

P ntry News

March 2022 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.

Oatmeal Peanut Butter Cookies



Ingredients:

3 large egg whites
1 cup peanut butter
1 cup brown sugar, packed
½ cup applesauce
¼ cup honey or maple syrup
2 tsp vanilla extract
3 cups quick cooking oats
1 cup all-purpose flour
1 cup nonfat dry milk powder
2 tsp baking soda
½ cup mini chocolate chips,
if desired

Directions:

1. In a mixing bowl, beat egg whites and brown sugar. Beat in peanut butter, applesauce, honey, and vanilla. In a separate bowl, combine the oats, flour, milk powder, chips and baking soda; gradually add to peanut butter mixture, beating until combined.
2. Drop by tablespoonfuls 2 inches apart onto baking sheets coated with spray. Bake at 350 for 8-10 minutes or until golden brown. Remove to wire racks to cool.

Powdered milk and shelf-stable UHT milk

Many shelf-stable milks instruct you to use them as you would “regular” milk, meaning you are encouraged to pour it right into your morning cup of coffee or add a splash into your wet ingredients while baking. UHT milk may taste slightly different from pasteurized milk due to the treatment at a higher temperature. The taste has often been described as richer and creamier compared to pasteurized milk.

Powdered milk has the same nutritional value as fresh milk. It provides bone-building nutrients such as protein, calcium, vitamin D and vitamin A. Powdered milk is a source of protein and may be added to recipes to increase the amount of protein and energy (especially for people with health conditions that need extra protein). When rehydrated into its liquid form, it can be used just like “regular” milk.

“Come and Get It” Peach Cobbler



Ingredients:

2 cans peaches, in syrup
1 c flour
2 tsp baking powder
½ tsp salt
½ tsp cinnamon
1/3 c powdered milk

Directions:

1. Pour the syrup from the peaches into a bowl
2. Pour the peaches into the bottom of a greased pie plate.
3. To the syrup, add the remainder of the ingredients and stir until combined. (P.S. If you're wondering where the sugar is, it's in the syrup: Trust me, it works beautifully)
4. Bake at 350 for 30-35 minutes.

This month's produce will be supplied by Lato Sud Farm & Stan Bialecki.

Cheesy Chili Mac

Ingredients:

1 pkg (7.25 oz) macaroni and cheese
4 TB unsalted butter
¼ cup milk
1 package chili no beans



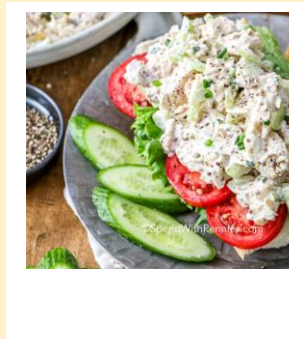
Directions:

1. Prepare macaroni and cheese according to package directions, using the butter and milk. Add chili and stir together.
2. Heat over medium-low heat 5 minutes or until hot.

Classic Chicken Salad

Ingredients:

2 cups cooked chicken or
1-12 oz pouch chicken
½ cup mayonnaise
1 stalk celery chopped
¼ cup chopped red onion
1 tsp dijon mustard
½ tsp seasoned salt
Pepper to taste



Directions:

1. Combine all ingredients in a small bowl and mix well.
2. Season with salt and pepper to taste.
3. Serve as a sandwich or over a salad.

WAYNE COUNTY STRONG