

# Pantry News

January 2024 Issue # 1

Welcome to the **Pantry News**. A newsletter designed with you in mind and giving you the opportunity to try out new recipes using food items that you receive in your pantry 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. 📖

This week's vegetables come from **Willow Wisp Farms** and **Bialecki Farms**.

We have included 2 different kinds of nuts this month. Eating nuts as part of a healthy diet may be good for the heart. Nuts contain unsaturated fatty acids and other nutrients. They are a great snack food—easy to store and easy to pack when you're on the go. Research has shown that frequently eating nuts lowers levels of inflammation related to heart disease and diabetes. One drawback is that some may be high in calories, so it's important to limit portion sizes.

## Savory Hazelnut Pasta

### Ingredients:

\*2 TB oil  
\*2 cups baby spinach  
\*1 lb dry spaghetti, or other pasta  
\*1 cup milk  
\*1 (5 oz) package grated Parmesan cheese  
\*1/4 cup hazelnuts, chopped  
\*1 tsp garlic powder  
\*Salt & pepper, to taste  
\*1 tsp dried parsley, optional

### Directions:

In a large pot of boiling water, add spaghetti and cook about 7 to 9 minutes. Keep 1 cup of pasta cooking water; drain the rest.



In a large pan over medium-high heat, heat oil. Cook spinach until soft, about 1 minute. Stir in pasta water, milk, half of the cheese, half of the nuts, garlic, salt and pepper. Mix.

Add pasta to the pan and stir to coat. Top with the rest of the cheese, nuts and parsley (if using).

Serve and enjoy.

*"Forgiveness is not an occasional act, it is a constant attitude."* — Martin Luther King Jr.

## Chicken Noodle Soup

### Ingredients:

2 cups sliced & diced potatoes  
1/2 cup chopped carrots, (2 medium) if canned— drain & chop  
1/2 cup canned chicken, drained and chopped  
1/2 cup milk  
1/2 cup macaroni or rotini, uncooked  
1/2 cup celery, diced  
1 tsp oil  
3 TB flour  
1/2 tsp garlic powder  
3 cups chicken broth



### Directions:

In a saucepan over medium heat, sauté celery in oil for 5 minutes. Add in potatoes and carrots. (if potatoes and carrots are fresh and not canned, cook with celery until tender).

Sprinkle flour and garlic powder over vegetables and stir for 1 minute.

Stir in chicken broth, cover, and cook for 5 minutes.

Add chicken, milk, water, and noodles. Cover and cook over low heat until noodles are tender. (10-15 minutes).

Serve and enjoy!

## Garlic Salmon Linguine

This garlic-seasoned main dish calls for handy pantry ingredients, including pasta and canned salmon.

### Ingredients:

- 1 16 oz package linguine, or other pasta of your choice
- 3/4 cup chicken broth
- 1/3 cup olive oil
- 1 TB dried parsley
- 3 tsp minced garlic
- 1/2 tsp salt
- 1 can salmon, drained- bones and skin removed
- 1/8 tsp cayenne pepper, optional



### Directions:

1. Cook linguine, or pasta of your choice, according to package directions; drain.
2. Meanwhile, in a large skillet, heat oil over medium heat. Add garlic; cook and stir 1 minute.
3. Stir in remaining ingredients; heat through. Add linguine; toss gently to combine.
4. Stir and enjoy!

*"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."* - Martin Luther King Jr.

## Dump-and-Bake Healthy Chicken Parmesan

Just as cheesy and kid-friendly as the original, this Dump-and-Bake Healthy Chicken Parmesan is an easy dinner with no prep work!

### Ingredients:

- \*4 boneless, skinless chicken breasts, thawed, if frozen (about 24 oz)
- \*16 oz marinara or pasta sauce
- \*1/2 cup shredded mozzarella
- \*1/4 cup grated Parmesan cheese
- \*Italian seasoning, to taste
- \*Salt & pepper, to taste
- \*Basil or additional fresh herbs, optional, for garnish
- \*1 lb cooked spaghetti or pasta of your choice, optional



### Directions:

- Preheat oven to 425.
- Prepare pasta as directed on box, if using.
- Spray a large baking dish (9x13) with cooking spray. Spread half of the marinara sauce in the bottom of the dish. Add the chicken on top of the sauce. Sprinkle the chicken with Italian seasoning, salt, and pepper, to taste.
- Pour the remaining sauce over chicken. Cover with foil and bake for 20 minutes. If you are using larger chicken breasts you will need to increase the baking time to at least 30-35 minutes.
- Remove foil, cover chicken with mozzarella and Parmesan cheeses. Return chicken to the oven (uncovered) for an additional 10 minutes, or until cheese is melted and chicken reaches an internal temperature of 165 degrees.
- Serve over pasta (if using) and enjoy!

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