

Pantry News

July 2024 Issue # 7

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 may from Valley View Farms and Dave Hauenstein and Leonard Hauenstein. The fresh produce this month comes from Willow Wisp Farms and Lato Sud Farms.

Lentil Tabbouleh

Ingredients:

- 1 1/2 cups cooked lentils
- 2 medium tomatoes, diced
- 2 packed cups parsley, diced (or 8 TB dried parsley)
- 1/2 small onion, finely chopped
- 1 TB oil
- 2 TB lemon juice
- 1 tsp salt
- Pepper to taste



Directions:

1. Add lentils, tomatoes, parsley and scallions to a large bowl and mix together.
2. Whisk together oil, lemon juice, salt and pepper in a small bowl.
3. Pour dressing over salad and serve with pita bread, crackers or tortilla chips. If you'd like to make it ahead of time, keep salad and dressing separately in the refrigerator and combine just before serving.
4. Store leftovers in an airtight container in the refrigerator for up to 3 days.

RICE WITH PISTACHIOS

Ingredients:

- 2 TB butter
- 1/4 cup finely chopped onion
- 1 tsp finely chopped garlic
- 2/3 cup pistachio nuts, shelled
- 1 cup uncooked rice
- 1 1/2 cups fresh or canned chicken broth
- Salt & pepper
- 1 bay leaf
- 2 sprigs fresh parsley, optional

Directions:

1. Heat 1 tablespoon butter in a saucepan and add onion and garlic. Cook briefly, stirring, until translucent. Add nuts and rice and stir to blend.
2. Add broth, salt and pepper, bay leaf and parsley sprigs and stir to blend. Cover and simmer for exactly 17 minutes.
3. Uncover rice and remove bay leaf and parsley. Stir in the remaining tablespoon of butter with fork.



Hearty Spaghetti with Lentils & Marinara

Ingredients:

- 1/2 cup dry lentils, or 1 1/2 cups cooked lentils
- 1 large garlic clove, peeled but left whole
- 1/4 tsp salt
- 2 cups vegetable broth or water
- 2 cups marinara/spaghetti sauce
- 8 oz dried pasta
- *Optional garnishes: grated Parmesan cheese and/or chopped fresh basil



Directions:

1. To cook the lentils, first pick through the lentils for debris, and then rinse them in a fine-mesh colander.
2. In a small saucepan, combine the lentils, garlic, salt and broth. Bring the mixture to a simmer over medium-high heat, then reduce heat to maintain a gentle simmer. Simmer until the lentils are cooked through and tender, 20 to 25 minutes. Drain the lentils, discard the garlic, and set the pot aside, uncovered.
3. Meanwhile, bring a large pot of salted water to boil. Cook pasta until al dente, according to the package directions. Drain, then return the pasta to the pot and set it aside.
4. Stir the marinara into the lentils and warm them together over medium heat. Serve pasta topped with warm marinara and lentils and garnish with Parmesan and/or chopped fresh basil, if using.
5. Serve warm. Leftovers will keep well, covered and refrigerated, for up to 4 days.

2-Ingredient Homemade Nutella

This addicting and delicious 2-ingredient Homemade Nutella is perfectly spreadable and ready in under 15 minutes! Made with just raw hazelnuts and chocolate chips, this recipe is easy and healthy.

Ingredients:

- 2 cups hazelnuts, raw
- 1/2 cup chocolate chips see notes



Instructions:

Preheat your oven to 400 degrees and place the hazelnuts on a large baking sheet. Once the oven is heated, place the hazelnuts in the oven and roast them for 7-8 minutes.

Transfer the roasted hazelnuts to your food processor, or blender, then pulse for 2 minutes. Remove the lid, scrape down the sides, then pulse for 2 more minutes. Continue this process until you have creamy hazelnut butter. It should take 6-8 minutes total.

Meanwhile, place the chocolate chips into a bowl.

Once the hazelnuts are smooth and creamy, scrape the mixture into the bowl with the chocolate chips and stir continuously for 1 minute. The chocolate chips should melt and results in creamy, delicious Nutella! If they don't seem to be melting, place the bowl in the microwave for 15 seconds and that should do the trick. Enjoy!

**Storage: store Nutella in a sealed jar at room temperature for up to 2 weeks.*