

Pantry News



October 2022 Issue #10

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's produce is being provided by Lato Sud Farm, Stan Bialecki and Willow Wisp Farms. One of the items you will receive this month is Caraflex cabbage. It is a cone-shaped cabbage and can be used just like regular cabbage. It has a slightly sweeter flavor. It is also great roasted—cut in half, add olive oil & salt and roast at 375 degrees for about 15 minutes.

ITALIAN CHICKEN AND RICE CASSEROLE

Ingredients:

3 cups cooked chicken, cut up (or about 1 ½ pouches of cooked chicken)
1 cup uncooked rice
1 red pepper, chopped
1 TB dried parsley
1 cup shredded mozzarella cheese
2 cans (15 oz) chicken broth
1 (10.5 oz) can cream of chicken soup*
½ tsp oregano
½ tsp basil
1 garlic clove, minced
Black pepper to taste

Directions:

- Grease 13 x 9 casserole dish.
- Place chicken in the bottom of the dish.
- Sprinkle the rice, red pepper and parsley over the top.
- Spread the cheese evenly over the top.
- In a small bowl, combine the broth, chicken soup, oregano, basil, garlic and pepper.
- Pour evenly over the top of the other ingredients.
- Bake at 350 for 1 hour to 1 hour and 15 minutes. Let stand for a few minutes before serving.



**You can substitute cream of celery or cream of mushroom soup, if desired.*

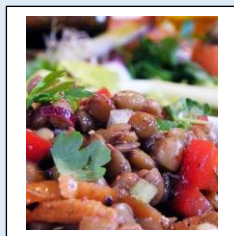
SUMMER LENTIL SALAD

A fresh salad that's good all year round!

Ingredients:

2 quarts water
2 cups lentils, rinsed
½ cup finely chopped celery
½ cup finely chopped red onion
1/3 cup balsamic vinegar
¼ cup white vinegar
¼ cup olive oil
2 TB dried oregano

*For added flavor- you can add chopped walnuts, diced tomatoes, corn, or any other vegetable of your choice.



Directions:

1. Combine water and lentils in a pot and bring to a boil; cook at a boil until the lentils are tender but not mushy, 15 to 20 minutes, Drain and rinse with cold water to cool.
2. Gently toss lentils, celery, and red onion together in a large bowl. Whisk balsamic vinegar, white vinegar, olive oil and oregano together in a small bowl; drizzle over lentil mixture and toss to coat.
3. Cover bowl with plastic wrap and refrigerate at least 1 hour, up to 2 days.

Fried Pork and Crispy Rice

Ingredients:

- 1 can pork
- 1 small onion, chopped
- 3 cloves garlic, chopped
- Pinch of sea salt
- 1 cup white rice
- 1 tsp Italian seasoning
- 1 TB olive oil or butter
- $\frac{1}{2}$ tsp garlic powder
- $\frac{1}{2}$ tsp onion powder
- 1 tsp paprika
- Salt and pepper to taste
- 1 can peas, drained
- 1 can corn, if desired



Directions:

Drain pork and save liquid and fat.

Heat skillet on medium-high heat. Add a small amount of fat saved from the canned pork. Heat in pan until melted, then add onion and garlic and a pinch of salt. Sauté 1-2 minutes then add the rice and Italian seasoning. Stir to blend. Then toast rice while stirring occasionally for 2 minutes.

Add saved pork juices and enough water to equal 2 cups. Bring to a boil, cover and lower heat and simmer until all liquid have been absorbed, about 15-20 minutes. It's important to leave the lid on while the rice is cooking- leave lid on for at least 15 minutes before checking rice.

While rice is cooking, heat another skillet on medium-high heat. Add 1 tablespoon olive oil or butter. Add pork and break up with spatula. Add garlic powder, onion powder, and paprika. Stir occasionally until it starts to get crispy. Be patient, it's worth the wait. Salt and pepper to taste.

When rice is done cooking and all liquid has been absorbed, add peas and corn. Mix until heated through. Add crispy pork; mix well, serve and enjoy. 😊

PEAR & PISTACHIO CRISP

Ingredients:

- 2 cans pears, drained and sliced
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{2}$ tsp lemon juice
- 1 cup old fashioned oats
- $\frac{1}{2}$ cup all-purpose or whole wheat flour
- $\frac{1}{2}$ cup packed brown sugar
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ cup unsalted butter
- $\frac{1}{2}$ cup chopped pistachios



Directions:

Preheat oven to 350 degrees.

In a bowl, combine the pears and cinnamon and toss to combine. Toss in the lemon juice.

In a separate medium bowl, whisk together the oats, flour, brown sugar, and salt.

Add the butter and use your fingers to work the butter into the flour until the mixture comes together and the crumbles are about the size of peas. Mix in the pistachios and set aside.

Pour the pears into a greased 8-inch baking dish and cover with the oat mixture.

Bake until the top is brown and the pears are bubbly, 40 to 45 minutes.

* For a special treat- serve with vanilla ice creams.