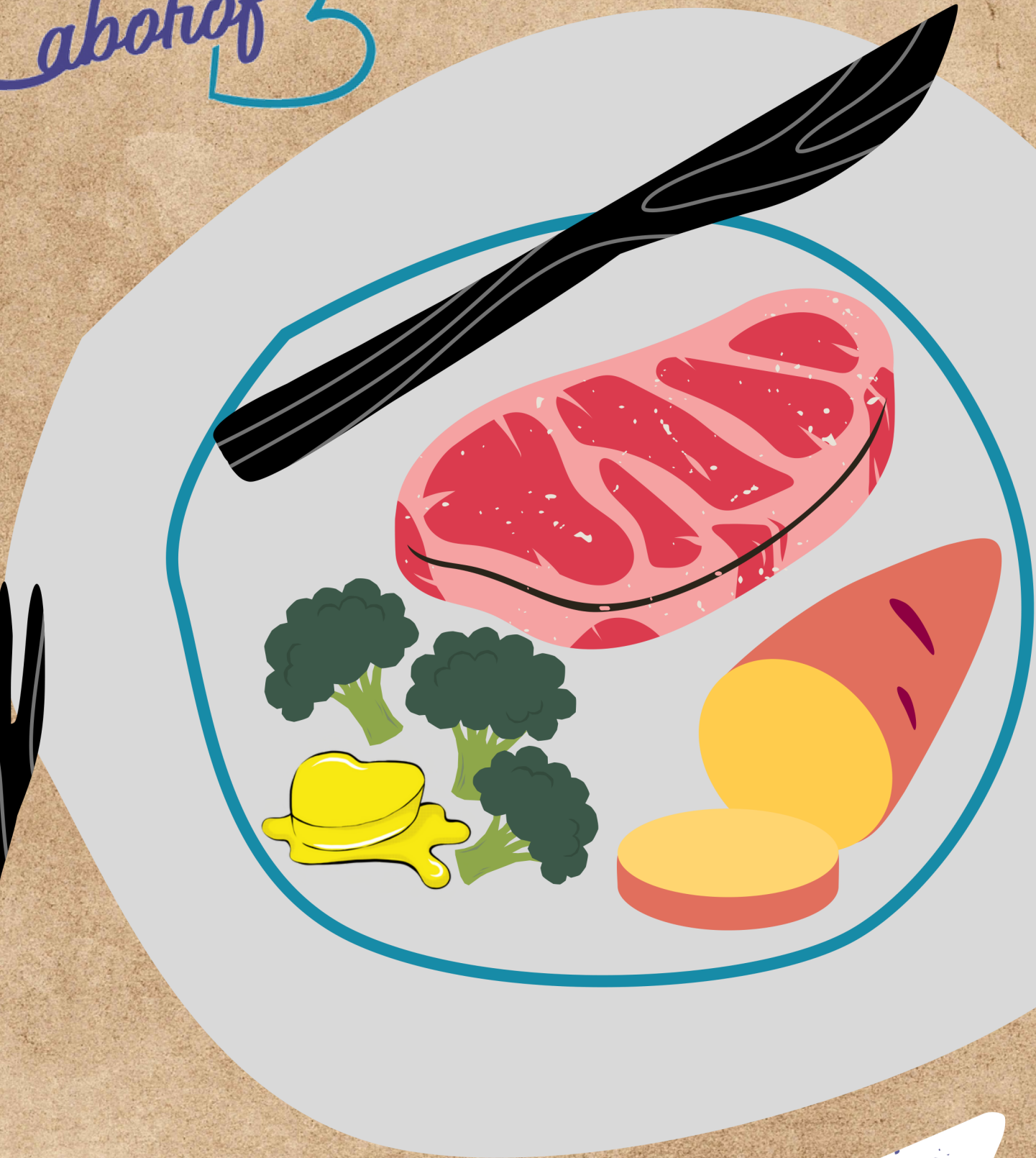
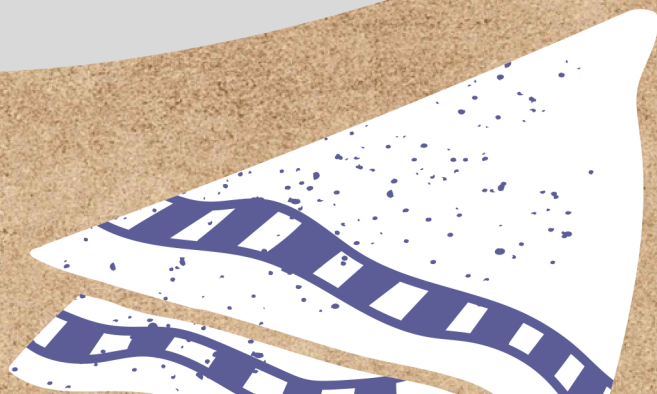


*Laborof*



*Recipes*  
*September 2022*



# About Us & Thank You

The Muggsy Bogues Family Foundation empowers at-risk youth and families to improve their quality of life by addressing food insecurity, access to education and job training.

Perishable and non-perishable food boxes along with other basic necessities such as water and grocery gift cards are provided to at-risk families during the Labor of Love food distribution events. To reach neighbors most in need, the MBFF partners with agencies already serving at-risk populations to help address food insecurity at the community level by filling gaps in service.

Thank you to our 2022 sponsors and partners! We appreciate all you do to support the families we serve.

## 2022 Labor Day Labor of Love Sponsors



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[boguesfoundation.org](http://boguesfoundation.org)

# Before Tasty Comes Safety

Whether you're cooking just for yourself or others, it's important to keep food safety in mind. There are five big factors that impact food borne illness: food from unsafe sources, unsanitary cooking surfaces and tools, personal hygiene, improper cooking temperatures, and improper holding temperatures. It is also critical to watch out for cuts and burns while you cook. Here are a few important safety tips to help you remember that tasty and safety just go together:

- **Wash your hands often.** Use soap and warm water for at least 20 seconds ( try singing Happy Birthday to pass the time).
- **Prevent cross contamination** - Use separate cutting boards for raw vegetables and for raw meat, poultry, and seafood, and be sure not to put cooked food on a plate that had raw meat, poultry, seafood, or eggs on it unless the plate has been washed in hot, soapy water.
- **Get a cooking thermometer** - Just going by looks isn't the safest bet. A cooking thermometer tests the internal temperature of meat, especially roasts and steaks, and other cooked foods. Food should always be cooked so that it reaches a high enough temperature all the way through to kill pathogens that may cause food borne illness.
- **Keep an eye on things** - Leaving cooking unattended is how dinner gets ruined and fires start! If you're cooking and something catches fire - immediately turn off the burner, or oven. Never use water to put out a grease fire - throwing water on a grease fire may cause it to splatter and spread.
- **Tidy up when you're done** - Put leftovers in the fridge as soon as you're done eating and clean up any counter tops and cutting boards you have been using.

## Resources

### FOOD SAFETY

<https://foodsafety.ces.ncsu.edu/food-safety-at-home/>

<https://www.cdc.gov/foodsafety/symptoms.html>

<https://www.mecknc.gov/HealthDepartment>

### RECIPES

<https://www.myplate.gov/myplate-kitchen>

<https://recipes.heart.org/en/>

### COOKING SKILLS

<https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills>

<https://www.pbs.org/show/charlotte-cooks/>

### FIRST AID

<https://www.mayoclinic.org/first-aid>



Founder, Mugsy Bogues, lifts a donation box during the spring Labor of Love event.



Facebook.com/MBoguesFam



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# *Plan your Meals*

## **APPS & SNACKS**

- Avocado Corn Salsa
- Buffalo White Bean Hummus with Oven-Baked Sweet Potato Chips

## **MAIN DISHES**

- Baked Lentils Casserole
- Dijon Pork with Potatoes and Carrots
- Turkey Vegetable Soup
- Spicy Oven-Baked Chicken

## **SIDE DISHES**

- Baked Sweet Potatoes & Apples
- Carrot Raisin Salad
- Southwestern Pepper Cups
- Squash Squares

## **DESSERTS**

- Buttermilk Scones
- Cran Apple Crisp
- Jiffy Oatmeal Crunch
- Mousse a la Banana

# Avocado Corn Salsa

serves 5

## Ingredients

- 1 avocado (diced)
- 3/4 cup Frozen corn kernels, thawed
- 1/2 cup grape tomatoes, quartered
- 1 tablespoon fresh cilantro, chopped
- 2 teaspoons lime juice
- 1/4 teaspoon salt

## Equipment

- measuring spoons
- knife
- cutting board
- medium bowl

## Preparation

1. Wash hands with soap and water.
2. Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a medium bowl.
3. Chill one hour and then serve.



from the USDA My Plate Kitchen

[www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/avocado-and-corn-salsa](http://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/avocado-and-corn-salsa)

# *Buffalo White Bean Hummus with Oven-Baked Sweet Potato Chips*

serves 6

## **Ingredients**

- 2 medium sweet potatoes, thinly sliced
- 1 tablespoon canola or corn oil and 1 tablespoon canola or corn oil, divided use
- 1/4 teaspoon pepper
- 1 15.5-ounce can no-salt-added cannellini beans, rinsed and drained
- 2 tablespoons water
- 1 tablespoon red hot-pepper sauce and 1 tablespoon red hot-pepper sauce, divided use

## **Equipment**

- cooking spray
- can opener
- measuring spoons
- strainer
- baking sheet
- aluminum foil
- large bowl
- mixing spoon
- baking sheet
- food processor or blender
- medium bowl

## **Preparation**

1. Preheat the oven to 400°F. Line two large baking sheets with aluminum foil. Lightly spray with cooking spray.
2. In a large bowl, stir together the potatoes, 1 tablespoon oil and the pepper.
3. Arrange the potatoes in a single layer on the baking sheets.
4. Bake for 20 minutes, or until just beginning to brown. Turn off the oven. Let the chips stand in the oven for 10 minutes to continue to crisp. Transfer the chips to a bowl. Let cool slightly.
5. Meanwhile, in a food processor or blender, process the beans, water, 1 tablespoon hot sauce, and remaining 1 tablespoon oil for 30 seconds to 1 minute, or until the mixture is smooth. Transfer to a medium bowl.
6. Stir in the remaining 1 tablespoon hot sauce.
7. Serve with the sweet potato chips.

*from the American Heart Association*

[recipes.heart.org/en/recipes/buffalo-white-bean-hummus-with-oven-baked-sweet-potato-chips](https://recipes.heart.org/en/recipes/buffalo-white-bean-hummus-with-oven-baked-sweet-potato-chips)

# *Baked Lentils Casserole*

serves 5

## **Ingredients**

- 1 cup lentils (rinsed)
- 3/4 cup water
- 1/2 teaspoon salt
- 1/4 ground black pepper (1/4 teaspoon, optional)
- 1/2 cup onion (chopped)
- 1/4 garlic powder (1/4 teaspoon, optional)
- 1 can tomatoes
- 2 carrots (thinly sliced)
- 1/2 cup cheddar cheese (shredded) - leave out to make this dish vegan, or use a vegan/ vegetarian-friendly cheese

## **Equipment**

- measuring cups
- measuring spoons
- knife
- cutting board
- can opener
- 2 quart casserole dish
- aluminum foil
- mixing spoon

## **Preparation**

1. Combine lentils, water, seasonings, onion, and tomatoes.
2. Place in 2 quart casserole dish.
3. Cover tightly with lid or foil.
4. Bake at 350 degrees for 30 minutes.
5. Remove from oven and add carrots. Stir.
6. Cover and bake 30 minutes longer.
7. Remove cover and sprinkle cheese on top, if desired.
8. Bake, uncovered 5 minutes, until cheese melts.

from the USDA My Plate Kitchen

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/baked-lentils-casserole>

# *Dijon Pork with Potatoes & Carrots*

serves 4

## Ingredients

- 1 lb pork tenderloin
- 8 medium red potatoes(quartered)
- 4 medium carrots(cut into 2 inch pieces)
- 2 small onions ( cut into 8 wedges)
- 2 bell peppers (cut into two inch pieces)
- 2 cloves garlic (minced)
- 2 tbsp olive oil
- 1/2 tsp pepper (divided into two 1/4 tsp uses)
- 2 tbsp Dijon mustard (divided into two 1 tbsp uses)
- 1/2 tsp salt (divided into two 1/4 tsp uses)

## Equipment

- measuring spoons
- knife
- cutting board
- baking sheet
- aluminum foil
- mixing spoon

## Preparation

1. Preheat the oven to 425°F. Line a baking sheet with aluminum foil.
2. Put the potatoes, carrots, onions, bell peppers, and garlic on the baking sheet. Toss with 1 tablespoon oil. Arrange in a single layer, leaving enough room in the center for the pork.
3. Spoon the mustard over the pork; spread evenly over the top and sides. Sprinkle with the pepper. Place the pork on the baking sheet. Tuck the thin end of the pork under for even cooking.
4. Bake for 10 minutes. Stir the vegetables. Bake for 25 minutes, or until the pork is no longer pink in the center. Turn off the oven. Transfer the pork to a cutting board. Let stand for 3 minutes for easier slicing.
5. Meanwhile, drizzle the remaining 2 teaspoons oil over the vegetables. Stir gently to coat. Sprinkle with the salt. Stir gently. Leave the vegetables in the oven to keep warm while you slice the pork.

from the American Heart Association

<https://recipes.heart.org/en/recipes/dijon-pork-with-potatoes-and-carrots—delicious-decisions>



# Turkey Vegetable Soup

serves 6

## Ingredients

- 4 cups fat-free, low-sodium chicken broth
- 1 lb ground turkey
- 3 large carrots ( thick sliced )
- 2 medium zucchini cut into thick chunks
- 1 small onion ( chopped )
- 2 medium cloves garlic ( minced)
- 1 28-ounce can no-salt-added tomato sauce
- 1 tbsp "Italian" seasoning
- 1/2 tsp salt
- 1/2 tsp black pepper
- 4 tbsp olive oil
- crockpot/slow cooker

## Equipment

- measuring cups
- measuring spoons
- knife
- cutting board
- can opener
- crockpot/slow cooker
- mixing spoon

## Preparation

1. Put all the ingredients in a slow cooker, stirring to combine and breaking up the turkey.
2. Cook, covered, on low for 8 hours, or until the turkey is no longer pink.

# Spicy Oven-Baked Chicken

serves 8

## Ingredients

- 8 large chicken thighs (trimmed of excess fat)
- 6 teaspoons hot sauce
- 2 teaspoons yellow mustard
- 2 teaspoons dried thyme
- 2 cloves garlic (peeled and minced)
- 1 teaspoon salt
- 1 teaspoon black pepper

## Equipment

- measuring cups
- measuring spoons
- knife
- cutting board
- large bowl
- baking sheet

## Preparation

1. Put chicken, hot sauce, mustard, thyme and garlic in a large bowl and mix well. Cover and refrigerate at least one hour or up to 24 hours.
2. Heat the oven to 450 degrees.
3. Remove chicken from bowl and discard any remaining marinade in the bowl. Put the chicken on a baking sheet and sprinkle with the salt and pepper.
4. Place in the oven and bake about 50 minutes until crispy and crackling. Serve immediately.

# Baked Sweet Potatoes & Apples

serves 4

## Ingredients

- Cooking spray
- 1/4 cup sugar
- 1/2 teaspoon ground cinnamon
- 3 medium sweet potatoes (peeled, cut crosswise into 1/4 inch slices)
- 2 medium sweet apples (such as Rome Beauty or Gala) peeled, each sliced into 10 wedges
- 3 tablespoon light tub margarine
- 

## Equipment

- measuring cups
- measuring spoons
- knife
- cutting board
- mixing spoon
- large bowl
- nonstick cooking spray
- casserole dish
- aluminum foil

## Preparation

1. Preheat the oven to 350°F. Lightly spray a 1 1/2-quart glass casserole dish with cooking spray.
2. In a small bowl, stir together the sugar and cinnamon.
3. In the casserole dish, layer in order half each of the sweet potatoes, apples, and cinnamon-sugar. Dot with about half the margarine. Repeat.
4. Bake, covered, for 1 hour to 1 hour 15 minutes, or until the sweet potatoes and apples are soft.

# Carrot Raisin Salad

serves 4

## Ingredients

- 4 carrots
- 1/4 cup raisins
- 2 teaspoons sugar
- 1 lemon, (juiced)

## Equipment

- measuring cups
- measuring spoons
- knife
- medium bowl
- measuring spoons
- mixing spoon

## Preparation

1. Roughly grate carrots
2. In a medium bowl, thoroughly mix grated carrots, raisins, sugar and lemon juice.
3. Serve chilled.

# Southwestern Pepper Cups

serves 10

## Ingredients

- 5 green bell pepper (medium, halved and seeded, or use red or yellow peppers)
- 1/3 cup onion (chopped)
- 1 1/2 garlic clove (chopped)
- 3 cups brown rice, cooked
- 1 can tomatoes with chiles (10 1/2 ounce, diced and undrained)
- 1/2 can whole kernel corn (8 1/2 ounce, drained)
- 1/3 cup cheese, cheddar, shredded

## Equipment

- measuring cups
- measuring spoons
- knife
- cutting board
- can opener
- tongs
- Large pot
- large bowl
- medium skillet
- mixing bowl
- mixing spoon
- baking sheet
- nonstick cooking spray

## Preparation

1. Wash hands.
2. Blanch peppers ( see tip below) in boiling water 2 to 3 minutes. Drain. Set aside.
3. Cook onion and garlic in oil in medium skillet over medium high heat for 3 minutes.
4. Combine rice, tomatoes with chiles, corn and onion mixture. Mix well.
5. Spoon into pepper halves, place on baking sheet coated with cooking spray.
6. Bake at 350 degrees for 10 minutes or until hot. Sprinkle with cheese.
7. Bake again at 350 degrees for 5 to 10 minutes or until hot and cheese melts.

**Tip: To blanch peppers cut pepper in half vertically then submerge halves in boiling water in large pot for 2-3 minutes. Remove peppers halves with tongs and place in bowl of ice water for 5 minutes. Be sure to dry off excess water before stuffing pepper halves.**

from the USDA My Plate Kitchen

[myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/southwestern-pepper-cups](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/southwestern-pepper-cups)

# Squash Squares

serves 8

## Ingredients

- 4 eggs (beaten lightly)
- 1/4 cup oil
- 3 cups thinly sliced squash (use zucchini or yellow squash)
- 1/4 cup chopped onion
- 1 cup biscuit mix
- 1 teaspoon dried parsley (or 2 Tbsp chopped fresh parsley)
- 1/3 cup grated cheddar cheese
- 1 cup grated carrots

## Equipment

- measuring cups
- measuring spoons
- knife
- cutting board
- cheese/vegetable grater
- medium bowl
- mixing spoon
- 9 x13 baking dish

## Preparation

1. Mix all ingredients thoroughly and pour into a greased 9 x 13 baking dish.
2. Bake 25 minutes, or until bubbly and brown, in a 350°F oven.
3. Serve in squares while warm.

from the USDA My Plate Kitchen

[myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/southwestern-pepper-cups](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/southwestern-pepper-cups)

# Buttermilk Scones

serves 9

## Ingredients

- 1 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 1/3 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup raisins
- 4 tablespoons butter, melted (1/4 cup)
- 2/3 cup buttermilk

## Equipment

- measuring spoons
- measuring cups
- medium bowl
- small bowl
- baking sheet
- mixing spoon

## Preparation

1. Preheat oven to 400 degrees F.
2. Combine the flours, sugar, baking powder, baking soda and salt in a medium bowl. Mix well.
3. Add raisins and mix lightly.
4. In a small bowl, combine melted butter and buttermilk. Add liquid ingredients to flour mixture; mix gently.
5. Spoon dough into 9 equal mounds on a greased baking sheet. Bake until well browned, 18-20 minutes.
6. Serve hot or at room temperature. Best eaten the same day you bake them.

# Cran Apple Crisp

serves 8

## Ingredients

### *for the crisp:*

- 4 apples (cored and thinly sliced)
- 1 can cranberry sauce (14 ounce, whole berry)
- 2 tablespoons margarine (soft, melted)
- 1 cup oatmeal (uncooked)
- 1/3 cup brown sugar
- 1 teaspoon cinnamon

## Equipment

- measuring spoons
- measuring cups
- knife
- cutting board
- medium bowl
- small bowl
- 8 x 8-inch pan
- aluminum foil

## Preparation

1. Preheat oven to 400 degrees.
2. Wash apples, remove cores and slice thinly, keeping peel on.
3. In a medium bowl, combine the cranberry sauce and apples. Pour into an 8x8 inch pan.
4. Combine melted margarine with oatmeal, brown sugar, and cinnamon or pumpkin pie spice until well blended. Sprinkle over apple/cranberry mixture.
5. Cover with aluminum foil and bake for 15 minutes.
6. Uncover and bake 10 more minutes until the topping is crisp and brown.
7. Serve warm or cold.

*from the USDA My Plate Kitchen*

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cran-apple-crisp>



# Jiffy Oatmeal Crunch

serves 30

## Ingredients

- 1/2 cup margarine or butter
- 3/4 cup brown sugar (firmly packed)
- 1 teaspoon vanilla
- 1/2 teaspoon baking soda
- 2 cups quick oats (uncooked)
- 1 cup raisins

## Equipment

- measuring spoons
- measuring cups
- large skillet
- 9 x 13 baking pan

## Preparation

1. Preheat oven to 350 degrees and grease a 9 x 13 inch baking pan.
2. In large skillet, melt butter and brown sugar.
3. Remove from heat and stir in remaining ingredients.
4. Spread into pan and bake for 15 - 20 minutes. Cool; cut into squares.

# Mousse a la Banana

serves 4

## Ingredients

- 2 tablespoons milk (low-fat, 1%)
- 4 teaspoons sugar
- 1 teaspoon vanilla
- 1 banana (medium, cut into quarters)
- 1 cup yogurt (plain, low-fat)
- 8 slices banana slices (1/4 inch)

## Equipment

- measuring spoons
- measuring cups
- knife
- cutting board
- blender
- small bowl
- spoon
- four dessert dishes

## Preparation

1. Place milk, sugar, vanilla, and banana in blender. Process 15 seconds at high speed until smooth.
2. Pour mixture into a small bowl; fold in yogurt. Chill. Spoon into four dessert dishes; garnish each with two banana slices just before serving.

*from the USDA My Plate Kitchen*

[www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/mousse-la-banana](http://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/mousse-la-banana)

