

# Pantry News

June 2024 Issue # 6

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. 📖

The eggs that you will receive this month come from Valley View Farms and Dave Hauenstein and Leonard Hauenstein. The fresh produce comes from Willow Wisp Farms.

## One-Pot Tomato Chickpeas and Rice

### Ingredients:

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|--|--|
| 2 TB olive oil   | 1 small onion, diced                       |
| 2 cups uncooked rice   | 2 cloves garlic, minced                    |
| Salt & Pepper to taste   | 4 cups low-sodium chicken broth            |
| 1 (28 oz) can crushed tomatoes                                 | 2 (15 oz) cans chickpeas, drained & rinsed |
| 1/2 cup finely grated Parmesan cheese, plus more for serving   |  |
| 1 TB dried basil or 1/4 cup loosely packed chopped fresh basil |  |



### Directions:

1. Heat oil in a large Dutch oven or pot over medium-high heat until shimmering. Add the onion and sauté until softened and fragrant, about 3 minutes. Add the rice and the garlic, season with salt and pepper, and sauté about one minute more.
2. Stir in broth, tomatoes, and chickpeas and bring to a boil. Cover, reduce to a simmer, and cook for 18-20 minutes until liquid is absorbed.
3. Stir in the Parmesan cheese. Taste and season with salt & pepper as needed. Garnish with basil and additional cheese if desired.
4. Serve and enjoy! 🍴

*\*NOTE— If you want to add extra vegetables to punch up this one-pot meal, stir in a 12 oz bag of spinach or kern kernels or green beans or any fresh vegetable of your choice at the end of cooking. Heat just until warmed through.*

## PULLED PORK MACARONI & CHEESE

### Ingredients:

- 8 oz uncooked macaroni (2 cups)
- 1/4 cup (4 TB) butter
- 1/4 cup all-purpose flour
- 2 cups milk
- 1/2 tsp ground mustard
- 1/2 tsp salt, or to taste
- 1/4 tsp pepper
- 1 1/2 cups shredded sharp cheddar cheese, divided
- 2 cups prepared pulled pork



### Directions:

1. Cook the macaroni in boiling salted water following package directions. Drain and rinse in a colander.
2. Heat the oven to 350. Butter a 2 1/2—3 quart baking dish.
3. Meanwhile, heat butter in a saucepan over medium heat. Add the flour and continue cooking for 2 minutes, stirring or whisking constantly. Gradually add the milk, whisking to blend thoroughly. Cook, stirring, until thickened and smooth.
4. Stir in the ground mustard, salt, and black pepper. Add 2 cups of sharp cheddar cheese and cook, stirring, until melted.
5. Combine the drained macaroni with the cheese sauce, mixing well.
6. Heat the pulled pork on the stovetop or in microwave until hot (or as directed on the package).
7. Spoon mac & cheese into baking dish. Top with pulled pork and remaining cheese. Bake for 20-25 minutes, or until casserole is hot and cheese is melted.

## Applesauce– Carrot Spice Cake

### Ingredients:

1 cup old-fashioned or quick-cooking oats  
1 1/4 cups unsweetened applesauce  
1 cup packed brown sugar  
2 cups shredded carrots (about 4 medium)  
2 eggs  
1/3 cup vegetable oil  
1 1/2 cups flour  
2 tsp baking powder  
1 tsp baking soda  
1/2 tsp salt  
1 TB pumpkin pie spice  
1/2 cup raisins  
Optional– powdered sugar for topping, if desired



### Directions:

Heat oven to 350. Spray a 13x9 baking pan with non-stick baking spray.  
In a large bowl, mix oats, applesauce, brown sugar, carrots, eggs and oil with spoon until well mixed.  
Pour into prepared pan.  
Bake 30-35 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes.  
Sprinkle top with powdered sugar, if desired. Serve and enjoy!

## Easy Summer Split Pea Salad

### Ingredients:

\*2/3 cup split peas  
\*1 1/2 cup vegetable or chicken broth  
\*1/4 tsp salt, to taste  
\*2 cups cherry tomatoes, halved  
\*2 cans corn, drained  
1 TB parsley  
1 TB basil  
\*1/2 cup red onion, diced  
\*1 medium lemon, zested & juiced, or 2 1/2 TB lemon juice  
\*2 TB extra-virgin olive oil  
\*1 TB Dijon mustard  
\*2 cloves garlic, minced  
\*1-2 tsp honey or maple syrup



### Directions:

To cook split peas, bring the vegetable broth to a low simmer. Add the split peas and cook, uncovered, for 15 minutes or until all of the liquid has been absorbed. Sprinkle with salt to taste, and stir to combine. Remove from heat and allow to cool as you finish preparing the other ingredients.

Combine the olive oil, mustard, lemon juice, garlic and honey or maple syrup in a small jar with a sealing lid.

Shake vigorously to combine.

Add all the salad ingredients to a large mixing bowl: cooked split peas, cherry tomatoes corn, red onion, parsley, and basil. Drizzle with the prepared dressing and gently fold together until well mixed. Serve immediately and enjoy, or store in the refrigerator and serve chilled if you prefer.

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