

Pantry News

December 2023 Issue #12

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 and Bialecki Farms, and our milk is from Creamworks Creamery. Willow Wisp is providing us with sunchokes this month. They are a versatile root vegetable known for their nutty flavor, minimal prep time and quick cooking. They can be prepared like potatoes. They are a great source of iron, calcium, magnesium and potassium.

How to Prepare Sunchokes

Like potatoes, **sunchokes** grow underground, so the first step is to rinse them in cold running water to remove any traces of dirt. You do not have to peel them; the skin is edible. Sunchokes will oxidize when sliced, so it's best to use them right away or store them in acidulated water (water with the juice of one lemon) if not using immediately.



ROASTED- Slice into half-inch slices. In an oven-proof pan drizzle with a little oil, sprinkle with salt and pepper, and then roast in a 425 degree oven for about 20 to 30 minutes. Roasting brings out the natural sweetness of sunchokes.

MASHED- Boil sunchokes for about 15 minutes until tender, then mash with butter, salt and pepper. If you like, you can mash them with roasted garlic.

RAW- If using sunchokes raw, you may want to peel them. Add crunch to a salad by topping with thin slices of sunchoke.

FRIED (like potato chips)- Slice them as thinly as you can and then fry in hot oil-whatever healthy oil you prefer- until they are crispy and golden brown. Drain on a paper towel and sprinkle with salt.

"We never know where inspiration may come from, so let's keep our eyes open to the magic hidden in the day." *Karen Kostyla*

Easy Homemade Mac & Cheese

Ingredients:

- 4 cups milk
- 12 oz elbow pasta (or any pasta of your choice)
- 7 oz cheddar cheese, shredded
- 1 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp paprika



Directions:

1. In a large pot, bring milk to a boil.
2. Reduce heat to medium-low, add macaroni and cook, stirring frequently, until the pasta is cooked, about 12 minutes.
3. Remove from heat, add the cheese and stir until melted and incorporated.
4. Serve & enjoy!

***Note**- you can use any kind of cheese that you like or a combination of several cheeses. *For extra creamy mac & cheese, add 1 more cup of milk to the pot.

Mac & Cheese Lasagna

Ingredients:

- 2 (7.5 oz) packages of Mac & Cheese, prepared as directed or one prepared recipe
Easy Homemade Mac & Cheese
- 1 lb ground beef
- 1 1/2 cups spaghetti sauce
- 1/2 cup mozzarella cheese, shredded



Directions:

Preheat oven to 350 degrees. Lightly grease a 13x9 inch baking dish with cooking spray.
Brown ground beef in a pan over medium-high heat until no pink remains. Drain off grease. Add spaghetti sauce and heat through.
Place half of the beef mixture in the bottom of the 13x9 casserole. Layer with half of the macaroni and cheese. Repeat the layers one more time.
Top with mozzarella cheese. Bake in oven for 20-25 minutes until hot & bubbly.

Make it a December to Remember!

Chicken and Cheesy Rice Casserole

Ingredients:

- 2-3 cups cooked chicken, shredded (or 1 12 oz can chicken, drained)
- 1 cup cheddar cheese, shredded
- 1 cup uncooked, long grain rice
- 2 cans chicken broth (about 4 cups)
- 1 can cream of chicken soup
- Pepper, to taste



Directions:

Preheat oven to 350 degrees. Place chicken and cheese in an 8x8 casserole dish.

Sprinkle rice over it.

In a separate bowl, stir broth, soup and pepper together. Pour over the top of the chicken and rice.

Bake uncovered for an hour.

Baked Egg Casserole

Ingredients:

- 1 TB butter, melted
- 12 eggs
- 2 cups mozzarella cheese, shredded
- 2 cups Cheddar cheese, shredded
- 16 oz cottage cheese
- 1/2 cup flour
- 1 tsp salt

Directions:

Preheat oven to 350 degrees. Brush the melted butter onto a 9 x 13 casserole dish and set aside.

Add eggs to a large bowl and whisk together. Whisk in cheeses, flour, and salt and pour into the baking dish.

Bake for 55-60 minutes.

Enjoy! ☺



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