The recipes in this book are made from commonly donated food items that can be found at your local food pantry. All of these recipes are nutritious, inexpensive, and easy to make from readily available ingredients. Make these delicious recipes in the comfort of your own home and learn a new fun fact about each one.
Peas and Pasta
(4 servings)

Ingredients:
3 cups of any uncooked dried pasta or 16oz bag
2 cups of drained canned or frozen peas
2 tbsp of olive oil or butter
¼ cup grated parmesan cheese
Salt and pepper to taste

Directions:
1. In a large pot, boil 6-10 cups of water.
2. Add pasta and let cook for 8-10 minutes. When pasta in the pot is cooked, drain water.
3. Add peas to the pot and let them cook for 2 minutes. If your peas are frozen, you can turn the heat to simmer for 2-3 minutes.
4. Drain the pasta and peas then place them in a large bowl.
5. Toss the pasta and peas with olive oil or butter.
6. Add the parmesan cheese and serve hot.

Fun Facts:
The proper etiquette for eating peas is to squash them on the back of your fork.
-One-half cup of green peas contains as much Vitamin C as two large apples.

Nutrition Facts (per serving):
- 120 Calories
- 7.4g Total Fat
- 217mg Sodium
- 10.8g Carbohydrates
- 3.5g Dietary Fiber
- 3.5g Total Sugars
- 3.9g Protein

This is a recipe from Marley’s Girl Scout Gold Award Project, “Recipe Books for the Food Pantry’s Senior Community.”
Banana Bread
(16 slices)

Ingredients:
2 large eggs
½ cup applesauce or vegetable oil
¾ cup brown sugar
1 tsp vanilla extract
3 ripe bananas
1 cup of chocolate chips (optional)
1 ¼ cup all-purpose flour
1 tsp baking soda
¼ tsp salt

Nutrition Facts (per serving)
- 220 Calories
- 2g Fiber
- 2g Fat
- 4g Protein
- 49g Carbohydrates

Directions:
1. Preheat oven to 350°F (175°C)
2. Grease one 9x5 inch loaf pan with butter or cooking spray.
3. In a large bowl, combine eggs, applesauce or vegetable oil, sugar, and vanilla extract.
4. Blend everything together.
5. Take the bananas and peel and mash in a bowl with a fork.
6. Add the mashed bananas to the batter and mix until well combined. Add chocolate chips if you are using them.
7. In another bowl, sift together the flour, baking soda, and salt. Add the flour batter and wet mixture together and mix until well combined.
8. Pour the batter into the loaf pan and bake for 45-50 minutes or until the toothpick comes out clean!

Fun Facts:
- Bananas are able to float in the water.
- Bananas are classified as a berry.

This is a recipe from Marley’s Girl Scout Gold Award Project, “Recipe Books for the Food Pantry’s Senior Community.”
Peanut Butter and Chocolate Chip Cookies  
(Makes 12 cookies)

Ingredients:
1 cup of creamy or chunky peanut butter  
1 egg, beaten  
½ cup of chocolate chips (optional)  
½ cup white sugar, plus 1 tbsp for the top of the cookies (set aside)  
1 tsp of vanilla extract

Directions:
1. Preheat oven to 350°F. Line a baking tray with parchment paper or grease tray with butter lightly, then set aside.  
2. In a large bowl, mix together the peanut butter, egg, chocolate chips, sugar, and vanilla until well combined.  
3. Roll dough into 1-inch balls and place them 2 inches apart onto the prepared baking tray.  
4. Dip a wet fork in sugar, and lightly flatten each cookie making a criss-cross pattern.  
5. Bake for 15-20 minutes or until the edges are golden brown. The cookies will be soft and will firm up as they cool.  
6. Take the cookies out of the oven and let them cool for 5 minutes and enjoy!

Fun Facts:
-When peanut butter was first invented it was intended for people with no teeth to eat.  
-Cookie dough balls can be kept in the freezer for up to three months.

Nutrition Facts (per serving):
- 89 Calories  
- 52 mg Sodium  
- 1g Fiber  
- 6g Fat  
- 3g Protein  
- 7g Carbohydrates

This is a recipe from Marley’s Girl Scout Gold Award Project, “Recipe Books for the Food Pantry’s Senior Community.”
Creamy Chicken Primavera
(4-6 servings)

Ingredients:
- 1 tbsp olive oil
- 1lb. boneless skinless chicken breast
- 8 oz. of Any type of dried pasta
- 2 tbsp butter
- 1 cup broccoli (cut into bite-sized pieces)
- 1 cup carrots (sliced thin)
- ½ cup onion (diced)
- 1 cup heavy cream or 1/4 cup of butter and 3/4 cup of any milk mixed together
- ¼ cup parmesan cheese
- 1 (14 ½ -ounce) can of diced tomatoes
- ½ tsp of salt
- ¼ tsp of pepper

Directions:
1. Take 4 cups of water and put it in a pot and bring to a boil. Add in pasta and cook until it is cooked but firm for 10-12 minutes, drain water, and set aside.
2. While the pasta is cooking, cut up the chicken into cubes.
3. Add olive oil to the pan or skillet and cook chicken over medium heat until it's cooked through.
4. Once the chicken is cooked through, add in the cream or the milk and butter mixture, cheese, butter, carrots, onion, broccoli, and salt and pepper. Stir on medium until the sauce begins to boil.
5. Turn down the heat and let the sauce simmer, uncovered for 10 minutes.
6. Stir in the tomatoes, allowing them to simmer for the last 5 minutes.
7. Remove from heat and put the sauce on top of the pasta, then enjoy.

Nutrition Facts (per serving):
- 565 Calories
- 452 Sodium
- 40.3g Total Carbohydrate
- 2.4g Dietary Fiber
- 4g Total sugar
- 33g Protein
- 30.3g Total fat
- 191mg Cholesterol

Fun Facts:
- Chicken is the most common type of poultry.
- There are more chicken than people in the world.

This is a recipe from Marley’s Girl Scout Gold Award Project, “Recipe Books for the Food Pantry’s Senior Community.”
Chicken Fajitas
(4-6 servings)

Ingredients:
½ cup and 1 tbsp of olive oil
¼ cup of lime juice (3 limes)
1 lb. boneless skinless chicken breasts
2 bell peppers, thinly sliced
1 onion, thinly sliced
Tortillas, for serving
Salt and pepper to taste

Directions:
1. In a large bowl, whisk together ½ cup of olive oil and lime juice.
2. Season chicken with salt pepper then add to the bowl and toss to coat.
3. Let it marinate for 30 minutes.
4. In a large skillet add the remaining oil and add in the chicken breasts on medium heat.
5. Cook chicken until it’s cooked through, 8 minutes per side. Let rest 10 minutes, then slice into strips.
6. Add the bell peppers and onion to the skillet and cook for 5 minutes, then add the chicken back into the skillet and toss until combined.
7. Serve with tortillas and enjoy!

Nutrition Facts (per serving):
- 203 Calories
- 69mg Sodium
- 2.2g Dietary Fiber
- 23g Protein
- 10.1g Total Carbohydrate
- 67mg of Cholesterol
- 8.3g Total fat
- 3.4g Total Sugar

Fun Facts:
- Red peppers are sweeter than green peppers.
- The word tortilla comes from the Spanish word “torta”, meaning “round cake.”

This is a recipe from Marley's Girl Scout Gold Award Project, “Recipe Books for the Food Pantry’s Senior Community.”
Fruit Cobbler
(4-6 servings)

Ingredients:
2 (15-ounce) cans of fruit (peaches, cherries, apples, pears, or oranges), drained
2 (3/4 cup) packages of instant oatmeal uncooked
1/3 cup of all-purpose flour
1/3 cup of butter (melted)

Directions:
1. Preheat oven to 425°F.
2. Take out a glass 8 or 9-inch pan and lightly grease it. Then take the drained cans of fruit and pour them into the pan.
3. Set the pan aside and take out a small bowl and combine, the instant oatmeal, flour, and butter. Stir and combine the ingredients until it all clumps together.
4. Take the oatmeal mixture and sprinkle it on top of your fruit in the pan.
5. Once the oven is preheated bake your cobbler in the oven for 15 minutes or until it is golden brown.
6. Remove from the oven and serve warm

Fun Facts:
-A bowl of oatmeal for breakfast can keep you full until lunch.
-China is the leading producer of peaches.

Nutrition Facts (per serving):
- 214 Calories
- 11.2g Total fat
- 164 mg Sodium
- 14.1g Total Sugar
- 2.3g Dietary Fiber
- 2.5g Protein
- 28.1g Total Carbohydrate
- 27mg of Cholesterol

This is a recipe from Marley’s Girl Scout Gold Award Project, “Recipe Books for the Food Pantry’s Senior Community”.
Tuna Casserole  
(6-8 servings)

**Ingredients:**
1 tbsp of butter  
1 tsp of milk  
2 (7-ounce) boxes of Mac and Cheese  
2 (5-ounce) cans of tuna (drained)  
1 (16 ounces) frozen bag of peas  
1/2 cup of breadcrumbs (optional)

**Directions:**
1. Preheat oven to 350°F (180°C). Spray a 9x13-inch baking dish with cooking spray or wipe the surrounding pan with butter and set aside.
2. Prepare the mac and cheese according to the directions on the package. When the mac and cheese is made fold in the tuna and peas.
3. If the mixture is a bit dry add in a splash of milk or a milk substitute.
4. Pour the mixture into the baking dish and cover with aluminum tinfoil and place it in the oven for 10 minutes.
5. Take the dish out of the oven and add breadcrumbs on the top of the dish and place it back in the oven uncovered for another 10-12 minutes.
6. Remove from the oven and serve warm.

**Nutrition Facts (per serving):**
- 235 Calories  
- 4.5g Total Fat  
- 26mg of Cholesterol  
- 4.7g Dietary Fiber  
- 28.3g Total Carbohydrate  
- 5.3g Total Sugars  
- 19.7g Protein

**Fun Facts:**
- Kraft has over 50 varieties of Kraft Macaroni and Cheese.  
- July 14th is National Macaroni and Cheese Day.

This is a recipe from Marley’s Girl Scout Gold Award Project, “Recipe Books for the Food Pantry’s Senior Community.”
Black Bean and Rice Dish  
(4-6 servings)

**Ingredients:**
1 can of black beans, drained and rinsed  
1 cup of frozen mixed vegetables or can of mixed vegetables, drained (optional)  
1 cup of rice  
1 tbsp of olive oil  
1 medium onion, diced  
2 cloves of garlic, minced or crushed  
Salt and pepper to taste  
2 cups of water

**Directions:**
1. Drain and rinse beans and mixed vegetables under cold water, dry and set aside.  
2. Boil water, add in frozen or canned vegetables and let cook for 5-7 minutes.
3. In a pot combine 1 cup rice and 2 cups water, cover, and bring to a boil; then reduce to low and let steam for 8-10 minutes. Once cooked fluff the rice with a fork and set aside.
4. In a frying pan, heat olive oil on medium heat and add chopped onion and garlic. Cook until onions are soft and garlic is caramelized. Add beans and 1 cup of frozen or canned vegetables to the frying pan and let it heat through entirely.
5. Combine all the ingredients from the frying pan to the cooked rice and add salt and pepper to taste. Stir until well combined then serve hot!

**Nutrition Facts (per serving):**
- 407 Calories
- 10.6 Dietary Fiber
- 76.3 Total Carbohydrate
- 15.5g Protein
- 4.6g Total Fat
- 3.7g Total Sugar
- 22mg Sodium

**Fun Facts:**
- *Every continent grows rice, except Antarctica.*
- *The world's largest bean pods can grow up to 5 feet long.*

This is a recipe from Marley's Girl Scout Gold Award Project, “Recipe Books for the Food Pantry’s Senior Community.”
Sloppy Joes
(4-6 servings)

Ingredients:
1 pound of ground beef
1/4 cup chopped onion
1/2 cup of ketchup
1 tsp yellow mustard
2 tsp of brown sugar
1/2 tsp garlic powder
4 hamburger buns, toasted

Directions:
1. Cook the ground beef in a large skillet over medium-high heat, and stir until the beef is no longer pink and is cooked through; drain well, to remove excess grease.
2. Reduce the heat to low, then stir in the onion, ketchup, mustard, brown sugar, and garlic powder.
3. Let the ingredients simmer for 15 minutes or until thickened.
4. Serve the mixture on the toasted hamburger buns and enjoy!

Nutrition Facts (per serving):
- 157 Calories
- 386mg Sodium
- 22.8g Total Carbohydrate
- 0.8g Dietary Fiber
- 4.1g total fat
- 15 mg Cholesterol
- 9.5g Total Sugars

Fun Fact:
- Other names for Sloppy Joes include: barbecues, wimpies, yum yums, and dynamites.
- Barbeque sauce can be made from mustard and vinegar.

This is a recipe from Marley's Girl Scout Gold Award Project, "Recipe Books for the Food Pantry’s Senior Community."
Vegetable Chicken with Rice
(4-6 servings)

Ingredients:
2 tbsp of butter
1 pound of boneless skinless chicken breasts (cut into strips)
1 medium onion, chopped
1 large carrot, thinly sliced
2 garlic cloves, minced
1 tbsp of cornstarch
1 can (14-1/2 ounces) of low sodium chicken broth, if available
2 tbsp of lemon juice
1/4 teaspoon salt
1 cup of frozen peas
1-1/2 cups of uncooked instant rice

Directions:
1. Chop onion, slice carrot, and mince garlic
2. Cut chicken into strips
3. In a large cast-iron or another heavy skillet, heat butter over medium-high heat; sauté chicken, onion, carrot, and garlic until chicken is no longer pink and cooked through, 10-12 minutes.
4. In a small bowl, mix cornstarch, broth, lemon juice, and salt until smooth. Gradually add to skillet; bring to a boil. Cook and stir until thickened, 1-2 minutes.
5. Stir in peas; return to a boil. Stir in rice. Remove from heat; let stand, covered, 10-15 minutes.

Nutrition Facts (per serving):
- 370 calories
- 9g fat
- 30mg cholesterol
- 746mg sodium
- 41g carbohydrates
- 4g sugars
- 3g fiber
- 29g protein

Fun Facts:
-Lemons are rich in Vitamin C.
-Carrots can also be purple, yellow, and red.

This is a recipe from Marley's Girl Scout Gold Award Project, “Recipe Books for the Food Pantry's Senior Community.”
Hi! My name is Marley Reisner. I am an Ambassador in Girl Scout Troop 1786 and have been in Girl Scouts for 12 years. For my Gold Award, the highest award in Girl Scouts, I have partnered with the West Valley Food Pantry to create easy, healthy, and nutritious recipe books. I am excited to share these delicious recipes with you!

Enjoy!

Marley Reisner
Girl Scout Troop 1786