

# Pantry News

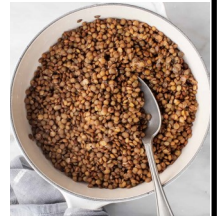
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Welcome to our latest edition of the **Pantry News**. A newsletter designed with you in mind and giving you the opportunity to try out new recipes using food items that you receive today.

*This month's produce is being supplied by Lato Sud Farm and Stan Bialecki.*

## Lentils

This month you will find lentils in your pantry bag. Lentils are a small legume that is inexpensive to buy and highly nutritious. They are high in fiber and protein. Cooked lentils can be added to many dishes and salads for the extra nutrition they add and they have a very mild flavor, which leaves plenty of room for the seasoning of your choice. Lentils are very easy to cook. It is important to rinse them with fresh water before boiling to remove any dust or debris. Cook on a stovetop, using 3 cups of liquid (water, broth, etc.) to 1 cup of dry lentils. Be sure to use a large enough saucepan, as the lentils will double or triple in size. Bring to a boil, cover tightly, reduce heat and simmer until they are tender. Cooking time is typically 15-20 minutes. When tender, remove from heat and drain. Be sure to season with salt **after** cooking– if salt is added before, the lentils will become tough.



## Classic Baked Spaghetti

### Ingredients:

- 1 package spaghetti
- 1 lb ground beef
- 1 medium onion, chopped
- 1 cup cooked lentils, optional
- 24 ounce pasta sauce jar, or two cans
- 1/2 tsp salt
- 2 large eggs
- 1/3 cup grated Parmesan cheese
- 5 TB butter, melted
- 2 cups ricotta cheese
- 4 cups shredded Mozzarella cheese
- 1 TB dried basil

### Directions:

1. Preheat the oven to 350 degrees. Prepare the spaghetti in boiling water according to the package directions. Drain and set aside.
2. In a large skillet, brown the ground beef and chopped onion over medium-high heat until the meat is no longer pink. Drain and remove from heat. Season with salt and stir in pasta sauce and lentils, if using; set aside.
3. Whisk the eggs, parmesan cheese, and melted butter together in a large bowl. Add the spaghetti to the mixture and toss to coat.
4. Grease a 13 x 9 baking dish with oil and place half of the spaghetti on the bottom. Layer 1 cup of the ricotta cheese on top of the noodles then place 1/2 of the meat sauce on top. Sprinkle 2 cups of mozzarella cheese on top and repeat the layers with the remaining ingredients. Sprinkle dried basil over the casserole. Cover with foil and place the dish in the oven to bake for 40 minutes. Remove the foil and cook an additional 20 to 25 minutes more.



## Jello and Peaches

All you need is one package of Jello (any flavor you like) and one can of fruit.

Prepare Jello as directed on package. Stir in 1 cup of chopped canned or fresh peaches (or any fruit or berry of your choice) into the jello mixture, but be careful not to add extra liquid as this will stop it from setting. Finally, return the jello to the refrigerator for at least 4 hours to set. Spoon into small dishes and enjoy.



## 4- Ingredient Meatloaf Recipe

Making this 4 ingredient meatloaf with instant stuffing instead of having to use breadcrumbs and herbs is just a fabulous shortcut for the best meatloaf recipe ever.

### Ingredients:

- 1 lb lean ground beef
- 1 egg
- 1 box instant stuffing (your favorite flavor)
- 1 cup water

### Glaze (optional):

- 1/3 cup ketchup
- 2 TB brown sugar
- 2 tsp mustard

### Preparation:

1. Preheat the oven to 350. In a big bowl, mix together the ground beef, egg, stuffing mix, and water.
2. Free-form the mixture into a loaf and place it in a baking dish.
3. If you wish to make the glazed crust, mix the ketchup, brown sugar and mustard in a small bowl.
4. Brush the glaze over the top and sides of the meatloaf. Loosely cover with foil and bake for 50 minutes or until the meatloaf is fully cooked.



## Use Up Lettuce & Other Greens Before They Go Bad (Without Making Any Salads)

A fresh salad is a great summer treat, but sometimes if the greens aren't just right by the time you go to use them—perfectly crisp and fresh—there are some tricks to restore life to the greens. First, it's important to know how to store them. Wrap greens in a fresh paper towel and seal the bag. That toweling will absorb the excess moisture that causes your greens to rot. However, no matter how good you are about storage or maintenance, there are times when you end up with wilted greens. You can use those wilted greens in sautés & stir fries. Sautéed alongside some onions and garlic in good olive oil and finished with a salt and pepper, they make a great side dish in no time flat. They also work well as part of a sandwich. Why not make a tuna fish or chicken salad sandwich by rolling it up in some leaf lettuce and even adding some hot sauce or Sriracha just to kick things up a little bit. You can even turn that leftover lettuce into juice or smoothies. You don't even need a juicer, just use your blender. Add a touch of ginger plus an apple or other sweet fruit if you prefer something sweeter, add just enough water or juice to blend... pour into a glass and enjoy!



## Lettuce Soup

### Ingredients:

- 2 TB unsalted butter
- 1 medium onion, diced
- 4 medium garlic cloves, sliced
- 2 cups chicken or vegetable broth
- 8 oz lettuce, ends trimmed and leaves torn, if too large
- 4 tsp dried parsley
- Fresh lemon juice, to taste



### Directions:

In a medium saucepan, melt butter over medium heat until foamy. Add onion and garlic and cook, stirring, until softened, about 3 minutes. Add broth, bring to a simmer, and cook until vegetables are very tender, about 8 minutes. Add lettuce and parsley and cook until wilted and softened, 1 to 2 minutes.

Working in batches if necessary, transfer broth and vegetables to a blender and blend, starting at the lowest speed and increasing to high, until very smooth, about 3 minutes. If soup is too thick, thin as needed with additional broth or water. Season with salt and just a touch of lemon juice to brighten flavor (use sparingly to prevent soup from becoming tart).

Serve warm or chilled.

*\*this recipe works with many varieties of lettuce, including romaine, Bibb, arugula, and cress.*