

# P ntry News

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We hope you enjoy this issue of *Pantry News*. A newsletter designed with you in mind! You will have the opportunity to try out new recipes using food items that you receive in your bag.



This month we have included yellow split peas. Yellow split peas belong to the same family as lentils and are very nutritious—high in both protein and fiber. Below is a yummy way to use them. Give it a try 😊

## Yellow Split Pea and Bacon Soup

8 oz thick sliced bacon, chopped	1 large yellow onion, chopped
2 cloves garlic, minced	2 Tablespoons olive oil
3 Carrots, diced	3 Celery stalks, diced
1 pound dried split yellow peas	8 cups chicken stock or water
1 teaspoon smoked paprika	salt and pepper to taste
1 bay leaf	

### Instructions:

1. In a large stockpot on medium high heat, fry bacon until golden brown.
2. If needed, add one-two tablespoons of olive oil to the pan then add the onions and garlic until onions are translucent, 5-10 minutes.
3. Add the carrots, celery, split peas, chicken stock/water, smoked paprika, and bay leaf.
4. Bring to a boil, then simmer uncovered (skimming off any foam that forms while cooking) for 1-2 hours or until the peas start to break down. Check often and stir frequently to keep the soup from burning on the bottom.
5. Salt and pepper to taste. Serve hot.

This week's produce is from Willow Wisp Farms, Damascus. They have supplied us with Tatsoi, Japanese turnips, and Arugula. On the back page you will find some tasty recipes to use your fresh produce.

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**Tatsoi** is a very versatile green, equally suited to being served raw or lightly cooked (steamed, sautéed, braised, or stir fried). Use tatsoi anywhere you'd use spinach.

*Tatsoi has a short shelf-life and will only last a few days. Store in a plastic bag and wait to wash until eating or cooking.*

**Arugula** is a spicy, peppery green that works well in salads, pasta, sandwiches, and even sauces. Along with other leafy greens, arugula packs a nutritious punch.

**Japanese baby turnips** are tender, sweet, and juicy as can be. They can also be very versatile. You can slice them into thin discs for fresh salads, roast or even stir fry them. You can take advantage of both their leaves and their bulbs and we've included a recipe below doing just that in an insanely easy & delicious side dish.

## Arugula & Apple Salad

### Ingredients:

2 TB plain yogurt	4 TB olive oil, divided
2 tsp honey	Salt & freshly ground black pepper
1 large, sweet apple, cored & thinly sliced	1 bunch arugula, tough stems trimmed
2 TB vinegar (Cider, sherry, or red wine vinegar will work)	Sea salt (optional)

### Preparation:

Whisk yogurt, 2 TB oil and honey in a small bowl; season this dressing with salt and pepper. Toss apple and arugula in a large bowl. Drizzle salad with vinegar and toss to coat. Spoon half of the dressing onto serving plates or a large platter. Add remaining 2 TB oil to salad and toss to coat. Mound salad on top of dressing. Spoon remaining dressing over greens.

## Sautéed Japanese Turnips with Turnip Greens

**Ingredients:** 1 1/2 pounds Japanese baby turnips, with green tops  
3 TB extra-virgin olive-oil, plus more for drizzling  
Freshly ground black pepper

### Directions-

1. Bring a medium pot of salted water to a boil. Meanwhile, cut greens from turnip bulbs, leaving a small portion of stem (less than 1/2 inch) attached to each bulb. Wash leafy greens and turnips well of any sand. Peel turnips. Slice each turnip pole to pole into 4-6 wedges, 1/2 inch thick each.
2. Add leafy greens to boiling water and cook just until tender, 1-2 minutes. Using tongs or a slotted spoon, transfer greens to cold water to chill, then drain, squeeze out excess water, and chop into small pieces.
3. Heat oil in large skillet over high heat, just until the first wisps of smoke appear. Add turnip wedges, season with salt & pepper and cook, stirring & tossing occasionally, until well-browned in spots, about 3 minutes; lower heat if turnips threaten to burn. Add chopped greens & toss to combine, cooking just until greens are warmed through. Drizzle with fresh oil & season with salt & pepper if desired.

