

Volunteer Recipe Suggestions

A fellow volunteer wrote, "I can relate to folks being intimidated about making enough food for 25 or so people so I am going to list the meals we have made to see if they could help inspire would-be volunteers."

1) Go to BJ's or Costco and buy 25-30 boneless chicken breasts and beat them flat. Sprinkle each one with a Cajun seasoning and cook either on a grill or inside in a large skillet. Steam green beans in microwave 3-4 bags of steam fresh brand ~ because you can steam them right in the bag and toss them in a large pan with fresh garlic and soy sauce. You can do the same with 3-4 bags of corn and, Voila! You have 2 veggies and a meat and the corn constitutes a starch!

2) Go to Trader Joe's and buy a few bags of pre made meatballs. Bake them on a cookie sheet and mix them into your favorite jarred pasta sauce. Serve in Hoagie/sub rolls and provide large salad (or serve on pasta like we did).

3) Google any potluck recipe site and find a yummy one dish chicken casserole that has 2 of the 3 food groups in it. My favorite is Chicken Broccoli Casserole and its easy, just mix sour cream and cream of chicken soup and layer precooked broccoli with precooked sliced chicken breast and top with bread crumbs. You can serve this with salad and/or dinner rolls, pasta or rice if desired.

4) We have also tried a salmon dish. We purchase 2 humungous salmon at BJ's and marinated them in soy sauce and garlic for about 40 minutes. Bake at 400 degrees for 6-10 minutes depending on thickness then slice into small portions. This is good with salad or green beans and some soft croissant rolls.

5) I have not done this yet but would love to buy about six or seven pre-cooked oven roasted chickens at BJ's (about \$5 each - \$30 to \$35 in total) and serve with small corn bread muffins and peas seasoned with garlic and bread crumbs.

6) Chili (with beef, kidney beans and onions and crushed tomatoes) and rolls is another possibility.

7) Costco carries huge bags of pre cut salad along with pre grilled hot sliced chicken breast and lots of Caesar dressing. Serve with garlic bread.

I stay away from bringing dessert because I have noticed ample supplies of bakery items when I get there. I try to bring a large supply of whatever looks luscious at the store (once my daughter cleaned and cut up a ton of strawberries. Another time we bought a ton of bananas.