

Pantry News

January 2025 Issue # 1

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.

This month we are getting squash from Lato Sud Farms. The eggs are from Valley View Farms, Dave Hauenstein and Leonard Hauenstein.

"The new year stands before us, like a chapter in a book, waiting to be written."— Melodie Beattie

Yellow Split Pea and Bacon Soup

Ingredients:

8 oz thick sliced bacon, chopped
2 cloves garlic, minced
3 carrots, diced
1 lb dried yellow split peas
1 tsp smoked paprika
1 bay leaf
1 large yellow onion, chopped
2 TB olive oil
3 celery stalks, diced
8 cups chicken stock or water
Salt & pepper to taste



Directions:

1. In a large stockpot over medium high heat, fry bacon until golden brown.
2. If needed, add 1-2 tablespoons of olive oil to the pan then add the onions and garlic until onions are translucent, 5-10 minutes.
3. Add the carrots, celery, split peas, chicken stock/water, smoked paprika and bay leaf.
4. Bring to a boil, then simmer uncovered (skimming off any foam that forms while cooking) for 1-2 hours or until the peas start to break down. Check often and stir frequently to keep the soup from burning on the bottom.
5. Salt & peppers to taste, Serve hot.
6. Enjoy!

Lentil Soup

Ingredients:

1 TB olive oil
1 medium yellow onion
3 carrots
2 celery ribs
3 garlic cloves, minced
1 1/2 tsp Italian seasoning
1/2 tsp dried oregano
1/2 tsp salt
1/4 tsp black pepper
2 cups brown or green lentils, rinsed & drained
4 cups chicken, beef or vegetable broth
3 cups water
1 (15 oz) can crushed tomatoes, can use diced— just crush before using for a better consistency
1 bay leaf



Directions:

1. Chop onion, carrots and celery.
2. In a Dutch oven or soup pot, heat up oil over medium heat.
3. Add chopped onion, carrots and celery. Sauté, stirring often, for 5 minutes.
4. Add garlic, Italian seasoning, oregano, salt and pepper. Stir and sauté for 3 to 4 minutes.
5. Add lentils and stir in. Sauté for 3 minutes.
6. Add all liquids and bay leaf. Stir everything together. Bring to a boil.
7. Reduce heat to simmer and cook soup, covered, for 25 to 30 minutes, or until the lentils are cooked. Stir often.
8. Once done, remove soup from heat. Cool soup for 10 minutes or so, then serve.

Notes— You can add seasonal vegetables to this soup: sweet potatoes, zucchini, corn, kale, spinach, etc.

STUFFED SQUASH + RICE, CRANBERRY & PISTACHIO

Ingredients:

1 large or 2-3 small butternut squash, sliced in half lengthwise and seeds removed

1 TB pure maple syrup or olive oil

2 tsp thyme, fresh or dried

Rice Stuffing:

1 cup uncooked rice, rinsed well

2 cups water

1/2 - 3/4 cup dried cranberries

1/2—3/4 cup pistachios, shelled

1 small onion, finely diced

Salt & pepper to taste

1 can (15 oz) chickpeas, drained and rinsed

*Red pepper flakes, chopped parsley, mint— optional for additional flavor

*Shredded cheese of your choice, optional for an extra special touch



Directions:

Preheat oven to 375. Line a baking sheet with parchment paper.

Prep and roast the squash. Slice each squash in half lengthwise, remove seeds. The seeds should come out easily by scraping the inside of the squash with a spoon. Lightly brush the inside of each squash with a little oil or maple syrup. Sprinkle with a big of salt and thyme. Place on baking sheet cut side up. Bake in oven for 40-45 minutes or until squash is tender and pierces easily with a fork.

Rice stuffing: In a medium pot, add rice and water, bring to a boil, cover, reduce heat to low, simmer for 15 minutes. Remove lid, fluff with a fork, and let set for 10 minutes until all liquid absorbed. Add pistachios, cranberries, onions, chickpeas, salt, pepper and any other optional ingredients. Toss well to combine.

Assemble: Scoop rice mixture onto squash halves (add shredded cheese, if using), place back in the oven for 10 minutes to warm, if needed. Cut each side in half. Serve and enjoy!

A Must-Try Buffalo Chicken Dip Recipe

Ingredients:

8 ounces cream cheese (softened)

1/2 cup blue cheese (or ranch) salad dressing

1/2 cup any flavor Frank's Red Hot Sauce

1/2 cup crumbled blue cheese (or shredded mozzarella cheese)

2 cups shredded cooked chicken or 2 (10 oz) pouch chicken, drained



Directions:

1. Heat the oven to 350F. Place 8 oz softened cream cheese into a deep baking dish.
2. Mix in 1/2 cup blue cheese or ranch salad dressing, 1/2 cup any flavor red hot sauce and 1/2 cup crumbled blue cheese or shredded mozzarella cheese. Stir in the chicken.
3. Bake it for 20 minutes or until the mixture is heated through. Stir and garnish as desired.

This recipe can also be done in the microwave— Prepare as above, using a microwave safe dish. Microwave, uncovered for 5 minutes or until hot, stirring halfway through.