

P ntry News

August 2021 Issue # 7

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 pork, pecans and applesauce**. Canned pork is a good source of protein, niacin, and vitamins B6 and B12. Applesauce contains antioxidants called phytochemicals. These help to reduce your risk of cancer, diabetes, and heart disease. You can even use applesauce to replace oil when baking cakes, cookies and muffins to make those yummy treats tastier and better for you.

Pulled Pork Nachos

Ingredients:

- 1 24 OZ Can pork w/ juices
- 3 cups shredded cheddar
- 1 8-10 OZ bag of tortilla chops
- 1/2 cup thinly sliced onion
- 2-4 TB barbeque sauce
- 1 cup shredded lettuce
- 2 TB ranch dressing, optional

Instructions:

1. Open canned pork, drain and remove excess fat.
2. Brown pork in frying pan.
3. Preheat oven to 400 degrees. Spread chips out on baking sheet covered with parchment paper or aluminum foil.
4. Spread the pork over the chips then sprinkle with the cheese. Drizzle the BBQ sauce over the top. *add canned, fresh or frozen corn for extra flavor & nutrition, if desired.
5. Bake for 5-10 minutes. Add onions and other toppings and serve immediately.

BBQ Pork Mac & Cheese

You will need:

- 1 (24 oz.) can Lakeside Foods Canned Pork
- 1 box Mac & Cheese
- 4 tbsp. butter or margarine
- 2 cups shredded cheddar cheese, divided
- ¾ - 1 cup barbecue sauce
- ¼ cup milk

Instructions:

Open canned pork and remove excess fat. Remove juices if desired.

Cook the mac & cheese as instructed on the box. Add BBQ sauce, 1 cup shredded cheese, and pork.

Mix well. Pour mixture into 8 or 9 inch baking dish. Sprinkle with additional cheese.

Bake at 350 for 15 minutes or until hot and bubbly.

**Mix in corn or your favorite vegetable prior to baking for extra flavor and nutrition.*

Baked Banana-Nut Oatmeal Cups

Ingredients

- 3 cups rolled oats
- 1 ½ cups milk
- 2 ripe bananas, mashed (about ¾ cup)
- 1/3 cup packed brown sugar
- 2 large eggs, lightly beaten
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 1 tsp vanilla extract
- ½ tsp salt
- ½ cup toasted chopped pecans



Instructions

1. Preheat oven to 375 degrees.
2. Combine oats, milk, bananas, brown sugar, eggs, baking powder, cinnamon, vanilla and salt in a large mixing bowl. Fold in pecans. Divide the mixture among the muffin cups (about ½ cup each).
3. Bake about 25 minutes, until a toothpick inserted in the center comes out clean.
4. Cool in the pan for 10 minutes, then turn out onto a wire rack. Serve warm or at room temperature.

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

Best Applesauce Cake

Ingredients

- 3 cups applesauce
- 2 cups sugar
- 1 cup vegetable oil
- 4 cups all-purpose flour
- 4 tsp baking soda
- 1 tsp ground cloves
- 1 tsp ground nutmeg
- 2 tsp ground cinnamon
- 1 cup chopped nuts, optional
- 1 cup raisins, optional
- 1 cup dried cherries or blueberries, optional



Directions

1. Preheat oven to 325 degrees. Spray a tube pan with nonstick cooking spray.
2. Combine the applesauce, sugar, and oil in a bowl; mix well.
3. Mix the flour, baking soda, cloves, nutmeg, and cinnamon in a separate bowl. Add to the applesauce mixture; blend well. Add the nuts, raisins, and dried cherries, if using.
4. Pour the batter into the prepared pan. Bake for 1 hour, or until toothpick inserted comes out clean.