

# Pantry News

April 2023 Issue #4

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.

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

*Happiness is like jam. You can't spread even a little without getting some on yourself.*

## Garlic Salmon Pasta

### Ingredients:

1 16 OZ package spaghetti or pasta of your choice

1/3 cup olive oil

3 garlic cloves, minced

1 can salmon, drained, bones & skin removed

3/4 cup chicken broth

2 TB dried parsley

1/2 tsp salt

1/8 tsp Cayenne pepper

### Directions:

1. Cook pasta according to package directions, drain.

2. Meanwhile, in a large skillet, heat oil over medium heat. Add garlic; cook and stir 1 minute. Stir in remaining ingredients; heat through.

3. Add pasta; toss gently to combine. Enjoy 😊



### What do you eat with cream of mushroom soup?

Rich & creamy mushroom soup works best with crunchy sides. Baked vegetables or chicken tenders will bring some depth to this comforting favorite.

### How can I make Campbell's cream of soup better?

Slice some shallots or onions, garlic and wild mushrooms. Sauté sliced mushrooms and onions for about 2 minutes, then add garlic. Add the soup and mix well. Thin to desired consistency with milk or water.

### How to "spice" up canned soup?

Add a splash of vinegar, throw in a handful of spinach or kale or any other vegetable of your choice, drizzle with olive oil, stir in your favorite spices, throw in leftover protein or nuts, add croutons on top.

## Carrot, Potato & Cabbage Soup

### Ingredients:

- 4 large Carrots, thinly sliced
- 2 large potatoes, thinly sliced
- 1 large onion, thinly sliced
- ¼ head green Cabbage, thinly sliced
- 2 cloves garlic, smashed
- 6 cups chicken stock
- 1 TB olive oil
- ¼ tsp dried thyme
- ¼ tsp dried basil
- 1 tsp dried parsley
- 1 tsp salt/ pepper to taste

### Directions:

1. Combine all ingredients in stock pot over medium-high heat.
2. Bring to a simmer and cook until the Carrots are tender, about 20 minutes.
3. Transfer to a blender in small batches and blend until smooth, if desired. Enjoy!



## Cranberry Pistachio Granola Bars

The perfect snack for putting in a plastic bag for traveling, picnics, or even kids' lunches!

### Ingredients

- 2 cups rolled oats
- 1 cup shelled pistachios, coarsely chopped
- 1 cup dried cranberries, or raisins if you prefer
- 1 TB chia seeds, optional
- ¼ cup butter
- ¼ cup honey or maple syrup
- 1/3 cup packed dark brown sugar
- ½ tsp vanilla extract

### Instructions

Lightly grease a 13x18 inch jelly roll baking sheet, set aside.

In a large bowl, stir together oats, pistachios, cranberries, and chia seeds, if using. Set aside.

In a medium pot, melt the butter, honey, and brown sugar together until it comes to a bubble. Reduce heat and cook for 2 minutes more. Add vanilla to the pot and stir.

Pour the mixture over the dry ingredients and mix together until just moistened.

Pour onto prepared baking sheet and press out to about ¼ inch thick-if your sheet is too big, you can press them all to one half of the baking sheet to make them thicker.

Let cool in refrigerator for 2 hours, then cut into bars.



*Never stop doing little things for others. Sometimes those little things occupy the biggest part of their hearts.*