

Healthy Recipes from Your Pantry

For times when marketing is not possible, you can make use of the items stocked in your pantry to make easy-to-prepare healthy meals. Reach for the beans and lentils, nuts and seeds, nut and seed butters, oats, whole grain pasta, crackers, and bread, canned foods like tomatoes and fish, frozen vegetables, dry herbs, and spices to make filling, nutritious tasty healthy meals.

Adapt these recipes to your taste based on what you have on hand.

Breakfast Recipe Ideas

Almond Butter with Quick Cook Steel Cut Oatmeal Topped with Blueberries

- 1/4 c steel cut oats
- 3/4 c water
- 1/2 c blueberries or other berries (frozen or fresh)
- 1 tbsp almond butter

Place the oats into a small saucepan with the water and bring to a boil. Cook over medium heat for 5 minutes, stirring occasionally. Mix in the almond butter. Transfer to a bowl and top with whatever berries you have.

Green Smoothie

- 1 small banana
- 1 tbsp peanut butter
- 1 c frozen spinach
- 1/2 c frozen berries
- 1 1/2 c milk (low fat, nonfat or unsweetened almond, soy or oat milk)
- 1 scoop of protein powder (optional)

Add all ingredients to a blender and mix on high until completely blended.

Egg White Sandwich on Whole Grain Toast

- 2 egg whites, separated from yolks
- 1 or 2 slices whole grain bread, toasted
- 1 slice cheese
- Fresh vegetables (optional)

Pour the egg whites into a small bowl and whisk lightly. Place into a nonstick pan over low- to medium-heat. As an option, add a handful of fresh vegetables to the eggs in the pan. Fold the eggs over gently until cooked through. Toast the whole grain bread. Assemble on a plate by placing the slice of cheese on the toast and topping with the cooked egg whites and the second piece of toast.

Lunch Recipe Ideas

Grain Bowl

- 1/2 tsp olive oil
- 1 c any whole grains such as brown rice, quinoa, faro, buckwheat (or can of black beans)
- 2 c sliced bell peppers (fresh or thawed frozen peppers drained of extra water)
- 1/2 onion thinly sliced
- 2 chicken breasts, thinly sliced
- 1 avocado
- 1/4 tsp garlic powder, cumin, chili powder, smoked paprika (one or all to taste)

Heat the oil in a large nonstick skillet over medium heat. Add in the thinly sliced chicken breast until lightly browned. Add the onion and peppers. Cook until vegetables are soft; season to taste.

While the chicken and vegetables are cooking, prepare the whole grain according to package directions or drain the can of black beans. Assemble all in two bowls and top with slices of avocado. Makes 2 servings.

Adapted from Chelseyamernutrition.com grain bowl recipe

Tomato Orzo Soup

- 1 tbsp olive oil
- 2 cloves of garlic, minced
- 2 bay leaves, whole
- 3 – 15 oz cans of diced tomatoes
- 15 oz vegetable broth
- Basil (1/4 c chopped fresh or 1 tbsp dry)
- Red pepper flakes, a dash to taste
- Salt and pepper to taste
- 1/2 c Greek yogurt
- 1 c cooked orzo (or other small pasta)

In a large pot, heat the olive oil over medium heat. Add the onion and garlic and cook until just tender, then add the bay leaves. Stir in tomatoes, basil, and vegetable broth. Season with red pepper flakes, salt, and pepper to taste. Simmer for 20 minutes. Remove the bay leaves and discard. Use an immersion blender or regular blender to combine and smooth. Stir in the Greek yogurt, and add the cooked orzo pasta. Serve warm.

Greens and Bow Tie Pasta

- 4 c greens (fresh or frozen broccoli florets or leafy greens such as kale, spinach, or arugula)
- 1/2 lb of bow tie pasta
- 2 tbsp extra virgin olive oil
- 1 tsp garlic (minced fresh or garlic powder)
- 1 lemon, zested
- Salt and pepper, to taste
- 1 tbsp lemon juice
- 1/4 c pignoli nuts (or other nut)

Cook the greens for 3 minutes in a large pot of boiling water. Remove from the water with a slotted spoon or sieve. Place in a large bowl and set aside. In the same water, cook the bow tie pasta according to the package directions. Drain well and add to the greens. Meanwhile, in a small pan, heat the olive oil and heat the garlic and lemon zest for 1 minute. Remove the pan from the heat and add salt and pepper to taste, and the lemon juice. Pour the mixture the greens and pasta. Toss well. Sprinkle with nuts and serve.

**Adapted from Ina Garten*

Dinner Recipe Ideas

Sweet Potato and Black Bean Tacos

Roasted Sweet Potatoes

1 to 2 medium sweet potatoes, peeled and cut into 1/2 inch cubes
2 tbsp canola oil
1/2 tsp kosher salt
1 tsp chili powder
1/2 tsp ground cumin

Beans:

2 tbsp canola oil
½ medium yellow onion, diced
1 clove garlic, minced
1 jalapeno or 1/4 tsp of chili powder
15 oz can black beans, drained and rinsed

Serve with

10 tortillas (corn or flour)
1/2 c salsa
Lime wedge
1/4 c crumbled cheese (cotija or any shredded cheese)
Cilantro, roughly chopped

Preheat oven to 425° F.

Roast Sweet Potatoes: In a medium-sized bowl, toss all the sweet potato ingredients listed. Spread on a baking sheet in an even layer. Roast for 15 minutes. Turn and stir; roast for another 15 minutes or until sweet potatoes have puffed up and have crisp, roasted edges.

Cook Beans: While the sweet potatoes roast, heat 2 tbsp oil in a saucepan over medium heat. Add the onions and 1/2 teaspoon salt, and sauté until soft and translucent, 5 to 7 minutes. Add the garlic and jalapeño or chili powder, and sauté 2 minutes more. Fold in beans and cook, stirring occasionally, until the beans are soft and seasoned, about 10 to 15 minutes. If beans seem dry or bottom of pan starts to sizzle, add a splash water as needed. Taste and add salt to taste.

Assemble Tacos: Layer tacos with sweet potatoes and black beans. Serve with salsa, cilantro, and cheese.

Lentil Soup

4 c water
1 c dry lentils (not red)
1 carrot, peeled and diced
1 small yellow onion, diced
3 garlic cloves, minced
5 c stock (chicken or vegetable)
1 small can of diced tomatoes
2 whole bay leaves
Salt and pepper, to taste
Vinegar (optional)

In a large pot over high heat, bring water to a boil. Add the lentils to boiling water and lower heat. Simmer for about 5 minutes. Drain the lentils, rinse, and set aside in a bowl.

Place the pot back over medium high heat and coat with olive oil. Add the onion and carrots. Cook for about a minute until soft, then add the garlic and cook for another minute. Add the bay leaf and the lentils. Cook for about 30 seconds, stirring to coat with the oil. Add the broth and the tomatoes and season with salt and pepper. Cover and over medium heat cook until lentils are tender, about 25 minutes.

Transfer 2 cups of the soup to blender and purée until smooth. Return the purée back to the pot and mix to combine. Ladle soup into bowls. If desired, garnish with a drizzle of vinegar to taste.

**Adapted from GOOP*

Black Beans, Chicken, and Rice

3 tsp chili powder
1 tsp ground cumin
1 tsp pepper
1/4 tsp salt
4 boneless skinless chicken breast halves (4 oz each)
2 tsp canola oil
15 oz can black beans, rinsed and drained
1 c frozen corn
1 c salsa
2 c brown rice, cooked and hot

In a small bowl, mix seasonings and sprinkle all over the chicken. In a large nonstick skillet, heat oil over medium heat. Brown the chicken on both sides.

Add beans, corn, and salsa to skillet. Cover and cook for 10 to 15 minutes or until a meat thermometer inserted in chicken reads 165°. Remove chicken from pan; cut into slices. Serve with bean mixture and hot cooked rice.

**Adapted from Tasteofhome.com*