

# 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](http://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!



### Ingredionts:

1 cup cooked chickpeas, (or 1- 15 oz can, drained)  
1 clove garlic  
¼ cup This month's produce is being provided by \_\_\_\_\_  
2 TB

### Directions:

In a food processor or blender, puree the chickpeas and garlic with olive oil, lemon juice, peanut butter, cumin, and  $\frac{3}{4}$  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.



### 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  $\frac{1}{2}$  tsp table salt)  
¼ tsp black pepper

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  $\frac{1}{2}$  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
- ¾ cup shredded cheddar cheese
- ¾ cup Greek yogurt, plain
- ½ small onion, chopped
- 3 slices cooked bacon, chopped, optional
- 1/8 tsp garlic powder
- 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**