

Pantry News

November 2024 Issue # 11

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, Dave Hauenstein and Leonard Hauenstein.

This month's produce will be coming from Willow Wisp Farms and Lato Sud Farms.

Super Crispy Baked Chicken

Ingredients:

- 2 cups mashed potato flakes
- 2 TB grated Parmesan cheese
- 2-3 tsp Italian seasoning
- 1/2 to 1 tsp pepper
- 1/2 cup butter, melted
- 3 1/2 to 4 1/2 lbs chicken pieces



Directions:

1. Preheat oven to 375. In a shallow dish, combine potato flakes, Parmesan cheese, poultry seasoning and pepper. Place butter in another shallow dish. Dip chicken in butter, then coat with potato flake mixture.
2. Place on a lightly greased baking pan and bake uncovered, 50-65 minutes or until juices run clear.

"Welcome November

New month, new chapter, new page and new wishes. May the month give you Courage, Strength, Confidence, Patience, Self-love & Inner peace. May everyday in November fill your days with Hope, Love, Sunshine and Energy. Let there be Joy, Fun and Laughter."- anonymous

Baked Mashed Potatoes

Ingredients:

- 2 1/3 cups milk
- 1 3/4 cups shredded cheddar cheese
- 1 1/2 cups water
- 4 TB butter
- 1 tsp salt
- 2 3/4 cups instant potato flakes
- 2 eggs, beaten

Directions:

1. Put milk, shredded cheddar cheese, water, butter, and salt in a large pot and stir. Bring to a boil over medium heat, stirring often.
2. Remove from heat and whisk in instant potato flakes.
3. Stir in beaten eggs.
4. Spread into a greased 9x9' baking dish.
5. Bake at 350 for 30-35 minutes, until puffy and golden.



Easy Mexican Corn and Rice Casserole

This easy one-bowl Mexican corn and rice casserole is a fun weeknight dinner.

Ingredients:

- *Nonstick cooking spray
- *2 cans corn, drained
- *3 cups cooked rice
- *2 cups prepared salsa
- *1/2 cup sour cream
- *1 onion, finely chopped
- *1 1/2 tsp ground cumin
- *3/4 tsp garlic powder
- *1 tsp salt
- *1/4 tsp black pepper
- *1/2 cup shredded Mexican-blend or cheddar cheese (for corn mixture)
- *1 cup shredded Mexican-blend or cheddar cheese (for topping)



Directions:

Preheat the oven to 350. Spray a 9x13 inch baking dish with nonstick cooking spray. Set aside.

Place corn, cooked rice, salsa, sour cream, onions, cumin, garlic powder, salt & pepper, and 1/2 cups shredded cheese in a large mixing bowl. Fold the ingredients together with a rubber spatula until thoroughly combined.

Transfer mixture to the prepared baking dish and smooth it into an even layer. Sprinkle with 1 cup shredded cheese evenly over the top.

Bake the casserole on middle rack of the oven until cheese is golden brown and dish is gently bubbling at the edges, 35-40 minutes.

Allow the casserole to rest for 15 minutes before serving. Enjoy!

** for extra flavor and protein— add 1 can of drained chicken to the corn mixture before baking!*

Trail Mix

Trail mix is the ultimate snack! Keep it on the counter in an airtight container for everyday snacking or take it on the go for a sweet and salty treat with crunch nuts, dried cranberries, and chocolate chips

Ingredients:

- 1 cup shelled pistachios
- 1 cup walnuts
- 1 cup pecans
- 1/2 cup dried cranberries
- 1/2 cup chocolate chips
- 1/2 cup pumpkin seeds or sunflower seeds, optional



Directions:

Combine all ingredients in a bowl or resealable airtight container and stir to combine.

Store for up to 3 months. **For extra flavor—*

roast the nuts before adding to the trail

mix. Preheat oven to 300 degrees. Spread nuts out on baking sheet in a single layer.

Roast for 20-25 minutes, stirring occasionally, until nuts are very aromatic and lightly browned. When cooled, make the trail mix. Enjoy!

Cranberry Walnut Slaw

This delicious slaw is tart, sweet, and perfect for the holidays!

Ingredients:

- 6 cups shredded cabbage, or 1 (16oz) bag shredded coleslaw mix
- 1/2 large sweet onion, chopped
- 1 stalk celery, chopped
- 1/2 cup dried cranberries
- 1/4 cup chopped walnuts
- 1/2 cup distilled vinegar
- 1/3 cup white sugar
- 1/2 cup vegetable oil
- 1 1/2 tsp salt
- 1 1/2 tsp dry mustard
- Pepper to taste



Directions:

In a large bowl, toss together the cabbage, or coleslaw mix if using, onion, celery, cranberries, and walnuts. Mix the vinegar, sugar, oil, salt, mustard, and pepper in a jar with a lid. Shake until well blended. Pour over the slaw mixture, and toss to coat. Refrigerate until serving. Enjoy!