipe Courtesy Of: www.simple-veganista.com

SOUTHWEST BEEF & CABBAGE STIR FRY

YIELD: 4 | PREP: 10 MINUTES | COOK: 15 MINUTES | TOTAL: 25 MINUTES

INGREDIENTS

- 1/2 Head Green Cabbage, shredded
- 1 Tablespoon Cooking Oil
- 1/2 lb Ground Beef
- 2 Cloves Garlic, minced
- 1 Tablespoon Chili Powder
- 1/2 Teaspoon Cumin
- Salt to taste
- 10-oz Can Diced Tomatoes with Green Chiles
- 1 Cup Frozen/Canned Corn Kernels
- 2 Green Onions, Sliced
- Taco Sauce or Hot Sauce to taste

DIRECTIONS

- 1.Remove any damaged outer leaves from the cabbage and give it a good rinse. Remove the core, then finely shred the leaves. Set the shredded cabbage aside.
- 2.Add the cooking oil, ground beef, minced garlic, chili powder, cumin, and a pinch of salt to a large skillet. Cook over medium heat, breaking up the beef as you go, until the beef is fully browned. If using a higher fat content beef, drain the excess fat from the skillet.
- 3.Drain most of the liquid from the diced tomatoes, then add them to the skillet along with the frozen corn kernels. Sauté over medium heat until the corn is heated through and most of the liquid on the bottom of the skillet has evaporated. Taste the mixture and add more salt as needed.
- 4.Add the shredded cabbage and sauté for just a couple minutes more, or until the cabbage just becomes slightly wilted. Top with sliced green onions and a drizzle of taco sauce or hot sauce, then serve.

Recipe Courtesy Of: www.budgetbytes.com

QUICK & SIMPLE MEATBALLS

YIELD: 16 MEATBALLS | PREP: 15 MINUTES | COOK: 20 MINUTES | TOTAL: 35 MINUTES

INGREDIENTS

- 1-1/2 Pounds Ground Beef
- 3/4 Cup Oats (uncooked)
- 1/2 Cup Chopped Onion or Green Pepper
- 1/2 Cup Tomato Sauce or Ketchup
- 1 Egg
- 1/2 Teaspoon Salt (optional)
- 1/4 Teaspoon Pepper

DIRECTIONS

- 1.Heat oven to 400°F. Combine all ingredients; mix well. Shape into 1-inch balls. Place on a rack in a shallow baking pan.
2. Bake for 18 to 20 minutes or until the meatballs are to medium doneness (160°F).

Recipe Courtesy Of: www.quakeroats.com

RAMEN STIR FRY

YIELD: 2 | PREP: 5 MINUTES | COOK: 10 MINUTES | TOTAL: 15 MINUTES

INGREDIENTS

- 2 Packages of Ramen Noodles, cooked without flavor packet
- 1 Clove of Garlic (chopped)
- 1 Can Mixed Vegetables
- 2 Cans of Chicken

DIRECTIONS

1. In a pan, heat oil with chopped garlic.
2. Add the canned vegetables and chicken to the pan.
3. Cook for 5 minutes.
4. Add the cooked ramen noodles to the pan.
5. Add ramen flavor packets to the pan. Mix together and serve.

Recipe Courtesy Of: www.today.com

SOY-GLAZED EGGPLANT

YIELD: 4 | PREP: 5 MINUTES | COOK: 15 MINUTES | TOTAL: 20 MINUTES

INGREDIENTS

- 1 Eggplant (5-6 cups cubed)
- 2 Tablespoon Olive Oil
- 1/4 Cup Soy Sauce
- 1/4 Cup Brown Sugar
- 2 Cloves Garlic, minced
- 1 Tablespoon Grated Fresh Ginger

DIRECTIONS

1. Cut the eggplant into 1-inch cubes.
2. Add the olive oil to a large skillet at head over medium heat. Add and cook the eggplant cubes, stirring occasionally, until they are softened (about 10 minutes).
3. If the eggplant begins to stick, add a couple of tablespoons of water to the skillet to help loosen the eggplant.
4. In a bowl, mix the soy sauce, brown sugar, minced garlic, and ginger.
5. Once the eggplant is soft, pour in the soy-ginger glaze. Continue to stir and cook the eggplant in the skillet, dissolving any browned bits off the bottom, for about 5 more minutes.

Recipe Courtesy Of: www.budgetbytes.com

TURKEY TACO SKILLET

YIELD: 4 | PREP: 5 MINUTES | COOK: 12 MINUTES | TOTAL: 17 MINUTES

INGREDIENTS

- 1 Tablespoon Cooking Oil
- 1 lb. Ground Turkey
- 1 Yellow Onion
- 10oz. Can Diced Tomatoes with Green Chiles
- 15oz. Can Black Beans
- 1 Cup Frozen/Canned Corn
- 2 Tablespoon Taco Seasoning

DIRECTIONS

1. Add the cooking oil and ground turkey to a large skillet. Begin to cook the turkey over medium heat, breaking it up into pieces as it cooks.
2. While the turkey is cooking, dice the onion. Add the onion to the skillet with the turkey and continue to stir and cook until the onions are soft. Add the taco seasoning, then continue to stir and cook for 1-2 minutes more.
3. Drain the black beans then add them to the skillet with the diced tomatoes (with juices) and corn. Stir the ingredients in the skillet to combine, then heat through over medium.

Recipe Courtesy Of: www.budgetbytes.com

PICNIC POTATO SALAD

YIELD: 8 | PREP: 15 MINUTES | COOK: 12 MINUTES | TOTAL: 27 MINUTES

INGREDIENTS DIRECTIONS

- 3.5 Pounds Small Red Potatoes
 - 1 Cup Sour Cream or Mayonnaise
 - 1/2 Cup Mayonnaise
 - 2 Ribs Celery, chopped
 - Salt, Pepper, and Seasonings of Choice to taste
 - Optional: Green Onion, Parsley
1. Thoroughly wash potatoes and cut them into cubes. Add to a large pot filled halfway with boiling water. Boil for 10 minutes and then test the potatoes by piercing one with a fork. If they are still stiff, let them boil longer, and check frequently.
 2. Drain the potatoes and spread them out in a single layer to cool.
 3. While the potatoes are cooling, clean chop the celery and other veggies of choice. Place in a bowl. Add the remaining ingredients. Stir well, then taste test.
 4. Once the potatoes have cooled, add them to the vegetable and dressing mixture. Stir well, slightly mashing about 1/3 of the potatoes. This can be done with your hands, stirring and "squeezing" to mash them up! Chill for at least half an hour or until chilled through. Enjoy!

Recipe Courtesy Of: www.budgetbytes.com

SWEET & SPICY TUNA SALAD

YIELD: 2 SERVINGS | PREP: 8 MINUTES | TOTAL: 8 MINUTES

INGREDIENTS DIRECTIONS

- 2 - 5oz Cans of Tuna
 - 1 Carrot
 - 2 Green Onions *optional or substitute
 - 1 Yellow Onion
 - 2 Teaspoon Sugar
 - 2 Teaspoon Oil.
 - 2 Teaspoon Apple Cider Vinegar
- *Optional: Use spices that are available*
- 1/4 Teaspoon Cayenne Pepper
 - 1/2 Teaspoon Garlic Powder
 - 1/2 Teaspoon Paprika
 - Salt and Pepper to taste
1. Drain the tuna, and place in bowl.
 2. Chop the carrot and onion finely. Add the carrot, onion, sugar, oil, apple cider vinegar, and spices of choice to the bowl with drained tuna.
 3. Stir everything to combine, then let the mixture sit for at least 5 minutes to allow flavors to blend

Recipe Courtesy Of: www.budgetbytes.com

FRENCH BREAD PIZZA

YIELD: 4 | PREP: 5 MINUTES | COOK: 15 MINUTES | TOTAL: 20 MINUTES

INGREDIENTS DIRECTIONS

- 1 French Loaf
 - 1/2 Cup Pizza Sauce or Tomato Sauce
 - 4-Oz Shredded Mozzarella
 - Toppings of Your Choice
1. Preheat the oven to 400°F. Cut the French loaf in half lengthwise, then cut each half open into two pieces. Place the pieces of French Bread, cut side up, on a large baking sheet.
 2. Top each piece of bread with about 2 tablespoons pizza sauce and 1 oz. (or 1/4 cup shredded) mozzarella. Add any additional toppings you desire.
 3. Bake the pizzas in the preheated oven for 10-15 minutes, or until the cheese is melted and bubbly, and the bread is slightly brown and crispy on the edges. Serve hot.

Recipe Courtesy Of: www.budgetbytes.com

SMOKY ROASTED SWEET POTATOES

YIELD: 6 | PREP: 15 MINUTES | COOK: 45 MINUTES | TOTAL: 60 MINUTES

INGREDIENTS

- 2 Medium Sweet Potatoes
- 2 Tablespoons Olive Oil
- 1 Tablespoon Brown Sugar
- 1 Teaspoon Smoked Paprika
- 1/8 Teaspoon Garlic Powder
- 1/8 Teaspoon Cayenne Pepper
(optional)
- 1/4 Teaspoon Salt
- Freshly Cracked Pepper

DIRECTIONS

1. Preheat the oven to 400 degrees. Wash and peel the sweet potatoes, then cut them into 1/8-inch thick slices.
2. In a small bowl, stir together the brown sugar, smoked paprika, garlic powder, cayenne pepper, salt, and some freshly cracked pepper.
3. Place the sweet potato slices in a large bowl and drizzle the olive oil over top. Toss spice mix with sweet potatoes until evenly coated.
4. Arrange the seasoned sweet potato slices in a casserole dish, stacked in a row like a deck of cards. Cover with foil and roast in the preheated oven for 30 minutes.
5. Remove the foil and let cook for an additional 15 minutes. Test the sweet potatoes with a fork for doneness. If they're still firm, allow them to roast for an additional 10-15 minutes. If they become too brown during that time, simply cover the dish with foil to prevent further browning.

Recipe Courtesy Of: www.budgetbytes.com

FISH N' CHIPS WITH MUSHY PEAS

Yield: 4 servings | Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

INGREDIENTS

Fish Fillets

- 8 Fish Fillets

Mushy Peas

- 1- 15 oz. Can Sweet Peas, drained
- Salt and Black Pepper

"Chips"

- 3 Large Baking Potatoes, cut into 1/4-inch-thick matchsticks
- 2 Tablespoons Oil
- Salt

DIRECTIONS

Fish Fillets

1. Preheat the oven to 425 degrees. Remove fish from the plastic pouch before cooking.
2. Place frozen fish fillets in a single layer.
3. Bake uncovered for 20-30 minutes or until crispy and browned. Turn fillets over halfway through baking.
4. Let stand for 5 minutes.

Mushy Peas

1. Place sweet peas into a large saucepan and cover with cold water. Bring to a boil.
2. Lower the heat and simmer for 5-10 minutes or until the peas have softened and turned mushy.
3. Drain any excess liquid.
4. Mash sweet peas into desired consistency.
5. Season with salt and pepper to taste.

"Chips"

1. Preheat the oven to 450 degrees.
2. In a large bowl, toss the potatoes with the oil and 1/2 teaspoon salt.
3. Coat a baking sheet with a thin layer of oil and spread the potatoes in a single layer.
4. Bake until golden and crisp, about 35 minutes.
5. Remove fries with a spatula and season with salt.

RICE PUDDING

YIELD: 4 | PREP: 5 MINUTES | COOK: 20 MINUTES | TOTAL: 25 MINUTES

INGREDIENTS DIRECTIONS

- 2 Cups Cooked Rice
- 2 Cups Milk
- 3 Tablespoons Butter
- 1/3-1/2 Cup Sugar to Preference
- 1 Teaspoon Vanilla
- 1/2 Teaspoon Cinnamon (extra for sprinkling)

1. In a medium saucepan add all your ingredients and stir.
2. Bring to a low boil over medium heat and stir to prevent burning for about 15-20 minutes until thickened.
3. Serve hot or cold with a sprinkling of cinnamon or nutmeg.

Recipe Courtesy Of: www.realhousemoms.com

BAKED PUMPKIN PIE OATMEAL

YIELD: 6 | PREP: 10 MINUTES | COOK: 45 MINUTES | TOTAL: 55 MINUTES

INGREDIENTS DIRECTIONS

- 1 15 oz Can Pumpkin Puree
- 1/2 Cup Brown Sugar
- 2 Large Eggs
- 1/2 Teaspoon Pumpkin Pie Spice
- 1/2 Teaspoon Salt
- 3/4 Teaspoon Baking Powder
- 1/2 Teaspoon Vanilla Extract
- 1 1/2 Cups Milk
- 2 1/2 Cups Dry Oatmeal

1. Preheat the oven to 375 degrees. In a large bowl, whisk together the pumpkin puree, brown sugar, eggs, vanilla, pumpkin pie spice, salt, and baking powder until smooth. Whisk in the milk.
2. Mix the dry oats into the pumpkin mixture. Coat an 8x8 (or similar sized) baking dish with non-stick spray. Pour in the pumpkin oat mixture. Bake in the preheated oven for 45 minutes, or until the center no longer looks wet and the edges are lightly golden brown.
3. Serve hot right out of the oven or refrigerate until ready to serve. Can be eaten cold or reheated. Top with maple syrup or nuts if desired.

Recipe Courtesy Of: www.budgetbytes.com

NO-BAKE PEANUT BUTTER BARS

YIELD: 24 BARS | PREP: 25 MINUTES | TOTAL: 25 MINUTES

INGREDIENTS DIRECTIONS

- 2 Sticks Unsalted Butter, melted
- 2 Cups Animal Cracker Crumbs or Vanilla Wafers, Graham Crackers, etc
- 2 Cups Powdered Sugar
- 1 1/2 Cups Creamy Peanut Butter Topping
- 1/4 Cup Peanut Butter
- 10 oz Semi-Sweet Chocolate Chips

1. Combine the first four ingredients until smooth. Spread into a baking pan.
2. For the topping, melt the chocolate and peanut butter together in the microwave for 1 minute. Stir. If not completely melted you can heat in 10 second intervals until smooth. Spread over the top of the peanut butter layer.
3. Chill dessert in the refrigerator for about an hour, or in the freezer for 15 minutes. Cut into bars and serve.

Recipe Courtesy Of: www.amandascookin.com

PUMPKIN BREAD PUDDING

YIELD: 8 | PREP: 15 MINUTES | COOK: 45 MINUTES | TOTAL: 60 MINUTES

INGREDIENTS

- 1 Large French Bread Loaf
- 1/4 Cup Raisins
- 15-Oz Can Pumpkin Puree
- 1 Cup Packed Brown Sugar
- 2 Large Eggs
- 1 1/2 Teaspoon Pumpkin Pie Spice
- 1 1/2 Teaspoon Cinnamon
- 1 1/2 Teaspoon Vanilla
- 2 Cups Milk

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Cut bread into 1-inch chunks. Place the chunks in a large glass casserole dish that has been coated in non-stick spray. Sprinkle with raisins.
3. In a bowl combine pumpkin puree, eggs, brown sugar, cinnamon, pumpkin pie spice, and vanilla. Stir until evenly combined. Whisk in milk.
4. Pour the pumpkin mixture over the bread cubes and give it a gentle stir to coat the cubes. Let the bread cubes soak in the mixture.
5. Bake the bread pudding for 40-45 minutes or until the center has set (poke with a toothpick, it should come out clean). Serve as is or with maple syrup, whipped cream, yogurt, or caramel sauce!

Recipe Courtesy Of: www.budgetbytes.com

APPLE CRISP IN A MUG

YIELD: 1 SERVING | PREP: 5 MINUTES | COOK: 3 MINUTES | TOTAL: 8 MINUTES

INGREDIENTS

For Apple Filling

- 1 Apple Peeled and Sliced Thin
- 1/2 Tablespoon of Melted Butter
- 1/4 Teaspoon Cinnamon
- 1 Teaspoon Brown Sugar
- 1 Teaspoon Flour

For Crisp Topping

- 2 Tablespoons of Softened Butter
- 1 Tablespoon Flour
- 3 Tablespoons Old Fashioned Oats
- 1 Tablespoon Brown Sugar
- ¼ teaspoon cinnamon

DIRECTIONS

1. Mix apple filling ingredients in a small bowl.
2. Mix together crisp ingredients. Work in the butter with a fork.
3. Layer half the apples in a microwave safe bowl, mug, or ramekin. Top with half the crisp mixture. Add another layer of apples and then the remaining crisp mixture. Place in the microwave and cook for 3 minutes.
4. Careful, it will be very hot when removing from the microwave! Serve warm with whipped topping or vanilla ice cream.

Recipe Courtesy Of: www.yellowblissroad.com

LEMON-BLUEBERRY CORNBREAD

YIELD: 8 | PREP: 15 MINUTES | COOK: 35 MINUTES | TOTAL: 50 MINUTES

INGREDIENTS

- 1 Cup Cornmeal
- 1 Cup All-Purpose Flour
- 1/3 Cup Sugar
- 4 Teaspoon Baking Powder
- 1/2 Teaspoon Salt
- 1 Fresh Lemon or 2 Tablespoons Lemon Juice
- 1 Cup Milk
- 1 Large Egg
- 1/3 Cup Cooking Oil
- 1 Tablespoon Butter
- 1/2 Cup Frozen Blueberries

DIRECTIONS

1. Preheat oven 425°F and coat a cake/brownie pan with butter, oil, or parchment paper.
2. In a large bowl stir together cornmeal, flour, sugar, baking powder, and salt.
3. In a separate bowl, mix together milk, oil, egg, and 2 Tbsp lemon juice.
4. Pour the wet ingredients into the bowl with dry ingredients, stir until the mixture is completely moistened with minimal lumps.
5. Pour the mixture into the baking pan and sprinkle the frozen blueberries on top.
6. Bake the cornbread for 30-35 minutes, or until the top and sides are deep golden brown. Cool slightly, then slice and serve.

Recipe Courtesy Of: www.budgetbytes.com