

# Pantry News

October 2023 Issue #10

We hope you have been enjoying the *Pantry News*. A newsletter designed for you! We like to share information to our pantry members regarding the items you will receive in your pantry bag and some wonderful recipes to help you enjoy them.

This month's produce is supplied by Willow Wisp Farms.

## Split Pea and Pear Soup

### Ingredients:

\* 2 cups chopped onions (1 large)

\* 1 tsp ground ginger

\* 2 cups peeled & cubed sweet potato  
(1 large potato)

\* 1 TB vegetable oil

\* 1/2 tsp cinnamon

\* 1 15 oz can pears, drained

\* 1/2 tsp ground cumin

\* 1 1/2 cups split peas

\* 7 cups chicken stock or water

\* 1 tsp turmeric

### Directions:

In a large pot, sauté the onions in oil for about 5 minutes until golden, stirring frequently.

Add the cumin, turmeric, cinnamon and ginger and cook for another minute.

Add the split peas, stock or water, sweet potato, pears, and bring to a boil.

Lower the heat and simmer for 35-45 minutes, or until the split peas are tender, stir frequently to keep solids from burning on the bottom & add more stock or water if needed.

Add salt & pepper to taste and serve hot. Enjoy!



*With the leaves falling, the trees are about to show us how lovely it is to let things go.* - unknown

## Salmon Noodle Casserole

### Ingredients:

1 12 oz bag of egg noodles (any short pasta can be used)

1 TB unsalted butter

1 medium yellow onion, chopped

2 cups frozen or canned peas (or any other vegetable of your choice, thawed and drained if necessary)

14 oz can condensed cream of mushroom soup

3/4 cup milk

1 14 oz can salmon, drained with skin and bones removed



### Directions:

Preheat oven to 400. Bring large pot of water to boil. Cook egg noodles to al dente according to package directions. Drain and set aside.

Melt butter in a skillet, add onions, and cook and stir until onions are soft, about 3-4 minutes. Add the onion butter mixture, peas, condensed mushroom soup and milk to 9x13 dish. Stir together until mixture is uniform. Stir in the noodles until coated in the soup mixture. Add salmon and stir in.

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Bake until heated through and the top is beginning to brown, 15-20 minutes.

## Overnight Oats w/ Apples & Cinnamon

### Ingredients:

- 1 Cup oats
- 1 Cup milk
- 1/2 cup yogurt
- 1/4 cup apples, diced
- 1/8 tsp cinnamon
- 2 TB nuts, chopped (any kind)
- 1 TB raisins, (optional)
- Additional 1/4 fresh or frozen fruit of your choice, (optional)



### Instructions:

1. Add oats, milk, and yogurt to a container or jar that has a lid.
2. Place lid on container and shake. Refrigerate overnight or at least 8 hours.
3. In the morning, stir in the toppings. Enjoy cold or microwave for 60-90 seconds. Makes 2 servings.

### Roasting Nuts

Roasting nuts brings out their nutty flavor and makes them crunchier; you can taste the difference! Here's how to toast nuts in the oven and on the stove:

Place the nuts in a dry skillet (no oil) over medium heat. Heat, shaking the pan and stirring often with a wooden spoon, until the nuts are fragrant and golden brown or one shade darker, about 4-5 minutes. The timing will depend on the nut. Do not leave the stove because the nuts can burn very easily.

## Soft & Chewy Oatmeal Raisin Cookies

### Ingredients:

- 3/4 Cup granulated sugar
- 1/4 Cup packed brown sugar
- 1/2 cup butter, softened
- 1/2 tsp Vanilla
- 1 egg
- 3/4 Cup all-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1 1/2 cups oatmeal
- 1/2 cup raisins
- 1/2 cup chopped nuts

### Directions:

- Preheat oven to 375. Spray cookie sheets with cooking spray.
- In a large bowl, combine sugar, brown sugar and butter; beat until light and fluffy. Add vanilla and egg; blend well. Add flour, baking soda, cinnamon and salt; mix well. Stir in oats, raisins and nuts.
- Drop dough by rounded teaspoonfuls 2 inches apart onto sprayed cookie sheets.
- Bake at 375 for 7 to 10 minutes or until edges are light and golden brown. Cool 1 minute; remove from cookie sheets.



**WAYNE COUNTY STRONG**