



607-547-8902

Cooperstownfoodpantry.org

Food Pantry Hours

10a-4p Mon-Wed. and Fri. 1p-5pm Thurs. 10-12pm Sat.



Interested in Volunteering?

Give us a call! 607-547-8902

Need Help with Snap?

Valerie Jackson
Nutrition Outreach
SNAP Coordinator
Catholic Charities Otsego
176 Main St.
Oneonta, NY 13820
607-432-0061

NEWSLETTER



We will be Closed Monday January 20th In Honor Of Martin Luther King Jr



Corn Salad

Ingredients

4 cups corn kernels

1 cup cherry tomatoes, halved

1/4 cup red onion, chopped

1 jalapeno (if desired)

1 can black beans, rinsed

Dressing

1/3 cup olive oil

1 tbsp honey

1 tsp chili powder

1 tsp cumin

Salt and pepper to taste

Directions

Mix corn, cherry tomatoes, red onion, jalapeno, and black beans in a large bowl.

In a small bowl, whisk together the olive oil, honey, chili powder, cumin, salt and pepper.

Pour the dressing over the corn mixture, toss gently to coat

Recipe from:

https://www.dinneratthezoo.com/corn-salad/ Makes 6 servings