

Pantry News

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Welcome to our latest edition of the *Pantry News*. A newsletter designed with you in mind and giving you the opportunity to try out new recipes using food items that you receive in your pantry bag.

Today we have tomatoes & spinach from *Willow Wisp* and corn on the cob from *Fertile Valley*.

One Pot Pasta with Spinach and Tomatoes

Ingredients

1 TB olive oil
1 cup chopped onion
6 garlic cloves, finely chopped
2-3 fresh tomatoes, diced or
1 (14.5 ounce) can petite diced
tomatoes, undrained
1 1/2 cups chicken stock
1/2 tsp dried oregano
8 ounces whole-grain spaghetti or linguine
1/2 tsp salt
10 ounces fresh spinach
1 ounce Parmesan cheese, grated
(about 1/4 cup)



How to make it:

1. Heat a Dutch oven or large saucepan over medium-high heat. Add oil, swirl to coat.
2. Add onion and garlic to pan; sauté 3 minutes or until onion starts to brown.
3. Add tomatoes, stock, oregano, and pasta, in that order. Bring to a boil.
4. Stir to submerge noodles in liquid.
5. Cover, reduce heat to medium-low, and cook 7 minutes or until pasta is almost done.
6. Uncover; stir in salt.
7. Add spinach in batches, stirring until spinach wilts. Remove from heat; let stand 5 minutes.
8. Sprinkle with cheese and serve.

Canned Chicken Salad Recipe

Ingredients:

2 cans chicken, drained
1/2 cup onion, finely chopped
1 cup mayonnaise
2 Tablespoons vinegar
3/4 cup dill pickles, chopped
1/2 cup celery finely chopped
6 Tablespoons Dijon mustard
2 Tablespoons fresh dill, or 1/4 tsp dried dill

Directions:

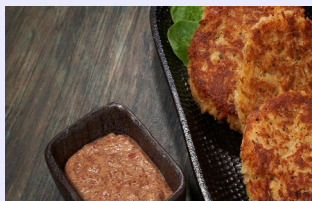
1. Make sure canned chicken is drained and completely dry.
2. Add all ingredients to a bowl and stir to combine.
3. Enjoy



Tasty Chicken Patties

Ingredients:

1 12.5 ounce can chicken
1 ounce cream cheese, softened
1 large egg
1/8 tsp ground sage
1/2 tsp black pepper
1 tsp onion powder
1 tsp Italian seasoning
3/4 cup panko bread crumbs
3 tablespoons olive oil



Directions:

1. Using a fork, mash chicken with juices in a medium bowl.
2. Add the cream cheese, egg, sage, garlic powder, black pepper, onion powder, Italian seasoning and bread crumbs, mix well.
3. Form six patties.
4. In a medium skillet, heat olive oil over medium heat.
5. Fry patties for 5 to 6 minutes on each side or until crispy on the outside and heated through.

*For a variation, instead of patties, form into 24 chicken meatballs. Can be eaten as a high protein snack or with sauce over pasta.

POWDERED MILK SUGGESTIONS

Here are some interesting substitutions you can make with the powdered milk:

Sour Cream- Mix 1/3 cup powdered milk with 3/4 cup plain yogurt to replace sour cream in dips and other recipes.

Cocoa or Chocolate Milk- Mix 1 cup cocoa, 4 cups powdered milk, 1/2 teaspoon salt, 3/4 cup sugar, combine and store in airtight container. To make 1 cup hot cocoa- add 1/2 cup mix and 1 cup hot water and mix well. To make chocolate milk- stir a little water into the mix to make a smooth paste, then add the rest of the water.

Whipped Topping- Mix 1/2 cup ice cold water, 1/2 cup sugar, 1/2 cup powdered milk, 2 tablespoons lemon juice. Put water in ice-cold bowl (put bowl & beaters in the freezer for a few minutes before starting) Add milk and beat with cold beaters until stiff. Add sugar slowly while beating, then add lemon juice and beat just until mixed.

White Sauce- Over a low heat, mix 1/3 cup powdered milk, 3 tablespoons melted butter, 3 tablespoons flour to form a paste, slowly add 1 cup water or milk and whisk until smooth. You can add cheese, mushrooms, broccoli, or whatever you like.

Homemade Powdered Creamer- 3 cups powdered milk, 1 cup powdered sugar (or 1/2 to 2 cups to achieve your desired sweetness), 1 tablespoon vanilla powder or cocoa powder (optional)- Combine the powdered milk and powdered sugar in a bowl and whisk together. Store in an air-tight container - it can last up to six months on your shelf! To use- just add a scoop or two to your coffee or hot cocoa for a creamy kick!

Reconstituting Powdered Milk

To equal this amount of liquid	Use this much	And this much Instant Non-Fat
1/4 cup	1/4 cup	1-1/2 tablespoons
1/3 cup	1/3 cup	2 tablespoons plus 1 teaspoon
1/2 cup	1/2 cup	3 tablespoons
1 cup	1 cup	1/3 cup
1 quart	3-3/4 cup	1-1/3 cups
2 quarts	7-2/3 cups	2 -2/3 cups
1 gallon	15-1/2 cups	5-1/3 cups