

Pantry News

February 2026 Issue # 2

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 box.

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.

Canned Salmon Pasta

Ingredients:

- 2 TB olive oil
- 2 TB garlic, minced
- 1 can salmon, skin and bones removed
- 2 TB lemon juice & zest of 1/2 lemon, zest optional
- 1 TB parsley
- Salt & pepper to taste
- 8 oz uncooked pasta

Directions:

1. Boil a salted pot of water for your pasta and cook it al dente according to package directions. Prep your other ingredients while it cooks.
2. When the pasta is close to being ready, add the oil to a small pan over medium heat. Once the oil is hot, add the garlic and cook it for 30 seconds.
3. Stir in the salmon (break it up with your fork/flake it, and if you wish, add in the juices from the can of salmon for more flavor), the lemon juice +zest, and parsley. Let it heat through.
4. Once the pasta is done, add some of the pasta water (a couple of tablespoons) to the sauce and then drain the pasta and toss with the sauce. Season with salt & pepper as needed.
5. Serve hot and enjoy!



Chicken, Canned Apricots, and Walnut Salad

Ingredients:

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| • 1 cup cooked rice | 1 cup spinach |
| • 1 can apricots, drained | 1/2 cup chopped walnuts, toasted |
| • 1 1/2 cups cooked, shredded skinless chicken, or 2 pouches chicken, drained | 2 TB red wine or white vinegar |
| • 2 tsp Dijon mustard | 2 TB olive oil |



Directions:

In a large bowl, place the brown rice, spinach, drained apricots, walnuts, and shredded chicken. In a medium jar, whisk together the vinegar, olive oil, and mustard until well combined. Drizzle dressing over salad mixture. Season with salt & pepper to taste. Gently toss to mix. Serve & enjoy!

The Easiest Peach Cobbler Recipe

Ingredients:

2 cans peaches with juice
3/4 cup sugar
3/4 cup flour
1/4 tsp salt + a dash
3/4 tsp baking powder
3/4 cup milk
1/2 cup butter, melted
3/4 tsp vanilla
Nutmeg and cinnamon, as desired

Directions:

Preheat oven to 375 degrees. Grease a 2-3 quart baking dish. Set aside.

In a small bowl add sugar, flour, salt and baking powder. Whisk together. Add milk and whisk until thoroughly blended then mix in vanilla along with just a dash of salt.

Pour melted butter into the bottom on the baking dish. Pour flour mixture over butter in pan. Pour peaches with juice on top of flour mixture. Sprinkle with just a pinch of nutmeg, if desired and sprinkle with a little cinnamon over the top of the peaches.

Bake in preheated oven for 45 minutes. Remove from oven— let cool at least 10 minutes before serving.

Serve with ice cream if desired. Enjoy!



“The time is always right to do what is right!”- Martin Luther King Jr

Simple Salmon Chowder

Ingredients:

1/2 cup each chopped celery and onion
1 garlic clove, minced
3 TB butter
1 (14 1/2 oz) can chicken broth
1 cup uncooked diced potatoes
1 cup shredded carrots
1 1/2 tsp salt
1/2 tsp pepper
3/4 tsp dried dill weed, optional
1 can (14 3/4 oz) cream-style corn
2 cups half-and half cream
1 can salmon, drained bones and skin removed

Directions:

In a large saucepan, sauté celery, onion and garlic in butter until the vegetables are tender. Add broth, potatoes, carrots, salt, pepper and dill; bring to a boil.

Reduce heat; cover and simmer for 40 minutes or until the vegetables are nearly tender. Stir in the corn, cream and salmon. Simmer for 15 minutes or until heated through.

Serve and enjoy!



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