

Pantry News

May 2025 Issue # 5

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 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.

Thank you to the farmers who support Wayne County Food Pantry— Willow Wisp Farm, Lato Sud Farm, Valley View Farm, Far Away Farms, Creamworks Creamery, Dave Hauenstein and Leonard Hauenstein.

Easy Lentil Shepherd's Pie

For the mashed potatoes:

2 Cups potato flakes
2 ¼ Cups water
¾ Cup Cold milk- Can use shelf stable milk

Shepherd's Pie Filling:

1 Cup dry lentils (green or brown)
3 Cups water or low-sodium broth
1 yellow med/large onion, Chopped
2 Cups Canned mixed vegetables, drained
1 TB garlic powder
1 tsp smoked paprika
½ Cup Ketchup
2 TB soy sauce
2 tsp Worcestershire sauce
2 TB corn starch
Salt & pepper to taste

Instructions:

Make the mashed potatoes— Bring water to boil in a medium saucepan. Remove from the heat and mix in the milk. Add the potato flakes and gently stir, but do NOT whip. Taste and season with salt & pepper. Set aside.

Prepare the lentils. Combine the lentils and water or broth in a saucepan and bring to a boil. Reduce the heat to a simmer, cover, and cook for 20-25 minutes or until the lentils are tender.

Make the lentil filling. Preheat a nonstick skillet over medium heat and sauté the onions for 2-3 minutes until they're soft. Then, add frozen vegetables and cook for 5 minutes giving them time to defrost and cook a bit.

Reduce the heat to low and add the cooked lentils to the onion and veggie mixture. Gently mix until it's well combined. Add the garlic powder, smoked paprika, Ketchup, soy sauce, Worcestershire sauce, and stir to combine.

Sprinkle the cornstarch evenly over the mixture and stir until it's thoroughly mixed into the filling. Continue stirring 1-2 minutes until it has thickened a bit. It will have a gravy consistency. Taste and season with salt & pepper if necessary.

Assemble the Shepherd's Pie. Preheat the oven to 375. Transfer the lentil filling into a 2-quart baking dish and smooth out. Spread the mashed potatoes carefully over the top. Bake for 20-25 minutes. Turn oven to broil. Broil dish until potatoes get brown and crispy. Enjoy 😊



EASY WEEKNIGHT CHICKEN SPAGHETTI

Ingredients

1 lb dry spaghetti, broken in half, then broken in half again
2 cups cooked chicken, chopped (or one 12oz pouch chicken, drained)
1 can cream of chicken soup, undiluted
1 can cream of mushroom soup, undiluted
1/4 cup green pepper, finely diced, optional
1/4 cup onion, finely diced
16 oz chicken broth
2 cups shredded cheddar cheese, reserve 1/2 cup for later use
1 tsp garlic powder
1 tsp season salt



Directions:

1. Preheat your oven to 350. Grease 9x 13 baking dish and set aside.
2. Cook spaghetti in boiling water according to package directions until al dente. Reserve and set aside 1/2 cup of the cooking water. Drain spaghetti well.
3. While spaghetti is cooking, combine all other ingredients. (don't forget to reserve 1/2 cup of cheese for later use) Mix well. If mixture is dry, add reserved pasta water as needed.
4. Add cooked spaghetti to chicken mixture and stir to combine.
5. Pour mixture into the greased casserole dish and top with reserved 1/2 cup of cheese.
6. Bake until the cheese is melted and bubbly , about 30 minutes.

CHOCOLATE HAZELNUT SPREAD

Ingredients:

1 cup raw hazelnuts
1/2 tsp vanilla
1/4 tsp sea salt
1/8 cup cocoa powder
1/8 cup + 1 tsp maple syrup
1/4 cup chocolate chips
1/4 cup milk



Directions:

1. Preheat the oven to 375 degrees. Spread hazelnuts on a baking sheet and roast for 10 minutes.
2. Remove hazelnuts from oven and cool. Using your hands or a clean towel, gently rub the hazelnuts until the skins fall off—they may not all come off—that's ok.
3. In the microwave, melt the chocolate chips with the maple syrup for 15 seconds, take it out and stir. If not fully melted, continue in increments of only a few seconds until chips are completely melted.
4. Add the cooled hazelnuts to a food processor or blender and pulse for 30 seconds to break them down. Blend for another 30 seconds until they are finely ground. Add the vanilla, salt, cocoa powder and melted chocolate chips and maple syrup mixture. Blend until smooth and creamy. Slowly add the milk to make creamier. Add more maple syrup for a sweeter spread and continue adding milk a little at a time until you reach your desired texture. The spread will thicken in the fridge as it sits.
5. Enjoy immediately! Store in an air-tight jar in the refrigerator for up to at least 3 weeks.