

Resourceful Cuisine

Nutrition Notes by Natalie

Fall is just around the corner and with continued county wide recommendations to practice social distancing there is no better time to get creative with resources on hand. Many of you are already taking advantage of the grocery box food distribution program that provides perishable staple and stock pantry supplies weekly, but may be looking for creative ways to utilize these essential food items. After reviewing a list of foods available in these kits, I developed some quick and simple meal ideas to help you get the most out of what you have on hand.

Summer Tuna Salad

- One can of chunk tuna drained
- One can of beans, drained
- One handful of cherry tomatoes
- Fresh spinach or variety of lettuce
- Drizzle of olive oil, fresh squeezed lemon and a sprinkle of dried oregano

Street Tacos

- One package corn tortillas
- Sautéed garden vegetables like zucchini, yellow onion, and bell pepper
- One can of beans, drained
- Corn salsa made with canned corn (drained), diced fresh tomatoes, onion, and a squeeze of lime.
- Top with shredded lettuce and cheese

Kitchen Sink Soup

- One can soup for starter base
- One can of beans NOT drained
- 2-4 cups of water
- Throw in a variety of garden fresh vegetables like potatoes, carrots, zucchini, broccoli, and bell peppers and simmer on low. Season to taste and serve with warm sliced whole wheat bread and butter.

Wok style stir fry

- Sauté onion and garlic
- Add chunks of fresh garden vegetables like bell pepper, carrot, and broccoli
- Season with low sodium soy sauce or no-salt seasoning blend
- Serve over whole grain pasta or rice

Yogurt Parfait

- Chop and combine fresh seasonal fruits like watermelon, strawberries, apples, oranges, and pineapple
- Chop 2-3 granola bars into chunks
- Stir yogurt until smooth
- Layer yogurt, granola bars, and fruit in cups to make a delicious yogurt parfait

Breakfast Skillet

- Sauté onions, bell pepper, and broccoli for 2-3 minutes on medium heat. Pour 2-3 whisked eggs over the top and scramble. Serve over diced cooked potatoes with whole wheat toast and fruit salad.

Homestyle Macaroni and Cheese

- Boil pasta and drain, set aside. In a sauce pan melt 2-3 tablespoons of butter and whisk with ½ to 1 cup of milk stirring constantly. Add back pasta and 1 cup of shredded cheese. Continue to stir until cheese is melted and all ingredients are mixed. Serve with fresh garden salad.

Cinnamon Apple Porridge

- Prepare oatmeal or cream of wheat per package directions. Warm applesauce and add chunks of fresh apples. Spoon over hot cereal then add cinnamon and a touch of brown sugar. Serve with whole wheat toast and butter.