

P ntry News

February 2021 Issue # 1

We hope you are enjoying *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 tuna and chicken in a pouch- both excellent sources of lean protein.

Classic Tuna Noodle Casserole

- 4 ounces wide egg noodles (slightly more than 2 cups)
- 1 (10.5 oz) Can condensed cream of mushroom soup
- ½ cup milk
- 2 Cans (5 oz each or 1 Can 12 oz) tuna in water, drained
- ½ cup grated Cheddar Cheese
- 1 cup potato chips, coarsely crushed
- Optional: ½ cup frozen peas

Instructions:

1. Preheat oven to 350 degrees. Grease a 1 ½ quart casserole dish; set aside.
2. Cook the noodles in a large pot of salted boiling water according to package directions, just until al dente (about 5-6 minutes). Drain.
3. In a large bowl, whisk together condensed soup and milk. Gently stir in the cooked noodles, tuna and peas (if using). Taste and season with salt and pepper, if necessary. Transfer mixture to prepared dish.
4. Sprinkle the cheese on top, then crushed potato chips.
5. Bake for 20-25 minutes, or until top is golden brown and inside is hot and bubbly.

WAYNE COUNTY FOOD PANTRY 570-253-4262



Spicy Chicken Mac and Cheese

Ingredients

1 box Macaroni and Cheese Blue Box Original
5 tablespoons unsalted butter, divided
¼ cup milk
½ medium red onion, diced
½ teaspoon kosher salt
¼ teaspoon cayenne pepper
1 cup shredded cooked chicken
1 tablespoon Ranch Dressing
1 teaspoon Hot Sauce
1 green onion, sliced on the bias



Preparation

1. Bring 6 cups (1.5 l) of water to a boil in a medium saucepan over medium-high heat. Stir in the macaroni and cook for 7–8 minutes, or until tender, stirring occasionally.
2. Drain the macaroni in a colander (do not rinse), then return to the pot over low heat. Add 4 tablespoons of butter, the milk, and cheese sauce mix and stir well until creamy. Remove the pot from the heat.
3. Melt the remaining tablespoon of butter in a medium skillet over medium heat, then add the red onion, salt, cayenne, and shredded chicken. Sauté for 1–2 minutes, or until the onion is just starting to get tender and the chicken is heated through. Mix the chicken mixture into the mac and cheese.
4. Transfer the mac and cheese to a serving bowl and drizzle the Ranch Dressing and Hot Sauce on top, then garnish with the sliced green onion. Serve warm.

Three Ingredient Peanut Butter Cookies

Ingredients:

1 cup peanut butter
1 cup white sugar
1 egg



Directions: Preheat oven to 350. Line baking sheet with parchment paper. Combine the peanut butter, white sugar and egg. Mix until smooth. Roll into walnut shaped balls and place on prepared baking sheet. Press with a fork dipped in sugar to make a crosscut pattern while flattening slightly. Bake for 6 to 8 minutes. Do not overbake! These cookies are best when they are still soft and just barely brown on the bottoms.