

# TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

978-858-2273 (858-CARE)

Email: [info@tewksburypantry.org](mailto:info@tewksburypantry.org)

Website: <http://www.tewksburypantry.org/>

SEPTEMBER 2015



## Have you Ever Wondered About Storing Dairy Products??

### How long can you keep dairy products like yogurt, milk, and cheese in the refrigerator?

- ~Yogurt can be stored in the refrigerator 1 to 2 weeks.
- ~Soft cheeses such as cottage cheese, ricotta or Brie can be refrigerated one week.
- ~Hard cheeses such as cheddar, Swiss and Parmesan can be stored in the refrigerator 6 months before opening the package and 3 to 4 weeks after opening. It can also be frozen 6 months.
- ~Processed cheese slices don't freeze well but can be kept in the refrigerator 1 to 2 months.
- ~Milk can be refrigerated 7 days; buttermilk, about 2 weeks.
- ~Sour cream is safe in the refrigerator about 1 to 3 weeks but doesn't freeze well.
- ~Eggs can be stored for 2 to 3 weeks covered in the refrigerator.
- ~Butter that has been continuously refrigerated will usually keep for about one month after the "sell by" date on the package. If butter develops an off odor, flavor or appearance, it should be discarded.

### Can you freeze dairy products?

- ~Milk or buttermilk may be frozen for about 3 months. Milk or buttermilk may be frozen for about 3 months.
- ~Eggs can be frozen if you have an excess of fresh eggs. They cannot be frozen in the shell because expansion of the white and yolk will cause the shell to break. Hard-cooked eggs cannot be frozen because the white becomes rubbery. Crack them and freeze them individually. The recommended length of freezer storage for frozen eggs is 9 to 12 months.
- ~Cheese: Freeze in bricks, or shred it first! It can last about six months, but cheese that you plan to slice for a party or for grilled cheese sandwiches shouldn't be frozen, because it will end up crumbly. Soft cheese such as ricotta, brie, cottage cheese, cream cheese do not freeze well.
- ~Butter: Unsalted butter lasts a month or so, and salted butter can last up to six months.

## OCTOBER DISTRIBUTION DATES

Sunday, Oct. 11th  
9:00 AM-Noon

Monday, Oct. 12th  
7:00-8:30 PM

Saturday, Oct 17th  
10:00 AM-Noon



PLEASE RETURN FOOD BOXES!!!

## Recipe Corner



### Skillet Sausage 'n' Rice

- 1 (16-oz.) package sausage
- 1 medium-size green bell pepper, chopped
- 1 small onion, chopped
- 1 garlic clove, minced
- 1 cup chicken broth

- 2 (3.5-oz.) bags quick-cooking brown rice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Cut sausage into 1/2-inch slices. Sauté in a large nonstick skillet over medium-high heat 8 to 10 minutes or until lightly browned. Remove sausage slices, and drain on paper towels, reserving 1 Tbsp. drippings in skillet. Add bell pepper, onion, and garlic to skillet, and sauté over medium-high heat 4 minutes or until tender. Add chicken broth, stirring to loosen particles from bottom of skillet, and bring to a boil. Remove rice from cooking bag; add rice, sausage, salt, and pepper to skillet. Reduce heat to medium-low, cover, and cook 5 minutes or until rice is tender.

### BROCCOLI CHEESE and EGG PIE

- 1 frozen pie shell, deep dish
- 2 tbsp. oil
- 1 1/2 c. finely chopped broccoli or spinach
- 1 med. onion, thinly sliced
- 1 1/4 c. shredded Swiss cheese
- 3 tbsp. cornstarch
- 1/2 tsp. salt
- 1/4 tsp. oregano
- 1/8 tsp. pepper
- 1 1/4 c. skim milk
- 2 beaten eggs

Bake pie shell at 450 degrees for 8 minutes. In a skillet, heat oil; add broccoli and onion. Cook until tender, about 5 minutes. Sprinkle 1 cup cheese over bottom of pie shell; cover with broccoli mixture.

In a bowl, blend cornstarch, salt, pepper, oregano, milk and eggs. Pour over broccoli mixture. Top with remaining cheese. Bake at 375 degrees for 35 minutes or until knife comes out clean. Let stand 10 minutes. NOTE: Cheddar Cheese may be substitutes for Swiss Cheese.

### Homemade Guacamole Recipe

- 4 Large ripe, Fresh Avocados, seeded, peeled, cut in chunks
- 1 Tbsp. lemon juice
- 1/2 small sweet white onion, minced
- 1 ripe Roma tomato, seeded and diced
- Salt and pepper, to taste

## Special Dates in September and October

### September is National Rice Month

Sept 13th - International Chocolate Day

Sept 14-15th - Rosh Hashannah

Sept 16th - National Guacamole Day

Sept 22nd - Ice Cream Cone Day

Sept 26th - National Museum Day

Sept 28th - National Good Neighbor Day

Oct 9th - World Egg Day

### Easy Chocolate Cookie Ice Cream Sandwichs

- 1 package Duncan Hines® Chewy Fudge Brownie Mix
- 1/3 cup vegetable oil
- 2 Tbsp. water
- 1 large egg
- Your Favorite Ice Cream
- Chocolate Jimmies



Preheat oven to 375°F. Grease baking sheets. Combine brownie mix, oil, water, egg in large bowl with wooden spoon until blended. Drop by rounded tablespoons 2-inches apart on prepared pans (24 cookies). Bake 7 to 8 minutes or until just set in center. Cool cookies 1 minute on pan. Cool completely on wire rack.

While cookies are cooling take ice cream out and let it soften. Spread ice cream on cookie and top with a cookie and gently press together. Roll sides in the chocolate jimmies. Use zip lock sandwich bags and put each cookie in a bag. Freeze cookies for at least an hour. Take out one at a time or as many as you need to please a few or a crowd!!

#### Instructions:

Mash avocados with lemon juice in a bowl, leaving some chunks. Gently stir in remaining ingredients and serve immediately. Refrigerate leftovers.

For more spicier guacamole add chopped jalapeño or chiles, cilantro, garlic, tomato, onion, and seasonings such as cilantro, hot pepper flakes or red pepper