

Pantry News

April 2021 Issue # 3

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 **Canned salmon**. Canned salmon is a nutritious choice that is rich in protein, vitamin D, calcium (from the bones) and healthy omega-3 fats. Omega-3 fats are heart healthy fats. They also promote healthy brain development in babies.

Salmon Patties

Ingredients:

- 1 (24 oz) Can Canned salmon
- 2 TB Dijon mustard
- 1 TB mayonnaise
- 2 eggs
- 1/3 Cup Chopped onion
- 3/4 Cup seasoned dry bread crumbs
- Salt & pepper to taste
- 1 1/2 TB olive oil



Instructions:

1. Drain and reserve liquid from salmon. Mix mustard, mayonnaise, egg, and onion together. Add bread crumbs and salmon. Gently mix until just combined.
 2. Make into patties. If mixture is too dry to form into patties, add reserved liquid from salmon.
 3. In a frying pan, heat olive oil. Place patties in pan. Brown on each side, turning gently. Drain on paper towels and serve.
- *Can be enjoyed on a bun like a burger or served with a fresh salad, rice and vegetables, coleslaw or whatever else you might enjoy.*

Dried Blueberries and Cherries make an excellent snack and can be used for many of your daily **cooking** and **baking** purposes. Tip: When using dried blueberries or cherries for **cooking** or **baking**, soak, covered in hot **water** for 5-10 minutes to rehydrate them. Keep in mind when rehydrating blueberries for a recipe, you'll have to adjust your quantity as a cup of dried berries will rehydrate to about 1 1/3- 1 1/2 cups. Blueberries are a great choice since they're high in antioxidants and other nutrients. Dried blueberries and cherries can be made into jellies, rehydrated, and used in most recipes. They can be mixed into trail mixes and hot cereals like oatmeal or farina, and can also be added to most baked goods.

Easiest Peanut Butter Fudge

Ingredients

1 ¼ cups butter
1 ¼ cups creamy peanut butter
Pinch salt
1 ½ tsp vanilla extract
4 ½ cups powdered sugar

Preparation

Butter an 8-inch non-stick baking dish and set aside. In a medium saucepan over medium heat, heat the butter and peanut butter until the mixture comes to a boil.

Add the salt and vanilla extract, then stir in the powdered sugar until smooth and no lumps remain.

Pour the fudge mixture into the prepared pan and smooth the top. Press a piece of plastic wrap directly on the fudge and refrigerate until set, at least 1 hour. Cut into squares and serve. Fudge can be stored at cool room temperature in an airtight container for up to 1 week or in the refrigerator for up to 1 month.

NO-BAKE PEANUT BUTTER OAT ENERGY BARS

Ingredients

2 cups quick oats
1 cup dried fruit (cherries, blueberries, etc.)
cut into bite size pieces
1 cup chopped nuts
½ cup chocolate chips
2 TB butter
2 TB packed brown sugar
1/3 cup honey or maple syrup
¾ cup peanut butter
Sea Salt to taste



Instructions

Line an 8x8 inch pan with foil and lightly butter or spray with non-stick spray.

Combine quick oats, dried fruit, nuts and chocolate chips in a large bowl. Set aside.

Heat small saucepan on medium heat. Add butter, brown sugar, honey and peanut butter until butter melts, whisking until mixture is smooth. Pour over oat mixture and stir until completely coated.

Spread into prepared 8x8 pain and press firmly down. Lightly sprinkle sea salt on top of bars. Chill until firm, about 1 hour.

Using the foil, lift bars out of pan. Cut into bars.