

P ntry News



July 2023 Issue #7

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 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.

SALMON PATTIES

Ingredients:

- 1 14.75 oz can salmon, drained with skin and bones removed
- ¾ cup rolled oats
- 1/3 cup milk
- 1 egg
- 2 TB finely chopped onion (or ½ tsp onion powder)
- 2 TB oil, or more if needed

Directions:

- Combine salmon, oats, milk, egg, and onion.
- Mix well.
- Shape mixture into patties about ½ inch thick.
- Refrigerate, covered for at least 1 hour to firm the patties.
- Heat frying pan with oil over medium heat. Cook patties 3-5 minutes on each side or until golden brown and heated through.
- Serve hot or cold.



When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is!

BEEF, RICE, PEAS & CARROTS

Ingredients:

- 1 lb ground beef
- 1 onion, diced
- 1 TB minced garlic
- 1 can peas, drained
- 2 carrots, diced
- 2 cups uncooked white rice
- 4 cups water, or for more flavor use beef broth



Directions:

1. In a medium pot, brown ground beef with onion. Add garlic.
2. When beef is done, add the peas and carrots, and 4 cups of water. Let it reach a boil, and turn heat to medium.
3. Add the rice, cover and simmer for 15-20 minutes until rice is tender.
4. Season with salt and pepper before serving.

WAYNE COUNTY FOOD PANTRY 570-253-4262

Oven Baked Chicken & Rice Casserole

Ingredients:

2 lbs chicken legs or thighs
1 cup long grain white rice,
Uncooked
1 $\frac{1}{2}$ cups water
1 package dry onion soup mix
1 can cream of mushroom soup,
condensed

Directions:

Preheat oven to 325 degrees.

Spray a 9 x 13 pan with cooking spray. Add chicken and season with salt & pepper.

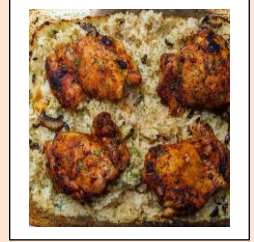
Pour uncooked rice over chicken. Sprinkle with onion soup mix.

Combine mushroom soup and 1 $\frac{1}{2}$ cups of water. Pour over chicken.

Cover and bake for 1 hour 15 minutes or until rice is tender.

*For a crispier chicken, uncover and put under broiler until brown and crispy.

Let sit for 10 minutes before serving. Enjoy! 😊



HOMEMADE BUTTERMILK BISCUITS

Fluffy, buttery biscuits using pancake mix

Ingredients:

2 $\frac{1}{4}$ cup pancake mix
2/3 cup milk
2 TB butter, melted



Instructions:

Line a baking sheet with parchment paper and preheat oven to 400 degrees.

In a large bowl, mix pancake mix and milk until soft dough forms.

On a work surface, sprinkle more pancake mix.

Knead the dough lightly, about 10-12 times

Roll out dough to a $\frac{1}{2}$ inch thickness.

Using a biscuit cutter, cut out biscuits.

Place the biscuits on prepared pan and bake for 10-12 minutes.

Brush the tops of the homemade buttermilk biscuits with melted butter.

Easy Chicken & Biscuits

Ingredients:

*1 can condensed cream of chicken
Soup
*1 $\frac{1}{4}$ cups milk
* $\frac{1}{2}$ tsp dried thyme
*2 cups frozen mixed vegetables,
you can substitute with canned
vegetables that have been drained
*2 cups cubed cooked chicken (or
substitute with freshly cooked
chicken or one 12 oz pouch or can
of chicken breast, drained)
*5 unbaked refrigerated biscuits (1
10 oz package biscuit dough) cut
into quarters- or use homemade
biscuits from recipe listed in this
newsletter.

Directions:

Heat oven to 400.

While the oven is heating, stir the soup, milk, thyme, vegetables and chicken in a 10-inch oven-proof skillet.

Season with salt and pepper.

Arrange uncooked biscuits on top of the chicken mixture.

Bake for 20 minutes or until the biscuits are golden brown and done.

