

Pantry News

September 2023 Issue #9

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.

To view previous issues of the *Pantry News*— go to www.waynecountypa.gov and you'll find the tab under *Popular Resources*. You will find many useful and tasty recipes.

Baja Black Beans, Corn and Rice

Ingredients:

- 2 cups white rice, yields 6 cups cooked
- 1 15 oz can black beans, rinsed & drained
- 1 15 oz can corn, drained
- 4 fresh tomatoes, diced or 1 can diced tomatoes, drained
- ½ cup onion, chopped
- ½ cup cilantro, optional
- 1 jalapeno pepper, seeded & diced, optional
- 2 TB lime juice
- 1 TB olive oil
- ½ tsp salt & pepper
- 2 dashes hot sauce, optional



Directions:

1. Cook rice according to package directions.
2. In a medium bowl, combine black beans, corn, tomatoes, onion, cilantro, jalapeno, lime juice, oil, salt & pepper, and hot sauce, if using.
3. To serve, place a scoop of hot rice in a bowl or on a plate, top with a generous scoop of the black bean mixture.
4. Stir together before eating. Enjoy!

Ingredients:

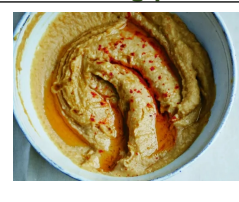
- 1 cup cooked chickpeas, (or 1- 15 oz can, drained)
- 1 clove garlic
- ¼ c
- 2 TE

This month's produce is being provided

HOW TO COOK DR

Ingredients:

- 1 cup dried chickpeas (garbanzo beans)
- 6 cups chicken broth (or water)
- 3 large peeled garlic cloves
- 1 tsp paprika
- 1 tsp kosher salt (or ½ tsp table salt)
- ¼ tsp black pepper



Directions:

In a food processor or blender, puree the chickpeas and garlic with olive oil, lemon juice, peanut butter, cumin, and ¾ teaspoon salt until smooth and creamy. Add 1 to 2 tablespoons of water to achieve the desired consistency. Pour in a bowl. Drizzle with olive oil & sprinkle with paprika before serving. Serve w/ chips or veggies.

out any stones.

2. Put the rinsed chickpeas in a Slow cooker and add the broth (water), garlic cloves, paprika, salt & pepper.
3. Cover the slow cooker and cook on HIGH for 3 ½ to 4 hours or on LOW for 6 to 8 hours.
4. Drain the chickpeas and remove the garlic



Loaded Chicken Salad

Ingredients

- 1 10 oz pouch of chicken
- 2 tsp mayonnaise
- $\frac{3}{4}$ cup shredded cheddar cheese
- $\frac{3}{4}$ cup Greek yogurt, plain
- $\frac{1}{2}$ small onion, chopped
- 3 slices cooked bacon, chopped, optional
- $\frac{1}{8}$ tsp garlic powder
- $\frac{1}{8}$ tsp onion powder
- Salt & Pepper to taste



Instructions

Flake the chicken and place in a medium-sized bowl, Add the mayonnaise, cheese, yogurt, onions, bacon, garlic powder, onion powder, salt and pepper and stir to combine, Enjoy as a sandwich or on top of a fresh salad. Refrigerate for up to 4 days.

“Be mindful. Be grateful. Be positive. Be true. Be kind.”

-Roy T Bennett

WAYNE COUNTY STRONG