

Pantry News



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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. 📖

Dried Cranberries

Dried cranberries are packed with health benefits that make them an ideal addition to your diet. They are an excellent source of antioxidants, which help to protect your body from free radicals that can cause cellular damage. This makes them an effective food for improving overall health and reducing the risk of chronic diseases such as cancer, heart disease, and diabetes. They are delicious in salads, grain bowls, yogurt and even savory dishes like roasted vegetables. Dried cranberries can also be used in baked goods like muffins, cookies, and bread, adding a burst of sweetness. Don't be afraid to get creative with your recipes-dried cranberries can add a flavorful twist to almost any dish.

Split Pea and Pear Soup

Ingredients:

- 2 cups chopped onions (1 large)
- 1 TB vegetable oil
- 1/2 tsp cumin
- 1 tsp turmeric
- 1 tsp ground ginger
- 1/2 tsp cinnamon
- 1 1/2 cups split peas
- 2 cups peeled & cubed sweet potato (1 large), or any potato of your choice
- 1 can pears, drained
- 7 cups chicken stock or water
- Salt & pepper, to taste



Directions:

In a large pot, sauté the onion in oil for about 5 minutes until golden, stirring frequently.

Add the cumin, turmeric, cinnamon and ginger and cook for another minute.

Add the split peas, stock or water, sweet potato, pears and bring to a boil.

Lower the heat and simmer for 35-45 minutes, or until the split peas are tender, stir frequently to keep solids from burning on the bottom and add more stock or water if needed

Salt and pepper to taste,

Serve immediately and enjoy! 😊

PECAN PIE OVERNIGHT OATS

Ingredients:

- 1 cup pecans, chopped
- 2 TB maple syrup
- 1 TB brown sugar
- 1 tsp ground cinnamon
- 1/4 tsp vanilla extract
- Pinch of nutmeg
- 2 cups old fashioned oats
- 2 cups milk



Directions:

1. In a medium skillet, combine pecans, maple syrup, brown sugar, cinnamon, vanilla and nutmeg until toasted and well combined, about 3-4 minutes; set aside.
2. Combine oats, milk and vanilla in a large bowl. Refrigerate, covered, for at least 5 hours or overnight.
3. Serve oats, topped with pecan mixture.

Small Batch Butter Pecan Ice Cream

Ingredients:

2 TB butter
3 TB brown sugar
1 (14 oz) can sweetened condensed milk



2 cups pecans, chopped
2 cups heavy cream, cold
1 tsp vanilla extract

Instructions:

Melt butter in large saucepan over medium heat. Add the pecans to the saucepan, toasting them while stirring constantly for 2-3 minutes. Sprinkle brown sugar over pecans continuing to stir until the sugar melts and forms a glaze.

Spread the sugar-glazed pecans onto a baking sheet in a single layer and allow them to cool.

Whip the heavy cream in a mixing bowl until stiff peaks form, creating the creamy foundation of your ice cream. (about 2-3 minutes)

Pour sweetened condensed milk into a separate large bowl. Whisk in the vanilla, blending it with the milk.

Transfer the whipped cream to the bowl with the sweetened condensed milk and vanilla mixture. Gently fold them together until completely mixed. Pour half of the ice cream mixture into your freezer-safe container.

This step begins the layers process for well-distributed flavor.

Evenly sprinkle the toasted pecans over the ice cream layer.

Carefully pour the rest of the ice cream mixture over the pecan layer. Using a knife, gently swirl the pecans into the ice cream.

Cover the container with plastic wrap. Freeze for at least 6 hours.

Serve & enjoy!

Pecan-Crusted Chicken

Ingredients:

1/3 cup finely chopped pecans
1/3 cup bread crumbs
1/2 tsp garlic powder
1/2 tsp paprika
1/2 tsp salt & pepper
4 boneless, skinless chicken breast halves (thawed, if frozen)
3 TB Dijon mustard



Directions:

1. In a shallow bowl, combine the pecans, bread crumbs, garlic, paprika, salt and pepper. Place Dijon mustard in another shallow bowl. Coat chicken with mustard, then roll in pecan mixture.
2. Place coated chicken in a greased 13x9 inch baking dish. Bake, uncovered, at 375 for 30-35 minutes or until juice run clear.
3. Serve and enjoy. Pairs nicely with rice and vegetables or a side salad.

**** For a special treat– Mix some additional Dijon mustard with maple syrup and drizzle over chicken.***

How can I make my pinto beans more flavorful?? Adding in cumin, oregano, basil, garlic, onion, and bay leaves will all improve the flavor. Spicing them up with chili flakes can also make them much more interesting. Don't be afraid to get creative! :)

WAYNE COUNTY STRONG