

Pantry News

September 2024 Issue # 9

We hope you are enjoying *Pantry News*. A newsletter designed with you in mind! You will have the opportunity to try out new recipes using food items that you receive in your 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.

This month we are getting vegetables come from Willow Wisp Farms and Lato Sud Farms. The eggs are from Valley View Farms, Far Away Farms, and Dave Hauenstein and Leonard Hauenstein.

We have been including various nuts each month with our distribution. Not only are they tasty, but nuts are loaded with nutrients that can improve your overall health. They contain protein, fiber, vitamins, minerals, and antioxidants. They are also rich in unsaturated fats, which are considered "good" fats. Nuts can be added to your yogurt or as a salad topper for a nice crunch that is healthier than croutons. Nuts can also be added to smoothies or put on top of ice cream or crushed in place of bread crumbs when coating chicken or fish for a refreshing, tasty and healthy change. Remember, when it comes to nuts, you only need a handful to take advantage of the health benefits. Get creative & get healthier while you do it.

Easy Cinnamon and Sugar Candied Pecans

Ingredients:

6 TB salted butter
2 large egg whites
 $\frac{1}{4}$ tsp salt
 $\frac{3}{4}$ cup granulated sugar
 $1\frac{1}{4}$ tsp ground cinnamon
4 cups whole raw pecans (see note)



Instructions:

Preheat oven to 325 degrees.

Melt the butter and spread on a rimmed half sheet pan (11x17).

In a large bowl, add the eggs whites and salt and whisk until foamy but still liquidy, 30 seconds or so. Add the sugar and cinnamon and mix until well blended and the cinnamon is completely mixed in.

Add the pecans and gently mix until the nuts are well coated, making sure to get underneath to the bottom of the bowl as you mix.

Spread the pecan mixture in an even layer over the melted butter in the pan. Bake for 10 minutes. Remove the pan from the oven and using a flat metal spatula or similar tool, quickly stir the pecans and spread them back into an even layer. Bake for another 10 minutes, stir again, and spread into an even layer.

Bake for a final 5-10 minutes (watching closely!) until the pecans are sizzling and lightly golden. Remove from oven and stir, scraping up from the bottom of the pan. Spread them into an even layer (one more time) and let rest for 1-2 hours without stirring again until completely cooled. The pecans keep for up to a week covered in a cool-dry place. Grab a handful and enjoy! 😊

Almond Rice Pilaf

Ingredients:

2 TB butter
1/4 cup finely chopped onion
1/3 cup slivered almonds
1 cup uncooked white rice
2 cups chicken broth
1/4 tsp salt
Black pepper to taste
Chopped fresh or dried parsley, optional



Directions:

In a medium saucepan, melt the butter over medium-high heat. Stir in the onion and almonds. Cook for 5-7 minutes or until the onion is softened and the almonds are golden, stirring occasionally. Add the rice; cook & stir for 1 minute. Cover, reduce heat to low, simmer for 15-20 minutes or until liquid is absorbed. Fluff with a fork and garnish with parsley. Enjoy! ☺

True strength is measured by patience, ability and compassion, never simply brute force. – Cary Washington

Did you know that you could make rice in a microwave?

Want rice that turns out perfectly every single time? Need a quick and easy side dish? Follow these easy tips and you can make rice in the microwave that is fluffy and clump free. It's so simple to do and a great time saver for an easy dinner!

- Rinse 1 cup of white rice- drain excess water.
- Add the rice and 1 1/2 cups of water to a microwavable safe dish. Add a pinch of salt and/or 1 tsp of oil or butter (optional) for extra flavor (no stirring necessary). Rice expands as it cooks, so choose a larger dish that can hold at least 8 cups to hold your rice and prevent bubbly overflow. For more flavor, use broth instead of plain water or a 50/50 mix of water and broth.
- Microwave uncovered on high for 8-10 minutes, until most of the water is absorbed and some steam holds appear in the rice. Place a plate under your dish to catch any bubbly overflow that may flow over the edge of your dish.
- Cover and microwave on high for 4 minutes. (can cover with plastic wrap, a lid, or a plate) Then microwave it again for about 4 more minutes.
- Let the rice rest for 5-6 minutes, fluff and it's ready to serve. If desired, add additional flavor or seasonings.
- Serve and enjoy.