

Pantry News



April 2022 Issue # 4

We hope you are enjoying 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.

Quick & Easy Shepherd 's Pie

(Easily turn your prepared beef

Directions :

Ingredients:

- 1 pouch beef stew (24 oz)
- 1 can green beans, drained
- 1 can peas and carrots, drained
- 1 package instant mashed potatoes, prepared

1. Preheat oven to 350.
2. Empty beef stew into a bowl and stir in drained green beans and peas and carrots.
3. Prepare instant mashed potatoes according to package directions.
4. Pour beef stew mixture into a greased casserole dish or 11 x 7 baking dish. Spread prepared mashed potatoes over the stew mixture.
5. Bake at 350 until warm and bubbly and the mashed potatoes crust is starting to brown, about 20-25 minutes.



This month's produce will be supplied by Lato Sud Farm & Stan Bialecki.

Pistachio Cherry Cookies

INGREDIENTS:

- 1 cup sugar
- ½ cup light brown sugar
- 8 TB butter (1 stick), softened
- 2 TB light olive oil or canola oil
- 2 large eggs
- 1 tsp vanilla extract
- 2 1/3 cups all-purpose flour
- ¾ tsp salt
- ¾ cup dried cherries
- ¾ cup pistachios, roughly chopped
- ¾ cup dark chocolate chips



TOPPING:

- 1/3 cup pistachios, finely chopped

DIRECTIONS:

- Preheat oven to 350 and line baking sheet with parchment paper or use a non-stick baking sheet.
- Use an electric mixer to cream the sugar, brown sugar, butter and oil until light and fluffy, about 2 to 3 minutes. Add the eggs, one at a time, beating until combined then stir in the vanilla.
- Turn the mixer off and sift the flour, baking soda and salt on top of the batter. (If using salted pistachios, decrease salt to ½ teaspoon). Stir the flour mixture into the batter to moisten the flour then turn the mixer on low. Increase the speed to medium until well-combined.
- Stir in the cherries, pistachios and chocolate chips.
- Place 1/3 cup finely chopped pistachios in a shallow dish. Scoop the cookie batter into 1 ½ tablespoon size mounds then press the top of the mounds into the chopped pistachios to coat the tops.
- Arrange the cookie dough on baking sheets and press down slightly on the cookies. Bake 10 to 12 minutes. Transfer to a wire rack to cool.

microwave.

2. Line baking sheet with wax paper; pour chocolate onto the pan and spread to desired thickness.
3. Sprinkle with dried cherries and pistachios.
4. Sprinkle the top with sea salt.
5. Cool until chocolate has hardened.

- ¾ cup dried cherries
- ¾ cup roasted salted pistachios
- ½ tsp sea salt



Understanding Food Expiration Dates - The dates you see on food labels are not usually related to food spoilage. Instead, the dates tell you how long food maintains the best taste and texture. Federal law does not require food quality dates except on infant formula. You may see different wording on product labels. By understanding expiration terms, you can better interpret how long our food is good. If you store and handle your food properly, it may still be good after the date printed on the package. Foods like canned goods, crackers, cookies, and spices may be good for months or even years after this date with proper storage. Compromised packages have holes, large dents, or bulges. Don't eat food from damaged packaging because it may not be good. Don't eat food if it has a bad smell. Expiration dates are used on food products like: instant formula, baby food, vitamins, over-the-counter medications, cake mix, baking powder and pectin. These products have an expiration because they may not function the same after the date listed. Yeast may not be as effective. Baking mixes, jams, and jellies may not have the desired texture. Many people feel tempted to throw away food after the printed expiration date, but items like dry rice or pasta are good for 1-2 years in your pantry. Once prepared, they are good for 3-4 days in the fridge. Canned fruit is good for 12-18 months in your pantry. Once opened, it's good for 5-7 days if stored in the fridge. Store leftovers quickly to

Mom's Easy Fruit Cobbler

Ingredients:

Non-stick cooking spray
1 cup pancake mix
12 oz UHT milk, can use evaporated milk
3 cups canned mixed fruit, drained
½ cup pecan pieces
¼ cup sugar



Directions:

1. Heat oven to 350
2. Spray a 2-quart baking dish with non-stick cooking spray and set aside.
3. Combine pancake mix and milk in a small mixing bowl, stir well.
4. Pour mixture into prepared baking dish.
5. Arrange drained canned fruit over batter.
6. Evenly sprinkle fruit with pecans and sugar.
7. Bake on middle oven rack for 30 minutes.
8. Let cobbler cool for 10 minutes before serving.

WAYNE COUNTY STRONG