

DO MORE WITH PANTRY BASICS

Nutrition Staples Don't Have to be Boring!

As you aim to limit the number of outings to the grocery store, capitalize on everything basic pantry items have to offer. Staples can find new life with fun flavors and new techniques.

Tune into the *Optimal You* social media pages this week for more tips on using basic pantry items from you *Optimal You* Registered Dietitians, Wendy Brookhouse & Sarah Van Eerden.



Trade standard oatmeal for a baked oatmeal dish. Add flax, pecans and cinnamon for additional nutrition and flavor.

Use oats as a base in easy, no-bake protein bites. Peanut butter, dried fruit and chia seed make these nutrient powerhouses.

Grind oats to make oat flour and use as a filler for bean burgers, falafel and meatloaf. The oats are absorbent and a good binder.

Bake oats for a DIY granola. Added seeds, spice and a bit of olive oil and honey make for a great breakfast or snack.

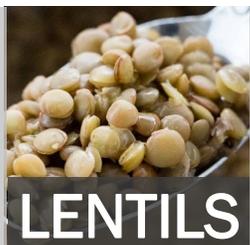


Mash beans with garlic, minced onion, dried herbs and a bit of olive for an easy spread for wraps, crackers or vegetables.

Make your own bean burgers at home. Most recipes use a binder like oats or flour, an egg, and added spices. Pan seer and enjoy!

Mix beans with chopped vegetables and a vinaigrette for an easy cold salad. Ramp it up with a whole grain and protein for a meal.

Garbanzo beans roast well alongside veggies in the oven. Toast them with your broccoli for a protein and fiber boost, and a new texture.



Cut your taco meat with half the volume of cooked lentils. Flavor as normal. Going meatless?? Try lentils and walnuts as a base.

Mix cold cooked lentils into your chopped salad. They take a vinaigrette well and makes for a heartier lunch.

Try lentils as a sub for beef, exploring recipes for burgers, "meat" balls or lentil loaf. Add spices and vegetables for flavor!

Use lentils with any grain for a more interesting grain bowl. Top with roasted vegetables and seared protein for a balanced meal.



Blend canned tomatoes as a start for your own pizza sauce, spaghetti sauce or chili base. Add garlic, onion and even balsamic vinegar.

Cook rice, farro or quinoa in canned tomatoes (undrained) for a new take on whole grains. Watch the water level, add as needed.

Try a recipe from a new cuisine. Have you made Shakshuka? What about Tikka Masala? Try your hand at Risotto or make a cajun skillet.

"Scald" the canned tomatoes until they become more aromatic and deeper red. This creates a richer flavor for your dishes.



LEARN HOW TO COOK.
TRY NEW RECIPES,
LEARN FROM YOUR
MISTAKES, BE FEARLESS
& ABOVE ALL HAVE FUN.
JULIA CHILD

