

# P ntry News

June 2021 Issue # 5

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 some of the items we have included are **Canned salmon, peaches and oatmeal**. Canned salmon has been found to have higher levels of two omega-3s than fresh salmon. It also has as much calcium as a glass of skim milk. We have provided a recipe using the peaches and oatmeal in a sweet and tasty peach crisp along with a recipe for maple oatmeal raisin cookies.

## Salmon Noodle Casserole

### Ingredients:

- 12 oz ( 1 bag) egg noodles \*
- 1 TB unsalted butter
- 1 medium yellow onion, chopped
- 2 cups frozen or Canned peas (or any other vegetable of your choice), thawed and drained if necessary
- 14 oz Can Condensed Cream of mushroom soup
- ¼ Cup milk
- 1 14 oz Can salmon



### Instructions:

1. Preheat oven to 400 degrees.
2. Cook egg noodles to al dente according to package directions. Drain and set aside.
3. Place butter and onion in microwave safe glass bowl or measuring cup. Cook on high until butter is melted and onions are soft, about 3 minutes, stirring after every minute.
4. Add onion butter mixture, peas, condensed mushroom soup and milk to a 9x13 dish. Stir together until mixture is uniform. Stir in the noodles until coated in the soup mixture. Add salmon and stir in, being careful not to break up the flakes of fish too much.
5. Bake until heated through and the top is beginning to brown, 15-20 minutes.

*\*Any short shape pasta can be used in place of egg noodles.*

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## Peach Crisp

### Ingredients

- 2 14.5 Cans sliced peaches, (about 5 cups of sliced peaches)
- 1 cup all-purpose flour
- 1 cup packed brown sugar
- 1 cup old fashioned or instant oats
- 1 tsp ground Cinnamon
- ¼ tsp salt
- ½ cup softened butter
- Vanilla ice cream for serving, optional



### Instructions

Preheat oven to 350 degrees.

Drain juice from one can of peaches and discard. Pour peaches into a pie dish.

In a bowl, combine flour, brown sugar, oats, cinnamon and salt.

Mix butter into flour and oat mixture with a fork until mixture is crumbly.

Sprinkle over peaches.

Bake for 40 minutes or until topping is golden brown.

Remove from oven and allow to cool 10 minutes before serving.

Top with vanilla ice cream if desired.

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

## Maple oatmeal raisin cookies

### Ingredients

- 1/2 cup unsalted butter, room temperature
- 3/4 cup brown sugar
- 1/4 cup granulated sugar
- 2 eggs, room temperature
- 1 teaspoon pure vanilla extract
- 2 cups pancake mix
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 2 cups old fashioned oats
- 1 cup raisins



### Directions

1. With a mixer, cream butter, brown sugar and granulated sugar until fluffy.
2. Add eggs and vanilla, beat until evenly incorporated.
3. Add remaining ingredients and mix until uniform. Using a heaping tablespoon, drop batter 2 inches apart on greased baking sheet (or lined with parchment paper)
4. Bake at 350 degrees F for 12-14 minutes or until golden brown. Allow to cool on rack.