

Stocking a Healthy Kitchen

Plan Ahead

- Keeping a variety of shelf stable and frozen foods can help you create quick and nutritious meals during times when you cannot access the grocery store on a regular basis.
- Think of your favorite meals and ingredients you need to keep on hand to make these meals before you go to the store.
- Go through your cabinets and pantry to see what you have already and decide how much you need of these items; this will help cut down on the amount of time that you spend in the store.



Quick & Nutritious Meals Using Pantry Staples

- Mix plain oatmeal with one to two tablespoons of peanut butter for a delicious breakfast with a side of fruit (raisins or a banana)
- Add pureed beans to marinara sauce and serve over pasta with a side of vegetables (frozen green beans).
- Make a quesadilla with canned chicken, canned tomatoes, and cheese on a small tortilla along with a side of vegetables
- Make a peanut butter sandwich on whole wheat bread with a side of fruit (fruit cup in 100% juice) and veggies (sliced carrots)
- Try the black bean and lentil taco recipe below for taco night.

Snack Ideas

- An apple with 1-2 tablespoons of peanut butter or a hard-boiled egg
- A fruit cup in 100% juice (pears or pineapple) with a string cheese
- One cup of cereal (Cheerios) with one cup of shelf stable milk.



Healthy Recipe: Black Bean & Lentils Tacos

Ingredients

- 4 whole wheat flour tortillas
- ½ cup dry lentils, rinsed
- 1 cup low sodium canned beans (kidney, red, pinto, etc.) drained and rinsed
- 1 Tablespoon chili powder
- 1 Tablespoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon dried leaf oregano
- 1 ½ cups water

Directions

1. Cook lentils in the water over medium-high heat until almost all the water is absorbed (about 15 minutes).
2. When there is about 2 tablespoons of water left, add black beans and taco seasoning. Stir and continue cooking until all the water is absorbed (about 2 minutes).
3. Serve in whole wheat tortillas. Recipe courtesy of AZ Health Zone

Dietitian Tip: Pair this meal with veggies (sliced carrots or green beans).

Serves 4

1 taco: 250 calories, 4g total fat (1g saturated fat), 470mg sodium, 46g carbohydrates, 9g fiber & 13g protein

Easy Red Beans and Rice

Ingredients

- Cooking oil spray, as needed (non-stick)
- 1 onion (medium, peeled and chopped)
- 1 green bell pepper (washed and chopped)
- 1 teaspoon garlic powder
- 2 cans low sodium diced tomatoes (14.5 ounces each)
- 1 can low sodium kidney beans (15.5 oz, drained and rinsed)
- 6 cup cooked brown rice

Directions

1. Spray skillet with cooking oil spray.
2. Cook onion and pepper over medium heat for 5 minutes or until tender.
3. Add garlic powder, tomatoes, and kidney beans.
4. Bring mixture to a boil. Reduce heat to low and simmer for 5 minutes.
5. Serve over rice

Dietitian Tip: Pair this meal with a serving of veggies of your choice (carrots or broccoli) and or fruit (unsweetened applesauce). Frozen produce would be a great side dish! Flavor the plain frozen veggies with a sprinkle of parmesan cheese.

Nutrition

Serves 8

Serving size: 1 cup

1 serving: 232 calories, 2g fat (0g saturated fat), 0mg cholesterol, 47g carbohydrates, 8g fiber, 0g added sugar & 8g protein

Recipe courtesy of MyPlate

Kid-Friendly Chicken Enchiladas with Black Beans and Corn

Ingredients

- 1 lb. chicken breasts, sautéed and cooled OR 2 (10 oz.) cans salt-free white meat chicken (drained) *see cooking tip below*
- 15.5 oz. canned, low-sodium black beans (drained, rinsed)
- 10 oz. packaged, frozen whole kernel corn (thawed) OR 15 1/4 oz. canned, no-salt-added, or, low-sodium corn (drained, rinsed)
- 3 tsp. mild chili powder (divided use)
- 12 small whole wheat or corn tortillas
- 12 toothpicks
- 14.5 oz. canned, no-salt-added, or, lower-sodium tomato puree
- 1/2 cup low-fat sour cream

Directions

1. Preheat oven to 400° F.
2. In a large bowl, add the cooled chicken. Let kids shred the chicken with their fingers. Then, have them add black beans, corn, and 1 teaspoon chili powder to bowl with chicken and let kids mix together with spoon.
3. Wrap 12 tortillas in 2 to 3 damp paper towels and heat in microwave until warm, about 1 to 1½ minutes.
4. Spray a baking dish with cooking spray. On a cutting board, place 1 warm tortilla and have kids add about 1½ spoonsful of mixture in a line down the middle of the tortilla. Roll the tortilla up and use a toothpick to hold together. Place in the baking dish. Repeat with other tortillas. Any extra meat mixture leftover can be poured on top of rolled tortillas.
5. In a small bowl, have kids mix 2 teaspoons chili powder, tomato purée, and sour cream. Have them stir mixture and then pour on top of rolled tortillas. Bake in oven until warmed, about 15 to 20 minutes

Cooking Tip: For a quicker meal, 2 cups shredded chicken from half of a rotisserie chicken or 2 (10 oz.) cans salt-free white meat chicken (drained) can be used instead of the chicken breasts.

Tip: Warming the corn tortillas in the microwave before rolling into enchiladas is a necessary step—the warmed tortillas bend nicely. Cold corn tortillas break very easily, which makes rolling into enchiladas not a success.

Nutrition

Serves four

1 serving: 485 calories, 4.5g fat (1g saturated fat), 499mg sodium, 81g carbohydrate, 12g fiber & 41g protein

Recipe courtesy of the American Heart Association

Parmesan Vegetable Pasta

Ingredients

- 2 cups pasta, uncooked (try using whole wheat pasta)
- 2 teaspoons oil
- 2 garlic cloves, minced or ¼ teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 cup frozen peas
- 3 cups broccoli, chopped (either fresh or frozen)
- 1/4 teaspoon salt
- 3 tablespoons lemon juice
- 1/4 cup parmesan cheese
- 1/8 teaspoon black pepper (optional)

Directions

1. Cook pasta by following the directions on the package.
2. While the pasta cooks, heat oil in a skillet over medium heat. Add garlic and oregano. Cook for 2 minutes.
3. Add vegetables and salt. Cook for 7 minutes.
4. Drain the pasta. Add pasta to the vegetables.
5. Add lemon juice and parmesan cheese.
6. Stir to mix vegetables and pasta. Season with black pepper.

Cooking Tip: Try adding chicken (fresh or canned chicken) for extra protein.

Nutrition

Serves 4

Serving size: 1 ½ cups

1 serving: 260 calories, 7g fat (2g saturated fat), 10mg cholesterol, 270mg sodium, 41g carbohydrates, 3g fiber, 0g added sugar, and 12g protein.

Recipe courtesy of the Greater Pittsburgh Community Food Bank

Chicken Chili

Ingredients

- 1 teaspoon oil
- 1/2 cup onion, chopped
- 1/2 cup bell pepper, chopped
- 2 tablespoons chili powder
- 1 (28 ounce) can low sodium diced tomatoes
- 1 (15 ounce) can low sodium beans of your choice (black, pinto, kidney, or white beans), drained and rinsed
- 1 (15 ounce) can low sodium corn, drained and rinsed
- 1 (10 ounce) can white meat chicken, drained and rinsed
- 2 cups low-sodium chicken broth

Directions

1. Heat oil in a pot over medium heat.
2. Add onion and pepper. Cook for 5 minutes.
3. Add chili powder. Stir to mix. Cook for 1 minute.
4. Add tomatoes, beans, corn, chicken and broth. Stir to mix.
5. Bring chili to a boil. Then reduce heat to medium-low. Simmer for 15-20 minutes.

Nutrition

Serves 6

Serving size: 1 ½ cups

1 serving: 230 calories, 3.5g fat (0g saturated fat), 30mg cholesterol, 330mg sodium, 31g carbohydrates, 9g fiber, 0g added sugar & 19g protein

Recipe courtesy of the Greater Pittsburgh Community Food Bank