

The Pantry Pal



Buffalo Chicken Egg Rolls

*The recipe to make if you
need the perfect appetizer
for a gathering.*

Go to the recipe - Pg 8



PRESENTED BY THE LION'S PANTRY

Emily B's Chicken Alfredo

Go to the recipe - Pg 18





The Pantry's Mission

“

To address and mitigate student food insecurity at the Penn State University Park campus, providing food and other resources directly to students.

”

About The Pantry

The Lion's Pantry formed in November 2014 after two Penn State students, Jake Ruddy and Alex Mendoca, recognized the impact food insecurity had on their peers. With the support of local organizations, the Pantry opened its doors, providing support for college-aged individuals experiencing hunger. Since its creation, the Pantry continues expanding its services. Most recently, the Pantry's main facility near Lion Surplus underwent renovations, expanding the facility's offerings to include refrigerated and frozen items.

Table of Contents

1: Cover Page

2: About Us

3: Table of Contents

4: Meal Planning Tips

5-7: Breakfast For Champions

8-11: Appetizers

12-21: Quick & Easy Dinners

22-24: Delicious Desserts

25-30: Additional Materials

Sunday Workdays



Annual Construction Event



Leadership And Volunteerism



Meal Planning Tips

Why should you care about meal planning?

Meal planning allows people to coordinate their meals in advance according to their schedule and considerations that will save them money, energy, food, and time.



Store food properly. Label opened food and leftovers with the date.

Save the recipes you enjoy to make again. Discard those you dislike.

Prepare your food when you get home from the store (i.e. separate them in bags)

Find recipes that make large servings. Save the leftovers for your next meal.

Think about seasonal foods you could cook with.

Find recipes that you can make ahead using a slow cooker.

Go through your pantry. What can you make with the ingredients you have?

Use a planner! Pick a day to go through the calendar and plan meals.

Create a shopping list. Know what you need before going to the store.

Brainstorm. What dishes do you enjoy? What do you want to try?

Plan themed nights like Taco Tuesday and Pizza Night.



BREAKFAST FOR CHAMPIONS

OVERNIGHT OAT VARIATIONS

What ingredients do you need per batch?

OATS - 1/2 cup rolled oats

CHAI SEEDS - 1 tbsp

SWEETENER (i.e. MAPLE SYRUP/HONEY) - 2 tsps

MILK - 2/3 cup

Enhance the basic batch with...

Chocolate and Peanut Butter Overnight Oats:

including the basic batch ingredients, 1 tbsp peanut butter, and 2 tsp cacao powder

Banana Muffins Overnight Oats:

including the basic batch ingredients, 1/4 mashed banana, 2 tbsp chopped walnuts, and 1/4 tsp cinnamon

Berry Blast Overnight Oats:

including the basic batch ingredients and 1/4 cup fresh berries (i.e. sliced strawberries and blueberries)

Chocolate Chip Overnight Oats:

including the basic batch ingredients and 1 tbsp of chocolate chips

Carrot Cake Overnight Oats:

including the basic batch ingredients, 3 tsp grated carrots, 1/2 tsp raisins, 1/2 tsp cinnamon, 1/4 tsp vanilla, 1/4 tsp almond extract, 1 tbsp coconut flakes, 1 tbsp chopped nuts

Cook Time

Prep Time: 5 min

Resting Time: 2 hours

Total: 2 hr 5 min

Directions

1. Mix ingredients together.
2. Let sit for at least 2 hours, preferably overnight.
3. Enjoy!

Editor's Note

Overnight oats provide students with a quick and nutritious breakfast before their busy class and work schedule. Try different variations, adding your favorite ingredients like fruits and spices.



“

These are a great way to use up those ripe bananas and avoid wasting food. Plus, they're delicious!

”

3-Ingredient Pancakes

Ingredients

**1 banana
2 eggs
1/4 tsp cinnamon**

Recipe submitted by Liz Long

Directions

- 1. In a bowl, mash the banana with a fork.**
- 2. Add eggs and cinnamon. Mix until combined.**
- 3. Heat a nonstick skillet over medium heat. Spoon a portion of the batter and cook for 3-4 minutes, then flip and cook for an additional 3-4 minutes.**
- 4. Serve with maple syrup or honey, if desired. Enjoy!**



APPETIZERS

Buffalo Chicken Egg Rolls

Ingredients

- 1 1/2 c. coleslaw blend (cabbage slaw mix)
- 1 c. chopped cooked chicken (canned)
- 1/4 c. Ranch dressing
- 2 tsp Sriracha sauce (hot chili sauce)
- 24 won ton wrappers (3 inch)

YIELD: 24 Servings

Directions

1. Heat oven to 400 °F
2. Combine coleslaw blend, chicken, Ranch dressing, and Sriracha sauce. Spoon 1 rounded tablespoon coleslaw mixture down one side of each won ton wrapper; lightly moisten opposite side of wrapper with water. Roll up won tons tightly, pressing edge of wrapper on won ton to seal.
3. Place seam sides down, on baking sheet sprayed with cooking spray. Lightly spray egg rolls with additional cooking spray.
4. Bake 10 to 12 minutes or until golden brown.

Seasoned Pretzels

Ingredients

- 2 (16 oz) bags sourdough pretzels, broken into pieces (could use the same amount of oyster crackers)
- 1 2/3 cup olive oil
- 1 (1 oz) package of Hidden Valley Ranch seasoning mix
- 2 tsp lemon pepper seasoning
- 2 tsp garlic powder
- 2 tsp dill weed

YIELD: A Crowd

Directions

1. Break the pretzels apart into bite-size pieces and place them in a large bowl.
2. Mix together the olive oil, ranch seasoning, lemon pepper, garlic powder, and dill until combined. Pour the mixture over the pretzels and toss until fully combined.

Baking Options

- **Oven:** Spread the pretzels out on a baking sheet. Bake in oven at 350 °F for 15 minutes. Toss well, and bake for another 10-15 minutes. Let cool, and enjoy.
- **Microwave:** Put pretzels in a microwavable-safe bowl, and microwave for a minute. Stir well. Microwave for an additional minute. Repeat until fully cooked.

Football Franks

Ingredients

- 1 cup Ketchup
- 1/2 cup grape jelly
- 1 (8 oz) can of crushed pineapple
- 1 Lb package of Little Smokies

Directions

1. Combine Ketchup, crushed pineapple, and grape jelly.
2. Pour mixed ingredients in sauce pan.
3. Stir in Little Smokies and heat for the time directed on the Little Smokies package.

Cranberry Meatballs

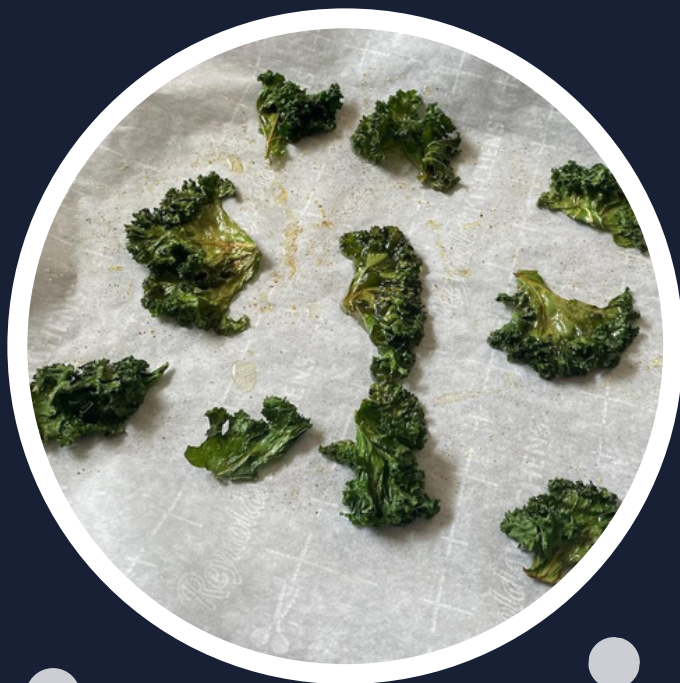
Ingredients

- 1 (14 oz) can of cranberry sauce
- 1 (12 oz) bottle of chili sauce
- 1 (2 Lb) pre-cooked cocktail-size meatballs

Directions

1. Combine cranberry sauce and chili sauce in sauce pan.
2. Add meatballs.
3. Cover and cook until meatballs are heated through (according to the time and heat instructions on the frozen meatball package)

Recipes submitted by Karen Null



Baked Kale Chips

Ingredients

- 1 bunch kale
- 1 tbsp olive oil
- 1 tsp seasoned salt

Recipe submitted by
Kalysta Long

Directions

1. Gather all ingredients and preheat oven to 300 °F. Line a rimmed baking sheet with parchment paper.
2. With a knife or kitchen shears, carefully remove kale leaves from the thick stems and tear into bite-size pieces.
3. Drizzle kale leaves with olive oil and toss to combine. Spread out in an even layer on the baking sheet without overlapping and sprinkle with salt.
4. Optional: Try to add various seasonings to create different flavors.
5. Bake until the edges start to brown but are not burnt (20-30 minutes).

TRAIL MIX COMBINATIONS

Enhance the basic batch with...

Basic Trail Mix:

including nut mixture (i.e. pecans, cashews, walnuts) chocolate, shredded coconut, dried banana chips, raisins

Sweet and Salty Mix:

including nut mixture (i.e. almonds, cashews), mini M&M's, raisins, sunflower seeds, dark chocolate chunks

Peanut Butter Lover Mix:

including nut mixture (i.e. almonds and peanuts), peanut butter chips, mini pretzels, mini Reese's Pieces

Fruit Throwdown:

including nut mixture (i.e. walnuts, pecans, pistachios), sunflower seeds, coconut, cranberries, raisins, other dried fruits like bananas

Tropical Mix:

including nut mix (i.e. macadamia nuts and almonds), coconut flakes, dried banana, dried mango, dried pineapple, chocolate chips

Other Ideas

Chocolate Chips,
Peanut Butter Chips,
Mini Candies,
Marshmallows,
Caramels

Shredded Coconuts,
Popcorn, Crackers,
Cereal, Pretzels,
Granola

Garlic Powder, Onion
Powder, Old Bay
Seasoning, Curry
Powder, Cinnamon,
Nutmeg

DRIED FRUITS

Pineapple, Raisins,
Cranberries, Apricots,
Peaches, Bananas,
Apples, Dates,
Strawberries, Mangos,
Blueberries, Figs,
Cherries

NUTS AND SEEDS

Sunflower Seeds,
Almonds, Peanuts,
Pecans, Walnuts,
Cashews, Macadamia
Nuts, Pumpkin Seeds,
Brazilian Nuts,
Chestnuts, Pistachios



the
**LION'S
PANTRY**

QUICK & EASY DINNERS

Chicken Picante

Ingredients

- 6 chicken breasts
- 1 (16 oz) bottle of Ortega Taco Sauce (mild or medium, your preference)
- 1 lime
- 1.5 tbsp of prepared mustard
- 1/2 cup sour cream (optional)

Directions

1. Zest the lime and mix in with sour cream. Let sit in fridge.
2. Juice the lime.
3. In a non-reactive bowl, mix taco sauce, mustard and lime juice.
4. Score the chicken breasts and pour 1/3 of the sauce over the chicken. Toss to coat and marinate in fridge for at least an hour (the longer the better). Reserve the remaining sauce.
5. In a large nonstick frying pan, heat 1 tbsp of olive oil and 2 tbsp of butter on medium-low heat. When melted, raise heat to medium high until butter starts to bubble and add the chicken breasts. Cook until both sides are brown.
6. Add the remaining sauce, both from the marinade and the reserve, stirring as it bubbles, so it does not stick.
7. Serve and dollop the sour cream on each breast. Serve with buttered egg noodles or rice. It pairs nicely with Grüner Veltliner or Pinot Gris.

"I found it in a cookbook that someone was selling door to door. I amended it over the years and found it can easily be made as low fat for dieting as well. It is so flavorful with just three ingredients. It became a staple in my house and there has never been any left overs."

Recipe by Mary Henry

Southwest Pasta Salad

Ingredients

- 1/2 cup mayonnaise
- 1/2 cup milk
- 1 packet taco seasoning (2-3 tbsp)
- 6 oz. cooked pasta (like macaroni, penne)

Directions

1. Mix mayo, milk and seasoning while pasta is cooking.
2. Drain pasta and add mayo to mixture.
3. Combine well and refrigerate.

Recipe by Linda Musser

Chicken Caesar Wrap

Ingredients

- 1 bag Caesar Salad (can substitute salad mix or lettuce with your favorite dressing)
- 1 bag frozen chicken tenders
- 1 bag wraps
- 1 bag shredded cheddar cheese (optional)

Directions

1. Cook chicken tenders according to package instructions.
2. Mix salad and dressing in bowl. Set aside.
3. Heat wraps in microwave for 20 seconds or place wraps on oven safe trays to heat for 5 minutes on the same setting you are cooking the chicken.
4. Place wrap on plate, adding chicken and cheese. Top with salad.

"I make this meal when I'm short on time, ideas and funds. One bag of frozen tenders lasts around 3 meals. You can also use the wraps for multiple meals."

Recipe by Rebecca Kennedy

Recipes Using Tortillas



Bean, Rice, and Cheese Burrito

Add refried beans, salsa, grated cheese, and optional cooked rice to the tortilla. Microwave in 30 second intervals until cheese melts. Roll tortilla and eat.

Pizza Quesadilla

Spread spaghetti/pizza sauce on the tortilla. Add mozzarella cheese and other optional pizza toppings. Fold closed and warm.

Baked Tortilla Chips

1. Preheat oven to 375°F . Spray baking sheet with olive oil or cooking spray.
2. Mix 2 tbsp oil and 1 tbsp lime juice in small bowl. Brush mixture on tortillas.
3. Cut tortillas in half. Then cut into smaller triangles. Brush the mixture on the other side of tortillas.
4. Arrange on baking sheet. Bake for 8-12 minutes (until golden).
5. Use your chips with your favorite sauces and salsas.

Peanut Butter, Banana, and Granola Wrap

Spread peanut butter evenly on a tortilla, add sliced bananas, and evenly sprinkle granola. Drizzle with honey, and wrap the tortilla like a burrito.

Vegetarian Chili with Couscous

Ingredients

2 tsp olive oil
1 tsp jarred chopped garlic, drained
2 tbsp canned green chilis or jalapeños, drained
1 tbsp dried oregano
1 bay leaf
1 tbsp chili powder
2 tsp ground cumin
1/2 tsp salt
2 (14 oz) can diced tomatoes with green peppers and onions (i.e. Del Monte Brand)
1 quart vegetable broth or water
1 (15 oz) can black beans, drained and rinsed
1 (15 oz) can cannellini beans, drained and rinsed
1 (15 oz) can red kidney or pinto beans, drained and rinsed
1/3 cup uncooked couscous

Directions

1. Heat oil in a large stockpot over medium heat.
2. Add garlic and jalapeño. Sauté 1-2 minutes.
3. Add herbs, spices and salt. Stir well.
4. Add canned tomato blend, broth and beans. Bring mixture to a boil.
5. Reduce heat to medium and simmer uncovered for 3 minutes.
6. Add couscous and simmer uncovered for 5 minutes.
7. Discard bay leaf. Ladle into bowls and enjoy!

"I found this recipe in a 2004 issue of SHAPE Magazine and have been making it ever since! It is easy to make and delicious!"

YIELD: 4 | Prep Time: 10 min | Cook Time: 10 min

Recipe submitted by Heide Gibson

CAN You Believe These Dishes?

7-Can Soup Dinner

Ingredients

- 1 (15 oz) can corn with red and green peppers
- 1 (15 oz) can meat-only chili
- 1 (15 oz) can kidney beans
- 1 (15 oz) can pinto beans
- 1 (15 oz) can black beans
- 1 (15 oz) can diced tomatoes
- 1 (10 oz) can diced tomatoes with green chilies
- Salt and black pepper (to taste)
- 8 ounce processed cheese (i.e. Velveeta)

Directions

1. Add all canned products into a large pot over high heat. Bring to a boil and simmer 10-15 minutes. Add salt and pepper as needed.
2. Dice cheese and stir into soup until melted. Serve immediately.

Two Bean Salad

Ingredients

- 2 tbsp virgin olive oil
- 2 tbsp white wine vinegar
- Salt and black pepper (to taste)
- 1 (15 oz) can cannellini beans (drained)
- 1 (15 oz) can kidney beans (drained)
- 1/4 cup parsley, chopped
- 1 stalk celery, diced
- 1 scallion, sliced
- 1/4 cup red onion, minced

Directions

1. Whisk oil, vinegar, 1/4 tsp salt, 1/6 tsp pepper in bowl.
2. Add beans, parsley, celery, scallions, and red onions.
3. Stir well until combined.
4. Add additional seasonings to taste.
5. Serve at room temperature.

CAN You Believe These Dishes?

3-Can Tomato Vegetable Soup

Ingredients

- 1 tbsp olive oil
- 1/2 tsp Italian seasoning
- 1/4 tsp onion powder
- 1 (15 oz) can mixed vegetables with potatoes, drained
- Salt and ground pepper (to taste)
- 1 (15 oz) can diced tomato
- 1 (15 oz) can cannellini beans

Directions

1. Combine olive oil, Italian seasoning, onion powder in saucepan over low heat. Bring to gentle simmer, stirring occasionally for 5 minutes.
2. Add mixed vegetables, salt and pepper. Increase heat to medium, stir occasionally for 1-2 minutes.
3. Add tomatoes with their juice. Fill the empty can halfway with water and add to soup. Add 1/3 of beans along with their liquid. Simmer 3 minutes.
4. Mash the remaining beans and their liquid with a fork directly in the can until smooth. Stir into soup. Add 2 tbsp water to can and remove remaining beans. Stir in soup and simmer for 5 minutes. Season to taste.

6-Can Chicken Tortilla Soup

Ingredients

- 2 (15 oz) can chicken broth
- 1 (15 oz) can kernel corn, drained
- 1 (15 oz) can black beans
- 1 (10 oz) can chicken
- 1 (10 oz) can diced tomatoes with green chile peppers, drained
- Crushed tortilla chips (optional)
- Shredded Cheddar cheese (optional)

Directions

1. Pour chicken broth, corn, black beans, chicken, and diced tomatoes with green chiles into large pan over medium heat. Simmer, stirring occasionally until chicken is thoroughly heated (approximately 15 minutes).
2. Serve hot, topped with tortilla chips and grated cheese.

MUG RECIPES

If you live in a dorm or apartment with limited cooking equipment, here are some recipes that only require a microwave-safe mug.

Omelets

Coat coffee mug with cooking spray. Add 2 lightly beaten eggs. Mix in your choice ingredients like red peppers, spinach, onions or cheese. Stir thoroughly. Microwave coffee mug on high for approximately 1 minute and 30 seconds. Let sit for 1 minute. Make sure the egg is thoroughly cooked before eating.

Blueberry Muffin

In a small mixing bowl, combine the following ingredients: 1 tbsp coconut flour, 1 tbsp almond flour, 1 tbsp oat flour, 2 tbsp granulated sweetener of choice, 1/2 tsp baking powder and cinnamon to taste.

Add 1 large egg, 1 tbsp mashed banana and 1 tbsp of dairy free milk. Mix thoroughly. Stir in 2-3 tbsp frozen blueberries. Pour mixture into microwavable-safe mug or container.

Depending on your microwave, heat for 50 sec-2 min (checking recurrently). Cook until a toothpick comes out clean.

Pizza Bites

Mix the following ingredients in a microwavable mug: 4 tbsp all-purpose flour, 1/8 tsp baking powder, 1/16 tsp baking soda and 1/8 tsp salt. Mix in 3 tbsp milk and 1 tbsp olive oil.

Add 1 tbsp marinara sauce and spread on top of the batter. Sprinkle 1 tbsp mozzarella cheese, mini-pepperoni and 1/2 tsp dried Italian herbs like basil or oregano.

Microwave for 1 minute and 20 seconds or until the batter rises and the toppings are bubbling. Enjoy.

Mac & Cheese

Combine 1/3 cup pasta noodles, 1/2 cup of water and 1 pinch of salt in a microwavable bowl. Microwave for 6 min, taking the bowl out and stirring every 2 min. Water should be almost completely absorbed at end of heating.

Add 1/4 cup almond milk and 1/4 cup shredded cheese. Stir together. Microwave another 2 min or until the cheese is thoroughly melted. Season to taste.

Recipes Using Tuna



Tuna Pasta Salad

Ingredients

- 8 oz pasta
- 1 cup frozen peas
- 3 green onions or 1/4 tsp onion powder
- 1/4 cup red onion, minced
- 2 (5 oz) canned tuna, drained and flaked
- 1/2 cup mayonnaise
- 1 1/2 tbsp white wine vinegar
- 1/2 tsp dried dill
- 1/2 tsp salt
- **Optional: feta cheese**

Directions

1. Cook the pasta until it is al dente (approx. 7-8 min) and in the last minute, add the peas. Once cooked, drain the pasta and peas. Rinse with cool water.
2. Add the onions, tuna, mayonnaise, white vinegar, dill and salt in large bowl.
3. Once cooked, add pasta and peas to bowl. Mix and add seasonings as needed. Serve immediately.

Tuna Cakes

Ingredients

- 3 (5 oz) canned tuna, drained and flaked
- 2 tbsp parsley, minced
- 1 green onion, minced
- 1 tsp Old Bay seasoning
- 1/2 tsp garlic powder
- 1/2 tsp salt
- 3/4 cup panko or breadcrumbs
- 2 tbsp Dijon mustard
- 2 tbsp mayonnaise
- 2 eggs
- 2 tbsp olive oil

Directions

1. Add tuna, parsley, green onion, Old Bay, garlic powder, salt, breadcrumbs, mustard, mayonnaise, and eggs to medium bowl. Mix thoroughly.
2. Form dough into 8 patties using 1/2 measuring cup to portion. Pat the dough into a patty. Refrigerate for at least 15 minutes to firm texture.
3. When ready to cook, heat 1 tbsp olive oil on skillet over medium heat. Add patties and cook for 4-5 minutes until browned. Flip with spatula and cook 3-4 minutes more until that side is also golden brown.
4. Serve with your favorite sauce or with grains (i.e. rice)

Emily B's Chicken Alfredo



Recipe submitted by Emily Bill

Ingredients

- 1 (1 lb) Fettuccini Pasta
- 1 (12.5 oz) can white chicken
- 1 (16 oz) jar Alfredo sauce
- 1 (8.5 oz) canned peas

Directions

1. Boil 4 quarts of water in a pot.
2. Once boiling, add one box of pasta and cook according to the box.
3. While the pasta is cooking, drain your canned chicken and canned peas. Set aside.
4. Drain your pasta. Combine all ingredients in the pot.
5. Stir all ingredients together on low heat until heated through. Enjoy!

POTATO RECIPE IDEAS

HOW TO COOK A BAKED POTATO IN A MICROWAVE

Give the potato a thorough scrub, rinse well, and dry it off. With a fork, stab holes into your potato to help the steam escape during the heating process. Cooking time varies based on your microwave and the size of potato.

Start cooking the potato for 3-5 minutes. Flip carefully, and cook for 3 additional minutes or until tender. Top with ingredients that you enjoy!



ITEMS TO ADD TO YOUR BAKED POTATO

Classic: Cheese, Sour Cream, Chives, Bacon Bits

Pizza: Pasta/Spaghetti Sauce, Pepperoni, Cheese, Seasonings

Taco: Taco Seasoning, Optional Meat, Salsa, Cream Cheese, Cheese, Canned Veggies

Buffalo: Sriracha, Ranch Dressing, Optional Meat Product (i.e. Canned Chicken)

Alfredo: Alfredo/White Cream Sauce and Vegetables (i.e. Peas, Corn, Carrots)

Roasted Vegetables: Canned or Frozen Vegetables (i.e. Corn, Broccoli, Carrots)

Chili: Add homemade or canned chili to your potato!



the
**LION'S
PANTRY**

DELICIOUS DESSERTS

Zairi's Coquito Recipe

Ingredients

- 1 can condensed milk
- 1 can evaporated milk
- 1 can cream of coconut
- 1 can coconut milk
- 2 tbsp vanilla extract
- 2 tbsp cinnamon

Directions

1. Blend all ingredients in a blender until well combined.
2. Serve cold.

Recipe submitted by Zairi Mercader

“

In Puerto Rico, we drink this traditionally during Christmas. As a way to share our culture with the PSU community, PRSA [Puerto Rican Student Association] does an annual Coquito Sale outside of the Corner Room around December! Last sale, we sold 115 bottles. This recipe I'm sharing is my abuela's traditional recipe.

”

”



Chocolate Peanut Butter Pie

Ingredients

- 1 (8 oz) cream cheese, softened
- 1/2 cup sugar
- 1/3 cup peanut butter
- 1 cup heavy cream, whipped
- 1/4 cup chocolate fudge sauce
- 1 Oreo pie crust

Directions

1. Beat cream cheese, sugar, and peanut butter. Gradually fold in whipped heavy cream.
2. Spoon mixed ingredients onto crust.
3. Drizzle chocolate fudge sauce on top.
4. Refrigerate until firm.

Recipe submitted by Karen Null

3-Ingredient Chocolate Fudge

Ingredients

- 1 (12 oz) bag of semi-sweet chocolate morsels (approx. 2 cups and for extra flavor 1 cup more)
- 1 (14 oz) can of sweetened condensed milk
- Dash of salt
- 1-1/2 tsp vanilla flavoring optional
- 1 cup nuts (walnuts, pecans, etc), optional (or add coconut for something different).

Directions

1. Melt chocolate morsels, milk and salt together. If using the microwave, cook on high for 1 minute. Stir. Cook in 30-second intervals until chocolate morsels are completely melted.
2. Add walnuts and vanilla. Mix well.
3. Spread evenly onto a 8 inch square pan lined with wax paper.
4. Chill until firm.

Recipe submitted by Linda Musser – *"This is a classic recipe from the maker of sweetened condensed milk."*



Homemade Applesauce

Ingredients

- 6 medium apples (remember, this is the only ingredient, so use good and flavorful ones!)
- 1 tsp cinnamon (optional)

Directions

1. Thoroughly wash your apples to remove any residues.
2. Slice with an apple slicer or a knife, removing the core and seeds.
3. Steam the apples in a glass bowl with lid or cover with plastic wrap and place in the microwave for 10 minutes. The apples should look wilted and soft.
4. Place the apples and their juices into a high-powered blender or food processor (such as a NutriBullet). Add in cinnamon, if using. Puree until you get a creamy texture and peels are completely pulverized. Enjoy!

"This applesauce is amazing! You get all the benefits from the fruit this way too."

Recipe submitted by Liz Long



the
**LION'S
PANTRY**

ADDITIONAL MATERIALS

ELEVATE YOUR DISHES

ADD THIS TO YOUR OATMEAL & PANCAKES

Nut Butters: Peanut, Almond, Nutella

Extracts: Vanilla or Almond

Spices or Seasonings: Cinnamon, Pumpkin Spice, Allspice, Ginger

Sweets: Sprinkles, Chocolate Chips, Peanut Butter Chips, Marshmallows

Vegetables/Fruits: Shredded Zucchini, Carrots, Apples, Blueberries, Bananas

Dried Fruits: Cranberries, Raisins, Coconut Flakes

Shredded Nuts: Walnuts, Cashews, Almonds, Pecans, Macadamia

ADD THIS TO YOUR PASTA

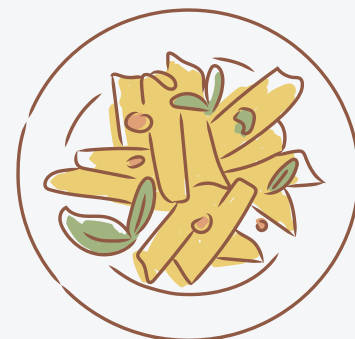
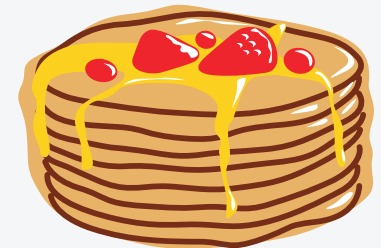
Vegetables: Spinach, Broccoli, Carrots, Peas, Mushrooms, Tomatoes, Asparagus, Kale, Garlic, Onion, Peppers, Green Beans, Olives

Cheese: Mozzarella, Parmesan, Feta

Protein: Canned Tuna/Chicken/Anchovies/Crab, Kielbasa, Bacon

Sauce: Marinara, Fettuccini, Pesto

Added Flavor: Hot Red Pepper Flakes, Herbs, Olive Oil, Breadcrumbs, Oregano, Garlic Powder, Onion Flakes, Black Pepper, Lemon Zest



COOKING GRAINS & VEGGIES



BROWN RICE

Use 2 cups water per 1 cup rice and bring to a boil, covered with a lid. Lower heat and cook for 30 minutes. Turn off heat and steam for 10-15 minutes with lid on.

WHITE RICE

Use 1 3/4 cups water per 1 cup rice and bring to a boil, covered with a lid. Lower heat and cook for 15 minutes. Turn off heat and steam for 5 minutes with lid on.

OATS

Use 2 cups water per 1 cup of oats and bring to a boil, covered with a lid. Lower the heat and cook 10-20 minutes, stirring frequently.

VEGGIE	BOILED	STEAMED	MICROWAVED
Broccoli	4-6 min	5-6 min	2-3 min
Carrots	5-10 min	4-5 min	4-5 min
Cauliflower	4-6 min	3-5 min	2-3 min
Beans	6-8 min	6-8 min	3-4 min
Mushrooms	Not Recommended	4-5 min	2-3 min
Potatoes	15-20 min	10-12 min	6-8 min



CONVERSION CHARTS

DRY WEIGHTS

 OZ		 C	 g	 lb
1/2 OZ	1 tbsp	1/16 cup	15 g	—
1 OZ	2 tbsp	1/8 cup	28 g	—
2 OZ	4 tbsp	1/4 cup	57 g	—
3 OZ	6 tbsp	1/3 cup	85 g	—
4 OZ	8 tbsp	1/2 cup	115 g	1/4 lb
8 OZ	16 tbsp	1 cup	227 g	1/2 lb
12 OZ	24 tbsp	1 1/2 cup	340 g	3/4 lb
16 OZ	32 tbsp	2 cup	455 g	1 lb

CONVERSION CHARTS

LIQUID VOLUMES

 OZ			 mL	 C	 pt	 qt
1 OZ	6 tsp	2 tbsp	30 mL	1/8 cup	—	—
2 OZ	12 tsp	4 tbsp	60 mL	1/4 cup	—	—
2 2/3 OZ	16 tsp	5 tbsp	80 mL	1/3 cup	—	—
4 OZ	24 tsp	8 tbsp	120 mL	1/2 cup	—	—
5 1/3 OZ	32 tsp	11 tbsp	160 mL	2/3 cup	—	—
6 OZ	36 tsp	12 tbsp	177 mL	3/4 cup	—	—
8 OZ	48 tsp	16 tbsp	240 mL	1 cup	1/2 pt	1/4 qt
16 OZ	96 tsp	32 tbsp	470 mL	2 cup	1 pt	1/2 qt
32 OZ	192 tsp	64 tbsp	950 mL	4 cup	2 pt	1 qt

CONVERSION CHARTS

1 GALLON EQUALS...



- 4 Quarts
- 8 Pints
- 16 Cups
- 128 fl oz
- 3.8 liters

1 QUART EQUALS...

- 2 Pints
- 4 Cups
- 32 fl oz
- 946 ml



1 PINT EQUALS...

- 2 Cups
- 16 fl oz
- 470 mL



LIQUID CONVERSIONS

1/4 CUP EQUALS...

- 4 tbsp
- 12 tsp
- 2 fl oz
- 60 mL



1 CUP EQUALS...

- 16 tbsp
- 8 fl oz
- 240 mL





**Thank you to our
Penn State community
for supporting
The Lion's Pantry.**