

# HOST A DINNER PARTY!

COOK. SHARE. DONATE.  
CELEBRATE!



Put the "fun" in fundraising by hosting a dinner party to support Northshore Food Bank!

## HOW IT WORKS

# 4 Easy Steps to Host Your Event



1

**Share** a meal with your friends, your family, or your workplace. Create a menu using items commonly found in our staple boxes.

2

**Ask** your dinner guests to donate what they would have spend on a lunch or dinner out. Not sure what to suggest? In celebration of our 40th year, encourage everyone to donate \$40!

3

Share your fundraiser experience and tag us @Northshorefoodbank to inspire others!

4

Thank anyone that helped you with your event or donated.



*Need recipe ideas?  
Read on for sample recipes!*

## HOW TO DONATE

# Donation Options For Your Guests

*We gladly accept cash and check. However, we do have other options that may work better for your guests:*



1

Online Donations Can Be Made On Our Website at [www.northshorefoodbank.org/donate-funds](http://www.northshorefoodbank.org/donate-funds)

2

We have Venmo!  
Share this code with  
your guests:



3

Turn your event into an online fundraiser. We have an online fundraising page that can be found at:  
<https://northshorefoodbank.org/host-virtual-food-drive>

4

You can also host a food drive as part of your event. You can request any of our Most Needed Items, which can be found at the back of this packet.



From the Kitchen of:  
Sharon Higgins

# PASTA FAGIOLI

**Prep Time: 10 min**  
**Cook Time: 30 min**  
**Servings: 6**

# TURKEY & BROWN RICE SKILLET

**Prep Time: 5 min**  
**Cook Time: 20 min**  
**Servings: 6**



## Ingredients

- 1 tbsp olive oil
- 1 medium onion (*chopped*)
- 2 stalks celery (*chopped*)
- 3 cloves garlic (*minced*)
- 2 tsp dried parsley
- 1 tsp Italian seasoning
- 1/4 tsp crushed red pepper flakes
- 14.5oz can less sodium chicken broth
- 1 can diced tomatoes (*drained*)
- 8oz can tomato sauce
- 1/2 cup small pasta
- 15oz can beans (*undrained*)
- Salt to taste

## Directions

1. Heat olive oil in a large saucepan over medium heat. Add onion, celery, garlic, parsley, Italian seasoning, pepper flakes, and salt; cook and stir until onion is translucent, about **5 minutes**. Stir in chicken broth, tomato sauce, and tomatoes. Reduce the heat to **low** and simmer for **15 to 20 minutes**.
2. Add pasta and cook until tender, about **10 minutes**.
3. Stir in undrained beans and cook until heated through, **3 to 4 minutes**.
4. Add salt and pepper or other seasoning to taste.

## Directions

1. In a large skillet (5 qt) with sides, heat oil over medium-high heat. Add the turkey and chopped onion. Sauté until the turkey is no longer pink, **3-5 minutes**, stirring occasionally. Drain off any fat and return the skillet to the heat.
2. Stir in all the remaining ingredients, except salt and pepper. Bring to a boil, then cover the skillet and reduce the heat to medium-low. Simmer for **20-22 minutes**, until the rice is done.
3. Remove from heat and add salt and pepper to taste.
4. Serve immediately!

### Storage:

Store any leftovers in a sealed, airtight container in the refrigerator for up to one week

## Ingredients

- 1 tbsp olive oil
- 1 & 1/4 lbs lean ground turkey
- 1 cup chopped onion
- 15oz can diced tomatoes (*drained & rinsed*)
- 16oz can green beans (*drained & rinsed*)
- 2 cups uncooked brown rice
- 2 & 1/2 cups low sodium chicken broth
- 6oz can tomato pasta
- 1/2 tsp garlic powder
- 1 tsp onion powder
- 1 tbsp Worcestershire sauce (*optional*)
- Salt & pepper to taste

# RED BEANS & RICE

**Prep Time: 10 min**  
**Cook Time: 25 min**  
**Servings: 4**

## Directions

1. In a large saucepan or pot, bring 4 cups of water to a boil. Add rice and butter and lower to a simmer. Cover and cook for **15-20 minutes** or until rice is cooked.
2. Pour in whole cans of red beans. Using a potato masher (*or any utensil you have*), mash some of the beans but leave some of them whole.
3. Pour in water, garlic salt, onion powder, creole seasoning, and liquid smoke. Stir to combine.
4. Let simmer for **15 minutes** or until the beans start to soften. Make sure to stir so that the beans don't stick.
5. Serve beans in a bowl with a scoop of rice on top.

## Ingredients

- 2 cups uncooked white long grain rice
- 1 tbsp butter
- 2 (15 oz) cans of red beans OR use pack dried beans (*cook some to soften beans*).
- 2 cups sausage (*chopped*)
- 1/4 cup water
- 1/2 tsp garlic salt
- 1/2 tsp onion powder
- 1 tsp cajun seasoning of choice



## Ingredients

- Nonstick cooking spray or butter (*for baking dish*)
- 12.5oz can chicken breast or 2 fresh chicken breasts
- 1 tbsp dried ill
- 1 package bow tie pasta (*or any pasta of choice*)
- 3 cups canned spinach
- 1 (8oz) can tomato sauce
- 2 cans diced tomatoes (*drained*)
- 1 & 1/2 cups mozzarella cheese
- 1/2 cup parmesan cheese



# CHICKEN SPINACH & TOMATO PASTA BAKE

**Cook Time: 30 min**  
**Servings: 6-9**

## Directions

1. Coat a 9in x 13in baking dish with cooking spray or butter and preheat oven to **350°F**.
2. Boil 4 cups of water and add pasta.
3. While pasta is cooking, boil 3 cups of water. Add chicken and cook until through (*if using canned, place directly into pan*).
4. Add basil, tomatoes, and tomato sauce and simmer for **5 minutes**.
5. When pasta is cooked through, add to chicken mixture.
6. Place spinach in remaining pasta water for **1 minute**. Then add to chicken mixture.
7. Add 1 cup mozzarella cheese and parmesan cheese and spoon into 9in x 13in baking pan.
8. Sprinkle remaining mozzarella cheese on top and bake for **10 minutes**.
9. Serve and enjoy immediately!



# CHICKEN SPAGHETTI

**Prep Time:** 15 min  
**Cook Time:** 25 min  
**Servings:** 8

## Ingredients

- 4 cans chicken
- 1 can cream of mushroom soup
- 1 can rotel or stewed tomatoes
- 1 lb Velveeta Cheese
- 1 can low sodium chicken broth
- 12oz (1 & 1/2 cup) spaghetti (cooked & drained)

## Directions

1. In a bowl, mix together the can of soup, broth, and tomatoes
2. In a 9in x 13in greased casserole dish, layer as follows: Spaghetti, chicken, soup mix, then cheese on top.
3. **Bake in preheated oven 350°F** until heated through and cheese melts, about **30-45 minutes**.
4. As soon as you remove from the oven, stir to mix well.
5. Add salt and pepper or other seasonings of choice to taste.



# AVOCADO TUNA MELT BITES

**Total Time:** 20 min  
**Servings:** 12 bites

## Ingredients

- 10oz canned tuna (drained)
- 1/4 cup light mayonnaise
- 1 medium avocado (cubed)
- 1/4 cup parmesan cheese
- 1/2 tsp garlic powder
- 1/4 tsp onion powder
- Salt & pepper (to taste)
- 1/2 cup vegetable oil
- 1/3 cup almond flour

## Directions

1. Drain a can of tuna and add it to a large container where you'll be able to mix everything together.
2. Add mayonnaise, parmesan cheese, and spices to a bowl and mix together well (except avocado and coconut oil) into a bowl and mix.
3. Slice an avocado in half, remove the pit, and cube the inside.
4. Fold the cubed avocado pieces into the tuna, trying to not mash the avocado into the mixture. Form tuna into balls and cover with almond flour OR (all-purpose flour), covering completely. Set aside.
5. Heat vegetable oil in a pan on medium heat. Once hot, add tuna balls and fry until browned on all sides.

4



# GARLIC SMASHED POTATOES

**Prep Time:** 10 min  
**Cook Time:** 40 min  
**Servings:** 6

## Ingredients

- 1 lb baby potatoes, about 12-16
- 3 tbsp olive oil
- 2 minced garlic cloves
- 2 tsp fresh chopped rosemary
- 1/4 cup grated parmesan cheese
- 1/2 tsp salt
- 1/2 tsp black pepper

## Directions

1. **Preheat oven to 425°F.**
2. In a large pot of salted boiling water, cook the potatoes until fork tender, about **15-20 minutes**. Drain and allow potatoes to cool slightly.
3. Transfer the potatoes to a large rimmed baking sheet. Use a potato masher or the bottom of a measuring cup or glass to press down on the potatoes to smash them.
4. Drizzle the olive oil on top of the potatoes, add the garlic, rosemary, parmesan cheese, salt and pepper, and toss with your hands to combine.
5. Bake for **15 minutes** until the bottoms are golden. Use a spatula to flip them and add more salt, pepper and olive oil, if desired. Return to the oven for **12-15 more minutes** until the potatoes become crispy.



# ROASTED BROCCOLI & CARROTS

**Prep Time:** 15 min  
**Cook Time:** 20 min  
**Servings:** 4

## Ingredients

- 14.5oz can sliced carrots (drained & rinsed)
- 1 large head broccoli cut into florets (about 3 cups)
- 1 & 1/2 tsp Italian seasoning
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp black pepper
- 2 tbsp olive oil
- 3 tbsp finely grated parmesan cheese (optional for serving)

## Directions

1. **Preheat the oven to 400°F.**  
Generously coat a large rimmed baking sheet with non-stick spray.
2. Place the carrots in the center of the baking sheet. Add the broccoli florets to the baking sheet with the carrots.
3. In a small bowl, stir together the Italian seasoning, salt, pepper, garlic powder, and onion powder. Drizzle the vegetables with the oil, then sprinkle on the spice mix. Toss to coat the vegetables evenly, then spread them into an even layer.
4. Place in the oven and roast for **20 minutes**, until they are browned and tender, tossing once halfway through. Sprinkle with Parmesan.

4

# CORNBREAD

Prep Time: 20 min  
Cook Time: 28 min  
Servings: 4-6



## Directions

1. Preheat the oven to **400°F**.
2. Pour the cornmeal into a bowl and add the oil, egg, and buttermilk. Mix until combined and drop a small amount into your oiled skillet. If it sizzles immediately, go ahead, and pour in your batter to within 1 inch of the top. If you want a thinner cornbread, just do not pour in as much.
3. Transfer the skillet from the stove top to the hot oven.
4. Bake **25-30 minutes** or until golden and set.

## Ingredients

- 2 cups self-rising cornmeal mix- like **Jiffy** (*not just plain cornmeal*)
- 2 eggs or 1 extra large egg
- 2 tbsp vegetable oil
- 1 cup of milk



# MIXED FRUIT SALAD

Prep Time: 5 min  
Servings: 5-6

## Directions

1. Open canned pears, pineapple, and cherries.
2. Drain fruit syrup in separate bowl and use for smoothies or other fruit recipes.
3. Stir all the fruit together.
4. Serve and enjoy!

## Ingredients

- 1-2 cans pears
- 1 can diced pineapple
- 1 can diced cherries or fruit cocktail

*Use fruit canned in 100% fruit juice*

**Can use any fruit you have available!**

# CHEWY OATMEAL COOKIES

Prep Time: 5 min  
Cook Time: 15 min



## Directions

1. Preheat the oven to **350°F**.
2. Combine the mashed bananas and oats in a bowl.
3. Fold in the chocolate chips or other mix-in of choice, and place 2 tbsp of each on the cookie sheet.
4. Bake **15 minutes**.

## Ingredients

- 2 medium ripe bananas (*mashed*)
- 1 cup uncooked quick oats
- Optional Mix-ins:**
- 1/4 cup chocolate chips
- 1/4 cup raisins



# CHOCOLATE CHIP COOKIE DOUGH HUMMUS

Prep Time: 10 min  
Cook Time: 10 min  
Servings: 6

## Directions

1. Blend quick oats to flour consistency (*not necessary*).
2. Take skins off of chickpeas to help blend easier (*optional*)
3. Add all other ingredients to food processor or blender and blend until creamy.
4. Add additional milk if desired to achieve preferred consistency.
5. Hand mix in chocolate chips.
6. Enjoy!

### Note:

*I usually serve with apples or pretzels to dip!*

## Ingredients

- 1 can chickpeas (*drained & rinsed*)
- 1/4 cup creamy peanut butter
- 1/4 cup brown sugar
- 2 tsp vanilla extract
- 1/2 cup quick oats
- 1/4 cup almond milk OR any milk of choice (*can use additional milk to achieve desired consistency*)
- 1/2 bag (6oz) dark chocolate chips (*optional*)

All most needed items are nonperishable. No glass or bulk items, please.

For more information on donating or hosting a drive, visit:

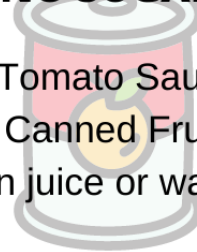
<https://northshorefoodbank.org/donate-food>

## LOW SODIUM OR NO SALT ADDED



Soups  
Veggies  
Canned Beans

## LOW SUGAR OR NO SUGAR



Tomato Sauce  
Canned Fruit  
(in juice or water)

## ST TAMMANY CANCER CENTER THERAPEUTIC FOOD PANTRY



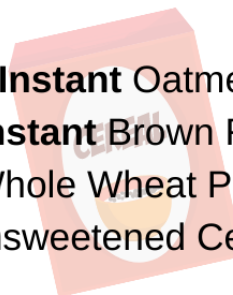
Grits  
Tortillas  
Crackers  
Pasta Sides  
Instant Potatoes

## KID FRIENDLY ITEMS



Ravioli  
Peanut Butter  
Macaroni & Cheese

## WHOLE GRAINS



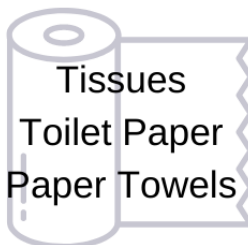
Instant Oatmeal  
Instant Brown Rice  
Whole Wheat Pasta  
Unsweetened Cereal

## PANTRY STAPLES



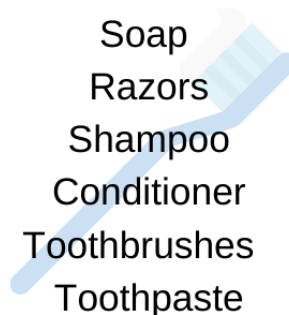
Broth  
Dry Beans  
Cooking Oils/ Olive Oil  
Corn Muffin Mix

## PAPER PRODUCTS



Tissues  
Toilet Paper  
Paper Towels

## HYGIENE



Soap  
Razors  
Shampoo  
Conditioner  
Toothbrushes  
Toothpaste

## CANNED MEATS



Tuna  
Salmon  
Chicken

Prefer to donate funds? Visit:

<https://northshorefoodbank.org/donate-funds>

Checks can be made out to Northshore Food Bank and sent to  
125 W 30th Ave, Covington, LA 70433



Questions?

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