

Pantry News

May 2020 Issue # 4

We hope you enjoy our fourth issue of *Pantry News*. A newsletter designed with you in mind! You will have the opportunity to try out new recipes using food items that you receive in your bag.

This month another generous donation was made by **Willow Wisp Organic Farm** in Damascus. They have given us Arugula. Arugula is a spicy, peppery green that works well in salads, pasta, sandwiches, and even sauces. Along with other leafy greens, arugula packs a nutritious punch. Below, you will find some simple and tasty recipes to help you prepare the arugula.—This information was provided by Jane Bollinger.

Please note— this is the last distribution for the Emergency Food Relief Program. See the back of this newsletter for information on how to apply to your local food pantry for assistance in the future.

Pasta with Sausage and Arugula

Ingredients:

- 2 small or 1 medium onion (red onion looks pretty in this dish), sliced into 1/2"-thick wedges
- 6 TB olive oil, divided
- Salt & pepper
- 8 ounces hot or sweet Italian sausage (about 2 links) casings, removed... (optional)
- 10 ounces any medium pasta such as penne, Ziti or fusilli
- 1 tsp finely grated lemon zest (optional, but recommended)
- 2 TB fresh lemon juice (optional, but recommended)
- 1 bunch arugula, tough stems removed*
- Grated parmesan cheese (for serving)
- (*If the arugula leaves are large, tear them into bite-size pieces.



Preparation:

- Rinse arugula in cold water and pat dry with a clean kitchen towel or paper towels. Set aside. Preheat oven to 425 degrees.
- Toss onions with 2 tablespoons oil on a rimmed baking sheet; season with salt and pepper. Spread out into a single layer. Pinch sausage into small pieces and scatter around the onions. Roast until vegetables and sausage are cooked through and well browned, 25-30 minutes.
- Meanwhile, cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving 1 cup pasta cooking liquid.
- Combine roasted onion, sausage, and pasta in a large bowl. Add optional lemon zest and lemon juice, remaining 4 tablespoons oil and 1/4 cup reserved pasta cooking liquid and toss to coat, adding more pasta cooking liquid if needed, until sauce comes together and coats pasta. While the pasta is piping hot, add arugula and toss well.
- Sprinkle with grated parmesan and serve. Season with more salt and pepper, to taste.

Arugula & Apple Salad

Ingredients:

- 2 TB plain yogurt
- 2 TB honey
- 1 large, sweet apple, cored & thinly sliced
- 2 TB vinegar (cider, sherry, or red wine vinegar will work)
- 4 TB olive oil, divided
- Salt & freshly ground black pepper
- 1 bunch arugula, tough stems trimmed
- Sea salt (optional)

Preparation:

- Whisk yogurt, 2 TB oil and honey in a small bowl; season this dressing with salt and pepper. Toss apple and arugula in a large bowl. Drizzle salad with vinegar and toss to coat. Spoon half of the dressing onto serving plates or a large platter. Add remaining 2 TB oil to salad and toss to coat. Mound salad on top of dressing. Spoon remaining dressing over greens.

THIS IS THE LAST FRIDAY DISTRIBUTION FOR EMERGENCY FOOD RELIEF PROGRAM

But help is always here...

**TO JOIN THE REGULAR MONTHLY PANTRY
YOU MUST CALL 570-253-4262**

**WAYNE COUNTY PANTRY LOCATIONS
FOR JUNE ONLY – ALL LOCATIONS WILL HAVE TWO DISTRIBUTION DATES**

DAMASCUS

Damascus Township Building
Open from 1 to 3 PM
THURSDAY – JUNE 4th and JUNE 18th

HONESDALE

216 Willow Avenue – Rear of Tri-County Beverage Building
Open from 10 AM to 1 PM
TUESDAY – JUNE 9th and JUNE 23rd

LAKEVILLE

Paupack Township Building
Open 11 AM to 2 PM
THURSDAY – JUNE 11th and JUNE 25th

LAKESWOOD

Northern Wayne Family Health Center
Open from 12:30 to 2:30 PM
WEDNESDAY – JUNE 3rd and JUNE 17th

NEWFOUNDLAND

Dreher Township Building
Open from 11 AM to 1 PM
FRIDAY – JUNE 12th and JUNE 26th