

Pantry News

May 2024 Issue # 5

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 and you'll find the tab under **Popular Resources**. You will find many useful and tasty recipes. ☺

The eggs that you will receive this month come from Valley View Farms, Far Away Farms, and Dave Hauenstein and Leonard Hauenstein.

Potato Cheese Soup with Salmon

Ingredients:

1 1/4 cups diced celery	1 large onion, thinly sliced
1/4 cup butter, cubed	3 1/2 cups sliced peeled, uncooked potatoes*
1 cup chicken broth	3 cups milk, room temperature, divided
1 cup half and half cream	2 cups shredded sharp cheddar cheese
1 tsp dried thyme	1 TB Worcestershire sauce
1 can salmon, drained, bones & skin removed	Salt & pepper to taste



Directions:

1. In a large saucepan, sauté celery and onion in butter until tender. Add potatoes and broth; cover and cook on heat until potatoes are tender; approximately 25-30 minutes. Cool slightly. If you are using canned potatoes, cover and cook on medium for 10 minutes just to blend the flavors.
2. Puree potato mixture in a blender with 2 cups room temperature milk. Return to pan; add remaining 1 cup milk, cream, cheese, thyme, Worcestershire sauce and salmon; heat through. Season with salt & pepper.
3. Serve and enjoy! ☺

*NOTE—you can substitute the uncooked potatoes with 2 cans sliced potatoes, drained.

CHEDDAR CORN CASSEROLE

Ingredients:

1 1/2 cups shredded Cheddar cheese
1 TB all-purpose flour
1/2 tsp black pepper
1/3 cup milk
2 oz cream cheese, softened



1/3 cup sliced green onion, divided, optional

1-2 tsp hot sauce

2 cans (15.25 oz each) canned corn, well drained

*optional toppings:

3/4 cup croutons or crackers, finely crushed

2 strips bacon, cooked and crumbled

1/4 cup diced red bell pepper

Directions:

1. Preheat oven to 350. Toss together Cheddar cheese, flour and pepper in a medium bowl; set aside.
2. Stir together milk, cream cheese, 1/4 cup green onion (if using), and hot sauce in a 9x9 baking dish. Add corn and shredded cheese mixture; stir well to blend evenly.
3. Cover and bake for 30 minutes.
4. Uncover and stir. Sprinkle with remaining green onions and any optional toppings you choose. Bake 5 to 10 minutes longer.
5. Serve and enjoy!

Crispy Split Peas

A highly addictive crunchy snack that you can season with any spices of your choice.

Ingredients:

2/3 cup yellow split peas soaked for 4 hours in water
1 TB olive oil
1/2 tsp salt
1/2 tsp cumin
1/4 tsp chili powder
1/4 tsp paprika



Directions:

After soaking the split peas, drain them and then pat them dry using a paper towel.

Over medium-high heat, coat a large skillet with the oil.

Once the pan is hot, add the split peas along with salt and seasoning and stir frequently until golden in color and crunch and texture. (7-10 minutes)

Remove from pan and serve or store in an airtight container.

Enjoy!

***Note—** Green split peas cannot be substituted for yellow split peas in this recipe, they will not yield the same results.

You only have control over three things in your life-The thoughts you think, the images you visualize, & the actions you take - Jack Canfield

Healthy Moist Carrot Muffins

Ingredients:

*1 large egg
*1 cup unsweetened applesauce
*1/2 cup honey, or maple syrup
*3 TB melted butter, or olive oil
*1 tsp vanilla extract
*1 1/2 cups flour
*1 tsp baking soda
*1 tsp ground cinnamon
*1/4 tsp salt
*1 cup finely shredded carrots (about 2-3 medium carrots)



Directions:

Preheat the oven to 350. Line a 12-cup muffin tin with papers or liners or grease with butter, oil or cooking spray.

In a large bowl, whisk the egg, applesauce, honey, butter, and vanilla. Stir in the flour, baking soda, cinnamon, and salt. Stir ingredients together until just combined and there are still some spots of flour remaining.

Fold in the shredded carrots and 1/2 cup of your favorite add-ins. Mix until just combined (don't overmix).

Bake for 15-20 minutes or until a toothpick inserted in the center of the muffin comes out clean. Cool for at least 10 minutes before serving. Store at room temperature for up to 3 days.

WAYNE COUNTY STRONG