

Pantry News

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We hope you have been enjoying the *Pantry News*. A newsletter designed for you! We like to share information to our pantry members regarding the items you will receive in your pantry bag and some wonderful recipes to help you enjoy them.

This month's vegetables came from Willow Wisp Farms and Bialecki Farms.

It may surprise you that onions offer impressive health benefits. Onions contain various vitamins, minerals and potent plant compounds that have been shown to promote health in many ways. In fact, the medicinal and anti-bacterial properties of onions have been recognized since ancient times, when they were used to treat ailments like headaches, heart disease and mouth sores. Onions are nutrient dense, offering a considerable dose of vitamins, minerals and fiber. They are high in vitamin C, a nutrient that helps regulate immune health, collagen production, tissue repair and iron absorption, as well as acting as a powerful antioxidant in your body. Onions are also rich in B vitamins and potassium.

Crispy Baked Chicken made with Instant Potatoes

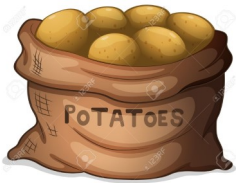
Ingredients:

- 2/3 cup instant potato flakes
- 1/3 cup parmesan cheese, grated
- 1 tsp garlic salt
- 3 1/2 lbs chicken pieces
- 1/3 cup butter, melted



Directions:

1. Heat oven to 375 degrees. Line a 9 x 13 baking pan with foil. Spray with cooking spray.
2. In a medium bowl, combine potato flakes, Parmesan cheese and garlic salt. Mix well.
3. Dip chicken pieces into the butter, and then roll in potato flake mixture to coat. Place in pan. Bake for 45 to 60 minutes or until chicken is tender and golden brown.



Split Pea and Pear Soup

Ingredients:

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| 2 cups chopped onions (1 large onion) | 1 tsp ground ginger | 2 cups peeled & cubed sweet potato |
| 1 Tb vegetable or olive oil | 1/2 tsp cinnamon | 1 can pears (15 oz), drained |
| 1/4 tsp ground cumin | 1 1/2 cup split peas, (rinsed & drained) | 7 cups chicken broth or water |
| 1 tsp turmeric | | |

Directions:

In a large pot, sauté the onions in oil for about 5 minutes until golden, stirring frequently.

Add the cumin, turmeric, cinnamon and ginger and cook for another minute.

Add the split peas, stock or water, sweet potato, pears, and bring to a boil.

Lower the heat and simmer for 35-45 minutes or until the split peas are tender, stirring frequently to keep the solids from burning on the bottom & add more stock or water if needed. Taste for salt & pepper. Serve hot.



5 Minute Candied Walnuts

Toss these caramelized walnuts into your salad, over popcorn, or straight into your mouth. Crunch. Crunch. This is a very easy method where everything goes into the pan at once. It also roasts the nuts at the same time so you don't have to pre-toast them. This recipe can easily be doubled.

Ingredients:

- 1 cup walnut halves/pieces, you can also use this recipe for candied pecans
- 1/4 cup white granulated sugar (not course sugar)
- 1 TB unsalted butter

Instructions:

1. Heat a medium non-stick skillet over medium heat, add 1 cup walnuts, 1/4 cup granulated sugar and 1 tablespoon butter.
2. Heat over medium heat for 5 minutes, stirring frequently so your mixture doesn't burn (especially towards the end). When the sugar mixture starts melting, stir constantly until all sugar is melted and nuts are coated.
3. Transfer immediately onto a sheet of parchment paper and separate the nuts right away. Using two spatulas will make this task go faster. You don't want to give the nuts a chance to turn into a wad of inseparable delicious goodness. You will need to move quickly from the time the nuts are coated until they are separated out on the parchment paper.
4. One the coating hardens (5-7 minutes), you can transfer them to a bowl and enjoy!



Onions

Onions are a staple in kitchens around the world. They give flavor to savory dishes and can be enjoyed either raw or cooked. They store longer than many vegetables. Keep them in a cool dry place and they'll be good for a few weeks. Even if they start to sprout, they're still good. If you find bruises, just cut around the bruise. You could dice up extra onions and keep in the refrigerator to add to salads, omelets, or beans throughout the week. You can caramelize them and add them to meats, pizzas, casseroles, etc. And, yes, you CAN freeze them for up to six months.



Onion Soup

Ingredients:

- 4 large yellow onions, sliced
- 6 TB butter or margarine
- 1 TB sugar
- 2 quarts chicken broth
- 1/2 cup cooking brandy, (optional)
- Salt and Pepper, to taste
- 1/2 baguette French bread, sliced, toasted
- Grated Romano or mozzarella cheese



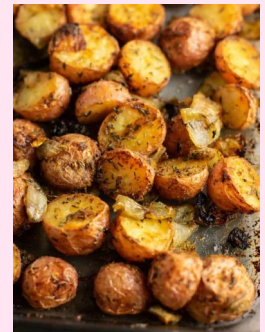
Directions:

Melt butter in large saucepan that holds at least 4 quarts. Add onions; cook over medium heat 12 minutes, or until tender and golden. Stir often. Add sugar and cook, stirring for 1 minute. Add broth; cover and bring to a boil. Reduce heat; simmer 12 minutes. If desired, add brandy; cook 2 minutes longer. Season with salt and pepper to taste, To serve, ladle soup into bowls; float toast on soup. Sprinkle with cheese.

Roasted Potatoes and Onions

Ingredients:

- 1 lb potatoes, quartered
- 1 onion, diced into chunks
- 1 tsp salt
- 2 tsp thyme
- 2 tsp garlic powder
- 1 tsp pepper
- 1/4 cup olive or vegetable oil



Directions:

Preheat oven to 425 degrees. Add potatoes, onions, and spices to a glass casserole dish. Pour on olive oil to coat well. Toss to combine. Bake at 425 degrees for 50-60 minutes, checking to stir and flip every 15-20 minutes.