

Pantry Staple Recipes

Fried rice	Brown rice + frozen mixed veggies + egg + low sodium soy sauce
Pasta with shrimp	Pasta (preferably whole wheat) + fresh or frozen green beans or broccoli + lemon + olive oil + frozen shrimp
Pantry curry	Red lentils + frozen cauliflower + canned coconut milk + tomatoes + chicken broth or vegetable broth + curry powder
Mango beans and rice	Brown rice + can of kidney beans + can of coconut milk + frozen mango + chicken broth or vegetable broth + cayenne pepper (optional)
Chicken Sausage Skillet	Pre-cooked chicken sausage + shredded Brussel sprouts + sweet potato + balsamic vinegar + rosemary
White bean soup	Canned tomatoes + chicken broth or vegetable broth + cannellini beans + low sodium ham + garlic + frozen spinach or kale
Spaghetti squash pesto	Cooked spaghetti squash + pesto + lemon juice + frozen shelled edamame + parmesan cheese
Quick enchiladas	Rotisserie chicken or leftover chicken + canned beans + shredded carrots + whole wheat tortillas + enchilada sauce + low fat shredded cheese
Avocado toast	Whole wheat toast + mashed avocado + egg + cheddar cheese + salsa
Fast Frittata	Eggs + asparagus (fresh or frozen defrosted) + smoked salmon + feta
Sheet Pan Fish	Frozen white fish + lemon + dried dill + frozen or fresh green beans + cubed potatoes
Harvest Pork Skillet	Center-cut pork chop + dried sage + sliced apple + cubed butternut squash + sliced onions
Quinoa stuffed peppers	Bell peppers + cooked quinoa or brown rice + canned black beans + salsa + low-fat shredded cheese
Soba bowl	100% whole buckwheat soba noodles + sliced mushrooms + vegetable broth + baby spinach + soy sauce
Pesto veggie pasta	Whole wheat pasta + cherry tomatoes + chopped kale + pesto + mozzarella

Note: choose low-sodium versions for canned foods (beans, tomatoes, broth) whenever possible