

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 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.

SUNCHOKES

Sunchokes are a versatile North American root vegetable known for their nutty flavor, minimal preparation time and quick cooking. Almost anything you can do to a potato you can do to a sunchoke; they can be roasted, fried, boiled, steamed, mashed, or grilled. They can also be eaten raw. Sunchokes are low in calories, high in fiber, and are a great source of iron, calcium, magnesium and potassium. They also contain the carbohydrate inulin, which helps keeps the blood and glucose levels stable.



How to prepare sunchokes

Like potatoes, sunchokes grow underground, so the first step is to rinse them in cold running water to remove any traces of dirt. You do not have to peel them; the skin is edible. Sunchokes will oxidize when sliced, so it's best to use them right away or store them in acidulated water (water with the juice of one lemon) if not using immediately.

ROASTED— Slice into half-inch slices. In an oven-proof pan drizzle with a little oil, sprinkle with salt and pepper, and then roast in a 425 degree oven for about 20 to 30 minutes. Roasting brings out the natural sweetness of sunchokes.

MASHED— Boil sunchokes for about 15 minutes until tender, then mash with butter, salt and pepper. If you like, you can mash them with roasted garlic.

RAW— If using sunchokes raw, you may want to peel them. Add crunch to a salad by topping with thin slices of sunchoke.

FRIED (like potato chips)— Slice them as thinly as you can and then fry in hot oil-whatever healthy oil you prefer— until they are crispy and golden brown. Drain on a paper towel and sprinkle with salt.

Dried plum recipe suggestions

Dried plums, known for their delectable sweetness and nutritional value, offer a world of culinary possibilities. Dried plums can be added to your morning oatmeal, added to your chicken salad, or even added to your simmering pot of lentil soup.

If you are thinking about a sweet indulgence-try combining melted dark chocolate with chopped dried plums. Just spread the mixture onto a baking sheet and sprinkle with some sea salt, if desired, for a touch of that sweet & salty contrast. Let it cool until hardened then break into pieces and enjoy.



Easy Peach Cake

Making a peach cake with canned peaches is simple and quick. Canned peaches add moisture and flavor, making this dessert a delightful treat any time of year.

Ingredients:

2 cans peaches, drained
1 cup all purpose flour
1/3 cup sugar plus a little to sprinkle on the bottom of the pan, brown sugar can be used if preferred
2 1/2 tsp baking powder
3 eggs, room temperature
1/2 cup butter, melted
1/2 tsp vanilla extract



Directions:

Preheat oven to 350 degrees. Grease a 9 inch round cake pan.

Pour melted butter into the pan, then sprinkle sugar evenly over it. Arrange the drained peach slices on top.

In a bowl, whisk together flour, baking powder, and salt. In another bowl, cream together butter and sugar until light. Add eggs, milk, and vanilla, mixing well.

Gradually add the dry ingredients to the wet mixture, stirring until just combined. Pour the batter over the peaches in the pan.

Bake for 35-40 minutes, or until a toothpick inserted in the center comes out clean.

Let the cake cool for about 30 minutes before inverting it onto a plate.

Serve warm or at room temperature.

"We may encounter many defeats but we must not be defeated."

- Maya Angelou

Mexican Pork and Beans Casserole

Ingredients:

1 lb ground pork
1 can pinto beans, rinsed and drained
1 packet taco seasoning mix
1 can (10 oz) mild red enchilada sauce
1/2 cup water
6 corn tortillas, cut into 1-inch strips (about 2 cups)
1 cup shredded cheese, cheddar, Monterey Jack or whatever cheese you like



Instructions:

Preheat oven to 375 degrees. In a 10-inch skillet, cook pork over medium-high heat 5-7 minutes, stirring frequently, until no longer pink; drain away any grease.

In an ungreased 2-quart casserole, stir pork, beans, taco seasoning mix, enchilada sauce, water and tortilla strips until well mixed.

Cover and bake about 40 minutes or until heated through. Stir casserole; sprinkle with cheese. Bake uncovered an additional 5-8 minutes longer or until cheese is melted.

Enjoy!