

# Pantry Recipes

Easy, nutritional, and delicious recipes using basic items often found in the St. Michaels Community Center's pantry.

## Pepper Relish

Servings: 4 | Calories Per Serving: 116

### Ingredients:

- 3 cups chopped hot peppers
- ¾ cup white wine vinegar
- ½ cup sugar
- 2 cloves garlic
- ½ onion chopped
- 2 tsp mustard seed
- 1 tsp salt

### Directions:

1. Add all ingredients in a large pot and heat to medium heat stir until sugar is dissolved. Bring to a light boil.
2. Reduce heat to low and simmer 25-30 minutes, until the liquid is reduced.
3. Set aside to cool and enjoy!

We are so lucky to have our local community share their garden bounties with us! But, you may be asking yourself, "What do I do with all these peppers?"

I know I was, and pepper relish fit the bill! Makes a great condiment to chicken, hot dogs or anything needing a little kick! Or, serve on crackers with cream cheese. The relish will last for up to a year in the fridge!!

**And don't forget to please thank a farmer!!**



**Executive Chef Kerri Clear**  
St. Michaels Community Center



Nutrition Facts	
4 Servings	
Serving Size - 1/2 cup (4oz)	
Amount per serving	
<b>Calories</b>	<b>116</b>
% Daily Value (DV)*	
Total Fat .4g	10%
Sodium 188mg	8%
Total Carbohydrates 27g	10%
Dietary Fiber .3g	1%
Total Sugars .25g	50%
Protein .5g	1%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of foods contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.



The St. Michaels Community Center's mission is to serve, empower, and connect the community, with year-round programs and activities.

### Community Cafe and Pantry Hours:

Mondays, 4-6 p.m., Wednesdays and Fridays 1-3 p.m.