

Pantry News

January 2026 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 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.

Chicken Salad

Ingredients:

1/2 cup plain low-fat yogurt
2 TB mayonnaise
1 tsp parsley
1/2 tsp seasoned salt, or 1/2 tsp sea salt
1/4 tsp black pepper
2 cans cooked chicken, drained, or 2 cups cooked chicken cut into bite-size chunks
1/2 cup thinly sliced celery
1/4 cup chopped onion



Directions:

Mix yogurt, mayonnaise, parsley, seasoned salt and pepper in a large bowl. Add chicken, celery and onion; toss to coat well. Cover.

Refrigerate for at least 30 minutes or until ready to serve. Serve in sandwiches or on salad greens.

***For an extra burst of flavor—** you can add in ingredients like dried cranberries, walnuts, pecans, etc.

Homemade Dried Fruits Dipped in Dark Chocolate

Making homemade dried fruits dipped in dark chocolate is so easy and nutritious. Sure, you can buy them, but making them at home allows you to know exactly what goes into them. It also saves you so much money!

Ingredients:

1 cup dark chocolate melting chips
20 pieces dried fruit— dried plums, apricots, dates, figs
Sea salt, optional



Directions:

Line a baking sheet with parchment paper. Set aside. Start by melting the chocolate in the microwave or over the double boiler. It does not need to be melted all the way when you remove it from the microwave, it will continue to melt as you stir it after. Start with 45 seconds and use 10 second increments until ready. Dip the dried fruit in the chocolate. You can cover them all the way or partially, as you prefer. Place on parchment-lined baking sheet. If you are using sea salt— be sure to do this while the chocolate is still wet. If you house is cool enough, you won't need to chill them. If not, put them in the fridge for a few minutes to set the chocolate.

Ground Pork Lentil Stew

Ingredients:

- 1 lb ground pork
- 1 cup dried lentils, rinsed and drained
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 TB olive or vegetable oil
- 2 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp cinnamon
- Salt & pepper, to taste
- 4 cups chicken broth or water



Directions:

Heat olive oil in a large pot over medium heat. Add the diced onion and sauté until translucent, about 5 minutes.

Add the ground pork to the pot, breaking it up with a wooden spoon. Cook until the pork is no longer pink, stirring occasionally, for about 8-10 minutes.

Stir in the minced garlic, ground cumin, smoked paprika, cinnamon, salt & pepper. Cook for an additional 2 minutes to allow the spices to bloom and become aromatic.

Add the rinsed lentils to the pot and pour in the chicken broth, or water. Bring the mixture to a boil, then reduce the heat to low, cover, and simmer for about 25-30 minutes or until the lentils are tender.

Taste for flavor and adjust with more salt and pepper if needed. If the mixture looks too thick, add more broth or water to reach your desired consistency.

Serve hot and enjoy!

Tasty Taco Lentils

This lentil taco recipe will fool even the meat eaters. Swapping out meat for cooked lentils while using all the typical taco ingredients—like tomatoes and shredded lettuce and cheese—is a game changer.

Ingredients:

1 tsp olive oil	1 medium onion, finely chopped
1 garlic clove, minced	1 cup dried lentils, rinsed
1 TB chili powder	2 tsp ground cumin
1 tsp dried oregano	2 1/2 cups chicken broth or water
1 cup salsa	12 taco shells
1 1/2 cups shredded lettuce	1 cup chopped tomatoes
1 1/2 cups shredded cheddar cheese	Sour cream, optional



Directions:

In a large nonstick skillet, heat oil over medium heat; sauté onion and garlic until tender. Add lentils and seasonings; cook and stir 1 minute. Stir in broth; bring to a boil. Reduce heat; simmer, covered, until lentils are tender, 25-30 minutes.

Cook, uncovered, until mixture is thickened, 6-8 minutes, stirring occasionally. Mash lentils slightly; stir in salsa and heat through. Serve in taco shells. Top with remaining ingredients as desired. Enjoy!