

Pantry News

May 2023 Issue #5

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 we will all get to enjoy dates. They are sweet fruits and packed with plenty of nutrients, making them an excellent snack in moderation. Dates are high in fiber and contain antioxidant compounds that can protect the body from inflammation. They are also high in potassium, which helps the body build muscle. You can also replace the sugar, chocolate chips, or candies in baking recipes with dates to ensure you are eating natural sugars instead of refined sugars.

Peanut Butter Stuffed Dates

Ingredients:

- ◇ 10 large, whole dates
- ◇ 2-3 TB peanut butter
- ◇ 5-6 almonds, lightly toasted, crushed (you can use any nuts you prefer; i.e. walnuts, hazelnuts, etc.)
- ◇ 1 oz dark chocolate, chopped (28g)
- ◇ 1/3 tsp coarse salt

Directions:

- Cut the Medjool dates open lengthwise and remove the pits, if necessary. Arrange them in a single layer on a large plate.
- Fill each date with peanut butter and garnish with chopped chocolate and crushed nuts.
- Sprinkle with coarse salt and refrigerate for 30-60 minutes before.
- Serve and enjoy!



“The things you’re waiting and hoping for tend to arrive at the most unexpected moments. STAY POSITIVE!”

Quick Walnut Tacos

Ingredients:

- 2 1/4 cups walnut halves
- 1 pkg taco seasoning
- 1 tsp garlic powder
- 2 tsp cider vinegar
- 1 tsp soy sauce
- 1 15oz can black beans, drained & rinsed
- 2 cups shredded iceberg lettuce
- 1 cup diced tomato
- 1/2 cup diced onion
- 1/2 cup salsa or pico de gallo
- 8 corn tortillas, warmed
- Sour cream, optional

Directions:

1. Place walnuts in a food processor and pulse until finely chopped, but not ground. Add taco seasoning and garlic powder. Pulse just until blended. Transfer to a large skillet; toast over medium heat until heated through and fragrant, about 5 minutes. Add vinegar to taste and soy sauce and mix well.
2. Serve the walnut mixture, beans, lettuce, tomato, onion and salsa (or pico de gallo) in tortillas. Top with sour cream, if desired.



Easy Pot Roast

Ingredients:

- * 1 Chuck roast (3-4 pounds)
- * 2 TB olive oil
- * 1 TB butter
- * 2 yellow onions, quartered
- * 6 Carrots
- * 1 TB salt
- * 2 tsp pepper



Instructions:

Take meat out of the refrigerator at least 30 minutes before cooking and generously salt and pepper it. Heat a large pot or Dutch oven over medium-high heat. Then add olive oil. Cut carrots into 2-3 inch pieces. Add onions to the hot pot, browning them on one side and then the other. Remove onions to a plate. Add carrots to the same pot and brown them slightly. (about 1 minute) Remove and set them on the plate with the onions. Add butter to the pot and allow to melt. Place the meat in the pan and sear it for about a minute on each side until it is nice and brown all over. Add the onions and carrots back in the pot with the meat. Roast in a preheated oven at 275 degrees for about 2 1/2 to 3 hours until meat is tender. Season vegetables with additional salt and pepper, if desired.

You are capable of AMAZING things!

Basic Mashed Potatoes

Ingredients:

- 2 pounds baking potatoes, peeled & quartered
- 3 cloves garlic, peeled
- 1 cup milk
- 1 TB butter
- Salt & pepper to taste

Directions:

Bring a large pot of salted water to a boil. Add potatoes and garlic, lower heat to medium, and simmer until potatoes are tender, 15 to 20 minutes.

When the potatoes are almost finished, heat milk and butter in a small saucepan over low heat until butter is melted.

Drain potatoes and return to the pot. Slowly add warm milk mixture, blending it in with a potato masher or electric mixer until potatoes are smooth and creamy. Season with salt & pepper to taste.



“What you think you create, what you feel you attract, what you imagine you become.” – unknown

WAYNE COUNTY STRONG