

P ntry News

January 2022 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.

Chicken Parmesan Casserole

Ingredients:

- 2 cups rotini, or any small pasta,
Uncooked
- 1 (12 oz) can chicken, chunks,
Drained
- 1 cup shredded mozzarella cheese
- 2 cups pasta (marinara sauce)
- ½ cup seasoned bread crumbs

Directions:

1. Preheat oven to 350 degrees
2. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the rotini, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander.
3. Stir together the pasta, chicken, and mozzarella cheese in a large casserole dish. Pour the marinara sauce over the pasta mixture; sprinkle with bread crumbs. Cover the dish with aluminum foil.
4. Bake in the preheated oven until the cheese is entirely melted, about 35 minutes.



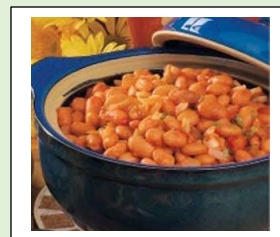
What can I do with dried blueberries and cherries?

Dried berries can be used in trail mix, granola bars, oatmeal, yogurt, muffins and pancakes. You can mix them into a salad with walnuts or pecans for a nutritious kick. Blend them in a food processor or blender with a little water, as part of a fresh syrup to top desserts or breakfast foods. To rehydrate the dried berries for cooking or baking, soak, covered in hot water for 5-10 minutes. The berries will begin to rehydrate. Drain thoroughly before adding to your recipe.

Salsa Pinto Beans

Ingredients:

- 1 small onion, chopped
- 1 TB oil, vegetable or olive
- 1 garlic clove, minced
- 2 cups pinto beans- (soak 1 cup dried beans overnight in 4-5 cups cold water to hydrate before using in recipe)
- 2/3 cup salsa



Directions:

In a large skillet, sauté onion in oil until tender. Add garlic, cook 1 minute longer. Stir in the beans and salsa; heat through.

* This is a zippy alternative to refried beans. This easy side dish is so homey and hearty. For an extra zing, top with shredded cheese or a dollop of sour cream.

This month's produce will be supplied by Willow Wisp Farms & Stan Bialecki.

Peanut Butter Cheerio Bars

Ingredients

- 1/3 cup creamy peanut butter
- 1/4 cup butter
- 3 cups cheerios or Toasty O's

Directions

1. Combine peanut butter and butter in a microwave-safe bowl. Heat in 30 second intervals until melted and combined well. (If you don't have a microwave, you can use a small pan on the stove top on low to medium heat until melted.)
2. Stir in the Cheerios or Toasty O's.
3. Pack the mixture into an 8" pan that has been well-greased or lined with parchment paper.
4. Chill for at least an hour.
5. Unmold and cut into serving portions.

