

Pantry News

January 2023 Issue #1

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 come from Lato Sud Farm and Bialecki Farm.

One Pot Chicken Spaghetti

Ingredients:

- ◇ 4 cups water
- ◇ 1 lb spaghetti
- ◇ 21 oz (2 cans) condensed cream of chicken soup
- ◇ 1 TB garlic powder
- ◇ 1 TB onion powder
- ◇ 1 tsp salt
- ◇ 1 tsp pepper
- ◇ 1 TB chopped chives, optional

Directions:

Pour the water into a large pot on the stove and bring to a boil.

Once the water is boiling, break the spaghetti noodles in half and add them to the pot.

Spread the noodles out so that they are all submerged in water.

Place a lid on the pot and reduce the heat to medium.

Leave the spaghetti to cook, stirring occasionally, for 10 minutes.

After 10 minutes, stir the spaghetti well.

Add the cream of chicken soup to the pot.

Stir until all of the spaghetti is coated in the soup.

Add the garlic powder, onion powder, salt and pepper to the pot and stir well.

Add the chopped chives, if using, to the pot and stir well again.

Serve and enjoy!



“Hard times are like a washing machine. They twist, turn and knock us around, but in the end, we come out cleaner, brighter and better than before” – *anonymous*

Baked Garlicky Salmon Balls

Ingredients:

- 1 can boneless, skinless salmon, drained
- 3 TB Italian breadcrumbs
- 1 scallion, thinly sliced
- 1 large egg, lightly beaten
- 1 TB low-fat plain yogurt, such as Greek-style
- 1 TB minced garlic
- Cooking spray

Directions:

Preheat oven to 400 degrees. Grease a large rimmed baking sheet or line with parchment paper. Set aside.

Combine salmon, breadcrumbs, scallion, egg, yogurt and garlic in a large bowl; stir, breaking up the salmon, until well mixed.

With clean hands, roll about 1 1/2 tablespoons of the mixture into a ball; place on the prepared baking sheet. Repeat with the remaining mixture, making 18 to 20 salmon balls.

Lightly coat the balls with cooking spray.

Bake, flipping once, until firm and golden, about 20 minutes.



Pancake Mix Peanut Butter Cookies

These soft & chewy peanut butter cookies are made with pancake mix, so they're extra simple to prepare!

Ingredients:

- * 1/2 Cup unsalted butter, softened
- * 1 Cup granulated sugar
- * 1 Cup brown sugar
- * 1 Cup Creamy peanut butter
- * 2 eggs
- * 1 tsp vanilla extract
- * 2 1/2 Cups pancake mix
- * Optional: 1/4 cup sugar for rolling cookies



Instructions:

Preheat oven to 375 and grease a baking sheet or line with parchment paper.

In a large mixing bowl, use an electric hand mixer to beat butter, both sugars, and peanut butter together until creamy.

Add eggs and vanilla, mixing until combined.

With mixer on low speed, gradually add pancake mix, mixing only until it's combined.

Scoop batter out by rounded tablespoon, rolling in your hands to make a ball. If desired, roll the ball in sugar to coat, then place 12 rounds of dough on the baking sheet, separated by a couple of inches.

Use the tines of a fork to press a criss-cross pattern in the top of each round, flattening it slightly.

Bake for 7-9 minutes, just until the edges are starting to turn golden-brown. Do not overbake.

Remove from oven and transfer to a cooling rack.

Hazelnut and Walnut Cake

Ingredients:

- 2 sticks butter, softened
- 3/4 Cup sugar
- 5 eggs, separated
- 1 1/2 cups flour
- 2 tsp baking powder
- 1 heaping cup chocolate chips
- 1 1/2 cups walnuts, chopped
- 1 1/2 cups hazelnuts, chopped

Directions:

Preheat oven to 350. Line baking sheet with parchment paper or spray with non-stick spray.

In a large bowl, mix the butter with sugar and egg yolks until well blended. Add half of the walnuts and hazelnuts, baking powder, flour and chocolate chips.

Whip egg whites until foamy with a mixer and gently add them to the walnut and hazelnut mixture.

Pour the mixture onto the prepared baking sheet and sprinkle the remainder of the walnuts and hazelnuts all over the cake.

Bake for 25 minutes. Cut into small squares and serve.



“A Happy Life Is A Balanced Life. BE KIND– but not a doormat. BE TRUSTING– but value boundaries and intuition. BE CONTENT– but stay open to growing.”

– Karen Salmansohn

WAYNE COUNTY STRONG