

# P ntry News

May 2021 Issue # 4

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 cooked chicken, blueberries and pistachios. Canned (or pouched) chicken is a great alternative. It provides the same nutrients as unprocessed chicken without the hassle. It is a good source of protein, vitamins and minerals. Pistachios are bursting with fiber, minerals, and unsaturated fat that can help keep blood sugar, blood pressure, and cholesterol in check.

## 4 Ingredient Chicken Pasta Casserole

### Ingredients:

- 2 cups (12 oz pouch) pre-cooked chicken
- 1 jar pasta sauce
- 4 cups any type cooked pasta, drained
- 1 ½ cups shredded mozzarella



### Instructions:

1. Preheat oven to 350 degrees. Spray a 9x9 baking dish with nonstick spray.
2. Combine pre-cooked pasta, chicken, and pasta sauce; Pour into prepared baking dish. \*see note
3. Top with the shredded mozzarella cheese. Bake, uncovered, 15-20 minutes, or until bubbly.
4. Serve Hot and Enjoy!

**\* For added nutrition and flavor- you can add fresh, frozen, or canned vegetables of your choice to this dish before cooking.**

This month's produce is being provided by Stan Bialecki and also Willow Wisp Farms.

Wayne County Area Agency on Aging 570-253-4262



**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.

## Blueberry Pistachio Breakfast Cookies

### Ingredients

- 2 large bananas
- 2 1/2 cups quick cooking oats
- 1 cup peanut butter
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 1/2 cup maple syrup, or honey
- 1/2 cup pistachios, shelled
- 3/4 cup blueberries, fresh, frozen or dried



### Instructions

Preheat oven to 325 degrees.

Line a large baking sheet with parchment paper.

In a bowl, mix all ingredients gently on LOW speed with a hand mixer just until combined.

Drop dough by 1/4 cup fulls onto prepared pan.

Slightly press dough down to desired thickness.

Bake in preheated oven for 15-18 minutes until slightly golden.

Allow cookies to cool completely before removing from pan.

Store in airtight container for up to one week.

*\*You may substitute the mashed bananas with 1 cup of applesauce if desired.*

*\* If using dried blueberries- rehydrate with hot water for 5-10 minutes. Adjust quantity of blueberries as necessary.*