

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.

To view previous issues of the **Pantry News**— go to www.waynecountypa.gov and you'll find the tab under **Popular Resources**. You will find many useful and tasty recipes.

Nutritious and delicious, nuts are perfect alone or in a wide variety of dishes. But thanks to their high oil content, nuts can become rancid and go bad fairly quickly. To extend the shelf life of nuts, freeze them—they'll stay fresher much longer. Freezing nuts is easy! Put them in a plastic freezer bag, label them and put them in the freezer. It's that easy. You don't have to thaw nuts before using them, but if you're eating them as is, as compared to using them while cooking, you might want to let them get to room temperature. For cooking or baking, you can use frozen nuts. A quick way to reheat nuts is to roast them slightly in a pan or in the oven. Most nuts can last for six months to a year in the freezer.

A wise man once said: "Don't be afraid to start over again. This time, you're not starting from scratch. You're starting from experience."

Easy Spinach-Walnut Pesto

In just 5 minutes, you can make this delicious & easy pesto. It is so good stirred into pasta & spread on sandwiches

Ingredients:

1/2 cup freshly grated Parmesan cheese
6 oz fresh spinach leaves (you can also use basil if you prefer), leaves washed, rinsed & dried
1/2 cup walnuts
1 garlic clove, peeled (or 1 tsp chopped garlic)
1/2 cup olive oil
1/8 tsp pepper

Directions:

If you need to grate your cheese, cut up your Parmesan wedge into chunks and put them in your food processor or blender. Chop them until the cheese is the right consistency. Rinse your spinach, if needed, and pat dry.

Add the spinach (or basil if using) and all ingredients to the bowl of the food processor or the blender. Pulse until you have the consistency of a smooth paste, stopping once to scrape down the sides of the bowl.

Serve the pesto stirred into cooked pasta or use it as a topping for pizza, chicken or salmon. Store the pesto in the refrigerator up to one week or freeze it for longer.



APPLE WALNUT SALAD

Ingredients:

2 cups spinach
1 apple, sliced thinly
1 cup walnuts
1/2 cup cheese crumbles
1 bottle of your favorite dressing or homemade vinaigrette

*Balsamic Vinaigrette Dressing:

You will need 1/4 cup balsamic vinegar, 3/4 cup extra-virgin olive oil, 1 TB Dijon mustard, 1 TB minced garlic, 1 tsp sea salt, 1/2 tsp fresh ground black pepper, and 1/4 tsp cayenne pepper, optional. Mix all ingredients thoroughly and pour over salad.

Directions:

Assemble salad by layering spinach topped with apple slices, walnuts and cheese crumbles. Serve with your favorite vinaigrette dressing or try the recipe above.



Apple Carrot Slaw

Ingredients:

2 medium carrots
2 medium apples
1 TB extra-virgin olive oil
1/4 cup raisins or craisins
Juice of 1 lemon or 2 TB
lemon juice
Pinch of salt



Directions:

Wash the apples and carrots but do not peel. Quarter and peel the apples. Coarsely grate the carrots and apples (with a box or cheese grater). Toss them with the raisins, oil, lemon juice, and salt. Enjoy!

Easy Homemade Mashed Potatoes

Ingredients:

8 to 10 medium russet potatoes (about 3 lbs) peeled & cut into quarters
1 tsp salt
2 TB butter, if desired
Dash pepper
1/4 cup hot milk (can be heated on the stove top or in the microwave)



Directions:

Place potatoes in a large saucepan; add enough water to cover. Add 3/4 teaspoon of the salt. Bring to a boil. Reduce heat to medium-low; cover loosely and boil gently for 15 to 20 minutes or until potatoes break apart easily when pierced with fork. Drain well.

Return potatoes to saucepan; shake saucepan gently over low heat for 1 to 2 minutes to evaporate any excess moisture.

Mash potatoes with potato masher until no lumps remain. Add butter, pepper and remaining 1/4 teaspoon salt; continue mashing, gradually adding enough of the hot milk to make potatoes smooth and creamy.

Quick Turkey

Ingredients:

* 1 (12-15 lb) whole turkey
* 2 TB olive oil or butter
* Seasonings of your choice: salt, pepper, Garlic powder, onion powder, thyme, rosemary, etc. -all work very well with turkey. You can even stuff apples or onions in the turkey cavity before cooking for extra flavor.

Directions:

Preheat oven to 550 degrees. Remove bag of giblets from turkey cavity and set aside for use later, if desired. Thoroughly rinse turkey off inside and out.

Pat turkey dry, rub all over with olive oil, and generously season turkey as desired. Place in oven and cook for 30 minutes in a roasting pan.

Turn oven down to 450 degrees and cook for 1 1/2 hours more.

Do not open the oven at all during this cooking time and the turkey will be cooked complete. As long as you follow those directions, it really doesn't matter how big or small the turkey is. It will be fully cooked as long as the directions are followed and the oven door remains closed during the cooking process! Turkey is done when meat thermometer registers 165 degrees.

Easy Turkey Gravy

Ingredients:

Turkey drippings
3 to 3 1/2 cups chicken broth, divided
1/2 cup all-purpose flour
1/2 tsp dried thyme*
1/2 tsp rubbed sage*
1/2 tsp pepper

* You can easily switch up seasonings to fit your own preferences

Directions:

Pour turkey drippings and loosened brown bits from roasting pan into a 4-cup measuring cup. Skim fat, reserving 2 tablespoons. Add enough broth to the drippings to measure 3 cups.

In a large saucepan, whisk flour, 3/4 cup broth and reserved fat until smooth. Add thyme, sage and pepper: gradually whisk in the drippings' mixture.

Bring to a boil, stirring constantly; cook & stir for 2-3 minutes or until thickened.

