

FOOD PANTRY RECIPES

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CUBAN BLACK BEANS

INGREDIENTS

- 2 cans of canned black beans
- 3 tablespoons of oil (olive oil preferred)
- 1/2 of a green pepper; seeded & diced
- 1/2 of a red pepper; seeded & diced
- 1 onion (red or yellow) diced
- 3 garlic gloves, minced (or 1 teaspoon of garlic powder)
- 1/2 teaspoon of oregano
- 1/2 teaspoon of cumin
- 2 teaspoons of salt (1 teaspoon if sensitive)
- 1/2 teaspoon of ground black pepper
- 1 tablespoon of white vinegar
- 1 bay leaf (optional)
- 1 can of water (using bean can)

DIRECTIONS

- 1. Warm the oil over medium heat and add the peppers, onions, and garlic. Cook until onions are transparent; 5-7 minutes***
- 2. Add the 2 cans of beans into the onion-pepper mixture and fill one empty can with water and add it to the mixture***
- 3. Stir in the vinegar, oregano, cumin, salt, black pepper, garlic powder (if used), and bay leaf. Cover once mixed***
- 4. Let the beans cook for 30 minutes or until soft while stirring occasionally***

SERVES: 5

PREP TIME: 10 MINS

COOK TIME: 30 MINS

TOTAL TIME: 40 MINS



CORN ON THE COB

INGREDIENTS

- 4 ears of corn
- 1 cup of milk
- 1/2 cup of water
- 1/2 stick of butter
- 1/2 teaspoon of salt
- 1 tablespoon of sugar

DIRECTIONS

- 1. Put all ingredients into a pot and bring to a boil***
- 2. Lower heat to medium-low and let it cook for 45 mins***

SERVES: 4

PREP TIME: 5 MINS

COOK TIME: 45 MINS

TOTAL TIME: 50 MINS



MORIR SOÑANDO

INGREDIENTS

- 4 cups of orange juice
- 1 can of evaporated milk
- 1/2 teaspoon of salt
- 1 can of sweetened condensed milk
(if not available, replace with 4
tablespoons of sugar)
- 1/2 teaspoon of vanilla extract
(optional)
- Handful of ice

DIRECTIONS

- 1. Mix all ingredients together. Stir well or blend until everything is mixed*
- 2. Serve and drink immediately*

SERVES: 4

PREP TIME: 5 MINS

COOK TIME: 5 MINS

TOTAL TIME: 10 MINS



MARINARA SAUCE

INGREDIENTS

- 2 tablespoons of oil (olive oil preferred)
- 2 cups of finely chopped onion
- 2 garlic cloves finely chopped
- 2 cans of whole peeled tomatoes or crushed tomatoes
- 1 can of tomato paste or sauce
- 1/2 cup of water
- 2 tablespoons of salt
- 1 teaspoon of oregano
- 1 teaspoon of dried or fresh basil (optional)
- 1 teaspoon of sugar (optional)

DIRECTIONS

- 1. Add the oil and onions to a pan on medium low heat and sauté until lightly browned***
- 2. Add the garlic and cook for 15 seconds until the garlic is aromatic***
- 3. Add in the rest of the ingredients and simmer. Cover on low for 30 minutes stirring occasionally***

SERVES: 5

PREP TIME: 7 MINS

COOK TIME: 40 MINS

TOTAL TIME: 47MINS



TUNA PATTIES

INGREDIENTS

- 3 cans of drained canned tuna
- 1 egg
- 1/4 cup of finely chopped white onion
- 2 tablespoons of finely chopped parsley (or dry parsley)
- 1 tablespoon of mayonnaise
- zest and juice of 1/2 of a lemon
- 1/4 teaspoon of salt
- 1/4 teaspoon of black pepper
- 1/2 cup of breadcrumbs
- 3 of tablespoons oil

DIRECTIONS

- 1. Add the tuna to a large bowl. Mix in the onion and parsley***
- 2. In another bowl, mix together the egg, mayonnaise, lemon zest and lemon juice***
- 3. Mix the liquid mixture in the tuna mixture and stir together. Add in the breadcrumbs, salt and pepper. Use your hands or a wooden spoon to combine and mix evenly***
- 4. Shape into patties, each about 1 inch thick***
- 5. Heat the oil over medium heat. Gently place the tuna patties in the pan and cook until browned; 4 minutes on each side***

SERVES: 4

PREP TIME: 5 MINS

COOK TIME: 10 MINS

TOTAL TIME: 15 MINS



FLUFFY PANCAKES

INGREDIENTS

- 3/4 cup of buttermilk (in replacement of buttermilk, use 1 cup of milk and 1 tablespoon of white vinegar and let sit for 5 mins)
- 1 cup of flour
- 2 tablespoons of sugar
- 1 teaspoon of baking powder
- 1/2 teaspoon of baking soda
- 1/2 teaspoon of salt
- 1 egg
- 3 tablespoons of butter melted and divided

DIRECTIONS

1. Combine flour, sugar, baking powder, baking soda and salt in a bowl and mix together.

2. In another bowl, whisk egg and 2 tablespoons of butter into the milk mixture and mix together. Add flour mixture and whisk until lumps are gone. Let batter and set for 10 minutes

3. Heat a pan on medium heat and add remaining butter to pan. Pour 1/4 cup of the batter onto the skillet and cook until bubbles appear on the top; 2-3 minutes. Repeat until batter is finished

4. Flip and cook the other side until browned

SERVES: 4

PREP TIME: 5 MINS

COOK TIME: 10 MINS

RESTING TIME: 10 MINS

TOTAL TIME: 25 MINS



STRAW-BERRY TRIFLE

INGREDIENTS

- 2-3 cups of strawberries (frozen or fresh)
- 1 box of boxed cake (or any prepared cake), cubed
- 1.5 oz package of instant vanilla pudding (the one with 6 servings)
- 3 cups of milk (for the pudding)
- 8 oz tub of Cool Whip (or any whipped cream)
- 1/2 cup of sugar

DIRECTIONS

- 1. Add the sugar to the strawberries and toss to coat them all. Set aside in the fridge for 30 minutes, tossing at least one more time***
- 2. Prepare the pudding as directed. Gently fold in the Cool Whip. Set aside in the fridge***
- 3. After the strawberries have sat in the sugar for 30 minutes, strain the strawberry sugar syrup into a container***
- 4. Layer your ingredients into a bowl as follows: pound cake, pour strawberry syrup over the pound cake, then add pudding mixture and then the strawberries. Repeat these layers twice more where the final layer of strawberries should be slightly less than the rest***

SERVES: 7
PREP TIME: 35 MINS
TOTAL TIME: 35 MINS



DELICIOUS TENDER CHICKEN

INGREDIENTS

- 4 boneless skinless chicken breasts
- 1 cup of mayonnaise (or Greek yogurt for a healthier option)
- 2 tablespoons of oil or melted butter
- 1 cup of milk
- 1 tablespoon of white vinegar
- 1 cup of Parmesan cheese or Cheddar cheese; divided
- 1 teaspoon of salt
- 1/2 teaspoon of black pepper
- 1/2 teaspoon of paprika
- 1 teaspoon of garlic powder

DIRECTIONS

- 1. Cut each chicken breast into 3 large strips. Place chicken breast strips in a bowl with the milk and vinegar. Let it soak for 30 min or overnight***
- 2. Preheat oven to 375 F. In a bowl combine the mayonnaise, 1/2 cup of Parmesan or Cheddar cheese and all seasonings***
- 3. Place chicken into a 9x13 baking dish on top of oil or butter and spread the mixture evenly on top of the chicken breasts. Sprinkle with remaining Parmesan or Cheddar***
- 4. Bake for about 45 minutes or until cooked through***

SERVES: 6

PREP TIME: 5 MINS

COOK TIME: 45 MINS

TOTAL TIME: 50 MINS



BAKED MIXED VEGGIES

INGREDIENTS

- 2 bags of frozen mixed vegetables
 - If you use fresh vegetables, cut bite-size:
 - 1 cup of carrots
 - 1 cup of broccoli
 - 1 cup of cauliflower
- 2 tablespoons of melted butter
- 1/4 cup of Parmesan cheese (optional)
- 1/4 cup of breadcrumbs (seasoned or panko)
- 1/2 teaspoon of salt
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of black or cayenne pepper

DIRECTIONS

- 1. Preheat oven to 350 F**
- 2. Add the chopped vegetables and melted butter to a bowl. Stir to coat the vegetables in the butter**
- 3. Place strawberries and cornstarch into a blender. Cover and purée until smooth. Pour strawberry sauce into a saucepan**
- 4. In another bowl, combine the Parmesan cheese, breadcrumbs, and pepper. Mix well and add the Parmesan cheese mixture to the bowl of vegetables and mix well**
- 5. Place the vegetables into a baking dish, putting any extra breadcrumbs from the bowl on the top of the veggies. Cover with foil and bake for 30 minutes**
- 6. Remove the foil and bake for another 15 minutes until the vegetables are tender and the breadcrumbs are golden**

SERVE: 6

PREP TIME: 10 MINS

COOK TIME: 45 MINS

TOTAL TIME: 55 MINS



GARLIC BUTTER SALMON

INGREDIENTS

- **For the Salmon and Veggies:**
 - 4 (6 ounces each) salmon fillets
 - 4 to 6 cups of broccoli (frozen or fresh)
- **For the garlic butter sauce:**
 - 4 cloves of garlic, minced (or 2 tablespoons of garlic powder)
 - 6 tablespoons of melted butter
 - 1 tablespoon of light brown sugar
 - 1/2 teaspoon of dried oregano
 - 1/2 teaspoon of dried thyme
 - 1/2 teaspoon of dried rosemary (or 1 stick of rosemary)
 - 1/2 teaspoon of ground pepper
 - 1/2 teaspoon of salt
 - 1 lemon, halved, divided

DIRECTIONS

- 1. Preheat oven to 400 F and grease a sheet pan with cooking spray or butter**
- 2. Arrange broccoli florets and salmon fillets on prepared sheet pan. Rub minced garlic over each fillet and set aside**
- 3. In a bowl whisk melted butter, brown sugar, oregano, thyme, and rosemary. Pour the butter mixture over the salmon and broccoli**
- 4. Squeeze half of the lemon juice over everything then season with salt and pepper**
- 5. Place the sheet pan in the oven and cook for 15 minutes until the fish flakes easily with a fork. Serve with the remainder of the lemon**

SERVES: 4

PREP TIME: 10 MINS

COOK TIME: 20 MINS

TOTAL TIME: 30 MINS



TURKEY MEATLOAF

INGREDIENTS

- 1 lb of ground turkey
- 1 cup of ketchup, divided
- 1 cup of breadcrumbs
- 1/4 teaspoon of black pepper
- 2 cloves of garlic, minced (or 1 tablespoon of garlic powder)
- 1/2 of a yellow onion (or 2 tablespoons of onion powder)
- 1 egg, beaten
- 2 teaspoons of mustard

DIRECTIONS

- 1. Heat oven to 375 F. Prepare a baking sheet or loaf pan with nonstick cooking spray**
- 2. In a bowl, mix the turkey, 1/2 cup of ketchup, breadcrumbs, pepper, garlic, onion, and egg. Place mixture into a loaf shape in the pan**
- 3. Mix remaining 1/2 cup ketchup and mustard to make sauce. Spread evenly over the top of the meatloaf**
- 4. Bake uncovered for 60 minutes. Let it stand 5 minutes before removing from pan**

SERVES: 8

PREP TIME: 10 MINS

COOK TIME: 1 HR

TOTAL TIME: 1 HR 10 MINS



BUTTERY BRUSSELS SPROUTS

INGREDIENTS

- 2 cups of Brussels sprouts
- 3 tablespoons of butter
- 1 teaspoon of salt
- 1/4 teaspoon black pepper
- 2 tablespoons butter
- 2 teaspoons minced garlic (or garlic powder)
- 1/4 cup grated Parmesan cheese (optional)
- 3 pieces of bacon (optional)

DIRECTIONS

- 1. Heat 1 tablespoon of butter in a large skillet over medium heat. Add Brussels sprouts and toss to coat***
- 2. Season with salt and pepper. Cook for about 8 minutes then stir and cook another 8 minutes until Brussels sprouts are tender***
- 3. Add remaining butter and garlic to the pan. Stir until butter is fully melted and garlic is fragrant***
- 4. Add Parmesan cheese and cook for 2 minutes. Serve immediately***

SERVES: 3
COOK TIME: 18 MINS



SOUTHERN FRIED APPLES

INGREDIENTS

- 1/2 cup of butter
- 1/2 cup of sugar
- 2 teaspoons of ground cinnamon
- 4 granny smith apples (peeled, cored and sliced)

DIRECTIONS

- 1. Add the butter to a large skillet on medium heat*
- 2. When melted, whisk in the sugar and cinnamon. Stir in the apples and cook until softened for around 7 minutes*

SERVES: 6

PREP TIME: 5 MINS

COOK TIME: 10 MINS

TOTAL TIME: 15 MINS



PERUVIAN CHICKEN STIR FRY

INGREDIENTS

- 1 pound of chicken breast cubed
- 1 red onion cut into wedges
- 1 tomato cut into wedges
- 2-3 cloves of garlic (or 1 tablespoon of garlic powder)
- 1 tablespoon of onion powder (optional)
- 1 packet of sazón (or 1 tablespoon of paprika)
- 1 teaspoon of cumin (optional)
- 1 tablespoon of oil
- 1 lime
- 1/4 cup of water
- 1/4 cup of white vinegar
- 2 - 4 potatoes, cut like french fries and fried
- 1/4 cup of cilantro (optional)
- 1 cup of rice cooked according to package directions

DIRECTIONS

- 1. Heat a pan on medium heat until hot. Add oil and garlic. Cook until fragrant***
- 2. Add the chicken and all the dry ingredients and saute until chicken is browned and cooked through; remove and set aside***
- 3. Add onions, tomato, vinegar, and lime to pan and cook until onions are softened***
- 4. Add chicken, fried potatoes, and cilantro (optional) to pan and mix well. Serve over cooked rice***

PREP TIME: 15 MINS
COOK TIME: 15 MINS
TOTAL TIME: 30 MINS



STRAW- BERRIES & CREAM ICEY'S

INGREDIENTS

- 1 cup of strawberries
- 1/2 cup of vanilla ice cream or any vanilla yogurt
- 1 cup of milk
- 1 tablespoon of sugar

DIRECTIONS

- 1. Blend all ingredients in a blender until berries are liquefied*
- 2. Place mixture into an ice tray or mold and freeze for 5 hours*

SERVES: 10
PREP TIME: 5 MINS
COOK TIME: 5 HRS
TOTAL TIME: 5 HR 5 MINS



TURKEY MARINARA PASTA

INGREDIENTS

- 1 box of pasta (penne or shells)
cooked according to package
directions
- 2 tablespoons of butter
- 1 1/2 cup of cheese (mozzarella or
cheddar)
- 1 1/2 cup of marinara sauce (see
recipe above)
- 1 cup of cooked shredded or cubed
turkey
 - If turkey is uncooked, cook turkey
in the pan with 1 tablespoon of oil

DIRECTIONS

- 1. Cook pasta as directed on the box***
- 2. Place marinara sauce in a sauce pan on medium heat and add cooked turkey to marinara sauce. Cook for 10 minutes***
- 3. Add pasta to sauce mixture and mix well***
- 4. Heat oven to 350 F. Lightly grease a baking dish with butter and place everything in the dish. Add half of the cheese and mix together***
- 5. Add remaining cheese on top of pasta and bake for 25 minutes until cheese is melted***

SERVES: 7

PREP TIME: 30 MINS

COOK TIME: 25 MINS

TOTAL TIME: 55 MINS



ROASTED CHICKPEAS

INGREDIENTS

- 2 (15-ounce) cans of chickpeas
- 2 tablespoons of olive oil
- 1 1/2 teaspoons of salt
- 1/2 teaspoon of black pepper
- Optional dry herbs:
 - 1/2 teaspoon of garlic powder
 - 1/2 teaspoon of cumin
 - 1/2 teaspoon of paprika
 - 1/2 teaspoon of your favorite herb

DIRECTIONS

1. Heat the oven to 400 F while you rinse and drain the chickpeas

2. Pat the chickpeas very dry with a paper towel. They should look and feel dry to the touch. If time permits, air dry for a few mins

3. Toss the chickpeas with olive oil, salt, and herbs. Spread the chickpeas out in an even layer on a baking sheet

4. Roast the chickpeas for 20 to 30 minutes, shaking the pan every 10 minutes. The chickpeas are done when they are golden, dry and crispy on the outside, and soft in the middle

SERVES: 7

PREP TIME: 5 MINS

COOK TIME: 30 MINS

TOTAL TIME: 35 MINS



PEANUT BUTTER COOKIES

INGREDIENTS

- 1 cup of creamy peanut butter
- 1 egg
- 1/2 cup of brown sugar

DIRECTIONS

- 1. Preheat oven to 350 F*
- 2. Combine all of the ingredients in a mixing bowl and whisk to combine*
- 3. Using a tablespoon, take scoops of dough and roll them into balls. Place them on a parchment lined or greased baking sheet an inch or two apart*
- 4. Use the back of a fork to create a crossed pattern and press into the cookies to flatten them*
- 5. Bake for 8 minutes and allow them to cool completely before storing them*

SERVES: 10

PREP TIME: 7 MINS

COOK TIME: 8 MINS

TOTAL TIME: 15 MINS



GARLIC-BUTTER CANNED CORN

INGREDIENTS

- 1 can of sweet corn
- 2 tablespoons of butter
- 1 garlic clove minced or pressed (or 1 tablespoon of garlic powder)
- 1 teaspoon of dried parsley or 2 teaspoons fresh parsley
- 1/2 teaspoon of salt
- 1/4 teaspoon of black pepper

DIRECTIONS

- 1. Drain off half of the liquid from the corn and pour the remaining liquid and corn in a small saucepan over medium heat*
- 2. Add butter, garlic, parsley, salt and pepper and cook until the liquid is almost gone, about 8 minutes*

SERVES: 4

PREP TIME: 5 MINS

COOK TIME: 10 MINS

TOTAL TIME: 15 MINS



PINEAPPLE JAM

INGREDIENTS

- 1-24 oz can of crushed pineapple
- 2 cups of sugar
- Juice of 1 lemon (optional)

DIRECTIONS

- 1. In a saucepan, bring canned crushed pineapple to a boil with the sugar and lemon (optional). Simmer on medium boiling it for 15 minutes*
- 2. Place jam in glass jars with lids and refrigerate. The jam will stay good for a month*

SERVES: 2 CUPS OF JAM
COOK TIME: 15 MINS