

Pantry News



October 2020 Issue # 14.3

We hope you enjoy this issue of *Pantry News*.

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 😊



This month we have received apples from O'Neill's Orchard, Mount Pleasant Township. We want to say thank you to Delores O'Neill and orchard manager Roger Hill and to our Wayne County Pantry Volunteers who harvested these fresh apples for you to enjoy.

Yellow Split Pea and Bacon Soup

8 oz thick sliced bacon, chopped
2 cloves garlic, minced
3 Carrots, diced
1 pound dried split yellow peas
1 teaspoon smoked paprika
1 bay leaf

1 large yellow onion, chopped
2 Tablespoons olive oil
3 Celery stalks, diced
8 cups chicken stock or water
salt and pepper to taste

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. They have supplied us with Purple Daikon Radishes, Red Russian Kale & lettuce. On the back page you will find some tasty recipes to use your fresh produce.

WAYNE COUNTY FOOD PANTRY 570-253-4262



Purple Daikon (radish)



Top 9 Ways to Enjoy Daikon Radish

A New Kind of Coleslaw. Enjoy shredded radish instead of cabbage in your next batch of homemade coleslaw. Try them in our Rainbow Slaw Salad recipe.

Roast 'em! Add cubed Daikon radishes to your next pot roast or pan of roasted vegetables.

Expand Your Garden. Get your kids interested in fruits and veggies by helping them grow something. Radishes grow easily and your kids may even be persuaded to eat them after harvest.

Slow Cooked. Place Daikon radishes in a baking pan or slow cooker with carrots, onions, garlic, low-sodium seasonings, low-sodium vegetable broth, lean meat and all of your favorite vegetables. Turn on low and let the juices and flavors start mixing for an all-in-one meal! See Recipe

Add More Vitamin C! Mix one cup of fresh or frozen mango with $\frac{1}{4}$ cup carrot juice, sneak in $\frac{1}{4}$ cup of daikon radish, and add a handful of ice cubes. This adds vitamin C without changing the flavor!

As a Substitute. Use daikon radishes in any recipe that calls for radishes.

Baked, Boiled or Steamed. Use daikon radishes any way you would use a carrot. Try them baked or boiled in stews and soups or in a stir fry. Also try them lightly steamed with olive oil, salt or lemon juice for flavor.

Eat 'em Raw. Slice daikon radishes and eat raw with a dip or peanut butter or add shredded raw Daikon radishes to salads.

Homemade Asian Take-Out. Combine sliced daikon radishes, brown rice, one egg, all of your other favorite vegetables, and a small amount of low-sodium soy sauce in a wok. Stir-fry then enjoy a simple Asian-flavored main dish.

Recipes provided by Jane Bollinger.

Red Russian Kale

Cooks like any other kale

1 large bunch of Red Russian Kale, washed, stems removed and roughly chopped

2 Tablespoons olive oil

2 cloves garlic, finely chopped

Salt & Pepper, to taste

$\frac{1}{2}$ cup water (or substitute chicken or beef broth)

Juice of half a lemon (or a tablespoon or two of vinegar)

Heat olive oil in skillet over medium-high heat. Add garlic and sauté for about 1 minute or until golden.

Add kale and stir until kale is fully coated with oil. Add salt, pepper & water. Cover & cook about 10 or until kale is soft and tender. Drizzle with lemon juice (or vinegar, if using) and serve.



Wayne County Strong

