

# Staples for your Pantry and Fridge



A well stocked pantry will help to make the healthy and tasty choice the easy choice. Below are some suggestions of foods to keep in your pantry and fridge for ease in preparing a variety of meals. Your pantry choices would reflect your taste and preferences.

## **Canned foods:**

Tomatoes- crushed, sauce, paste

Beans- black beans, cannellini beans, garbanzo beans, refried beans

Broth- vegetable, chicken, beef

Plant-based milks- coconut, almond (carton)

Tomatoes are so useful for chili, soups and sauces for pasta or pizza.

Beans are easy to add to salads, soups, and chili. When blended the can be used as a base for dips and spreads or thickening soups.

Broth can be used to prepare rice or grains for added flavor, or use in place of oils to reduce fat when sautéing foods, and of course they make a great base for soups and stews.

Plant based milks can be used in Soups, sauces, smoothies, and baking.

**Vinegars:** apple cider vinegar, wine vinegar, balsamic

**Oils:** olive, canola, sesame

For making salad dressings.

Marinades for vegetables and meats.

Also great for finishing soups

**Grains:** oatmeal, rice, quinoa

**Pasta:** Spaghetti, and a small shape that can easily fit on a fork or spoon

Oatmeal makes a nutritious breakfast that can be so versatile. But it can also be pulverized to use as a flour in baking.

Quinoa is easily digested, and a good source of high-quality protein. Because of a higher fat content, it would be best stored in the refrigerator. Can be used in place of rice.

Rice can be cooked in batches to have on hand in the fridge or freezer for instant additions to salads or soups.

Adding cooked vegetables to pasta with a little olive oil and seasonings or pesto can make an instant meal.

**Spices:** according to your tastes and frequent use

**Dehydrated onions** are a great substitute when fresh is not available for soups and stews

**Baking staples:** Flours, salt, baking powder, baking soda and sugars or preferred sweeteners

## Staples for your Pantry and Fridge (continued)

**Snacks:** popcorn, rice cakes or rice crackers, protein bars, fresh fruit, vegetables washed and cut

**Nuts:** almonds, walnuts, your favorites

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Having an assortment of ready-made healthy snacks on hand can help you make good choices.

Nuts are great for snacking; they also make great additions to salads and baking.

**Nut or seed butters:** peanut butter, almond butter, tahini (sesame), sunflower seed butter

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These are great for adding to whole grain toast, making snacks (with celery or apples) or maybe a tablespoon in a smoothie.

Create hummus to use as a dip for vegetables or a spread on a sandwich.

**Breads:** whole grain bread, English muffins

**Tortilla's:** whole grain flour, corn tortilla's

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Sprouted breads are hearty providing satiety as it takes longer for your body to break it down.

English muffins are very versatile, they can be made into pizzas, hamburger buns, breakfast sandwiches, or snacks.

Almost anything can be made into a taco, they can also be used for quesadillas.

**Root vegetables:** potatoes, sweet potatoes, onions, garlic

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A baked potato can be a meal in itself with some steamed broccoli drizzled with olive oil or black beans, corn, salsa and cilantro.

Onions and garlic add flavor to many types of recipes.

**Fruit:** apples, berries, lemons, limes and your favorites

Apples are great for snacking. Berries add flavor and color to salads and cereal. Spread apple slices with nut butter and sprinkle with raisins for an "apple donut".

Fresh lemon or lime juice and zest brighten dressings and dips.

**Dried fruit:** raisins, your favorites

Dried fruit is a great addition to snacks, salads and baking.

**Vegetables:** Fresh - in season when possible. Washed and cut up ready for use. Frozen - also a good choice so they are always on hand. Canned or frozen vegetables are great to add to soups and stews.

Avocados made a great substitute for mayonnaise.

Choose what you enjoy and incorporate in every meal.

**Plain non-fat yogurt:** Used as a base for salad dressings, add to soups for a creamy texture, use in place of sour cream in baking, add to scrambled eggs or omelets.

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**Eggs:** For a quick meal. Hard boiled make a "to go" breakfast, a quick snack or a great addition to salads.

**Meats:** Grilled chicken breasts are another great addition to salads, sandwiches, or pasta dishes. Add cooked chicken to a quesadilla or taco for a quick and easy meal.

Canned tuna is a versatile item and can be easily kept in the pantry.