FOOD PANTRY NUTRITION BOOKLET

EASY RECIPES TO MAKE WITH CANNED GOODS, TIP SHEETS AND MORE!

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FORWARD

This recipe booklet was created with the Cache Community Food Pantry in mind. After spending several years volunteering at the pantry—and cooking meals using the foods I have personally received—I wanted to put together a collection of recipes that rely primarily on ingredients commonly available through the food pantry.

The tip sheets and nutrition information were developed based on feedback from both food pantry clients and volunteers, who shared the kinds of resources they felt would be most helpful.

Nutrition education is more than just facts about food, it is a tool that empowers us to make informed choices and create a healthy lifestyle. I hope you find something in this booklet that gives you the confidence to take strong steps to a healthier lifestyle and makes it all a little easier.

- Sydney Dustin, USU Master's Project 2025

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LEGEND:

Can be made in microwave.

No perishable ingredients required

Food pantry ingredients only (all ingredients can be found at the food pantry).

No cooking required.

BREAKFAST

OATMEAL

YIELD: 1 TIME: 5 MINS Tip: Add in yogurt after cooked for extra protein!

Ingredients:

- 1/4 cup oatmeal
- 1/3 cup water
- Choice of toppings:
  - Dried, fresh or frozen fruit
  - Peanut butter and jam
  - Canned pumpkin and cinnamon
  - Nuts, yogurt or milk

Directions:

1. In a small microwavable bowl, add in oats and water.
2. Place in microwave and cook for 1 minute.
3. Add in additional topping of choice cook for 1 additional minute.
4. Enjoy!

BLACK BEAN MUFFINS

YIELD: 12 TIME: 30 MINS Tip: Make ahead of time and store in fridge or freezer for a quick breakfast!

Ingredients:

- 1-15oz can black beans
- 5 eggs
- 1/2 tsp salt
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 cup oil
- 1/4 cup sweetener of choice - honey, sugar, or maple syrup
- 2 TBS cocoa powder

Directions:

1. Preheat oven to 350 degrees
2. Put all ingredients into a blender and blend until smooth. Alternatively you can mash beans with a fork and then mix all the other ingredients in.
3. Spray muffin tin and scoop batter into tin.
4. Bake for 20 mins. Enjoy!

OMELET

YIELD: 1 TIME: 20 MINS Tip: Use up extra random vegetables.

Ingredients:

- 2 eggs
- 2 TBS milk or water
- Salt and pepper
- 1 TBS oil
- 1/2 cup vegetables of choice
  - i.e. onion, pepper, spinach
- Cheese, optional

Directions:

1. In a small bowl, add eggs, milk and salt and pepper.
2. To a pan over medium heat, pour in the oil.
3. Pour in egg mixture and let cook for 2 minutes. Add vegetables and cheese on top and cover with a lid.
4. Cook until egg is set, and cooked to your preference. Enjoy!

GRANOLA BAR BALLS

YIELD: 10 BARS TIME: 30 MINS Tip: Add a ripe banana for extra nutrients.

Ingredients:

- 2 large browned bananas
- 1 cup peanut butter
- 3 cups oats
- 1 TBS sweetener of choice (honey, sugar, jam)
- 1/8 tsp salt
- 1/4 cup (optional) mix in (chocolate chips, dried fruit, nuts etc.)

Directions:

1. Preheat oven to 350 degrees
2. Peel bananas and mash in a mixing bowl. Add the rest of ingredients and stir.
3. Roll into ~ 10 balls and place on cookie sheet. Bake for 8-10 mins.
4. Store on counter for 2 days, fridge for 1-2 weeks, freezer for 3 months.

APPLESAUCE MUFFINS

YIELD: 12 TIME: 30 MINS Tip: Make ahead of time and store in fridge or freezer for a quick breakfast!

Ingredients:

- 1 ¾ cup flour
- 1 tsp baking soda
- ½ tsp salt
- 2 tsp ground cinnamon
- 2 eggs
- ¼ cup oil
- 1 ½ cup applesauce
- ½ cup sweetener of choice (sugar, honey, or maple syrup)

Directions:

1. Preheat oven to 375 degrees
2. Put all ingredients into a blender and blend until smooth. Alternatively you can mix all ingredients with a fork.
3. Spray muffin tin and scoop batter into tin. Bake for 20 mins. Enjoy!
4. If you do not have a muffin tin, you can easily use this batter for pancakes!

HOMEMADE GRANOLA

YIELD: 12 TIME: 30 MINS

Ingredients:

- 3 cups dried oats
- ¼ cup oil
- ⅓ cup sweetener (honey or maple syrup)
- 2 cups mix ins of choice
  - Diced apples
  - Dried fruit
  - Nuts

Directions:

1. Preheat oven to 300 degrees F.
2. In a large bowl, add in all ingredients, mix well.
3. Spread granola mixture evenly on a baking sheet.
4. Bake for 12 minutes and then stir.
5. Bake for an additional 12 minutes or until it is golden brown. Enjoy!
6. OR Cook in microwave for 3-5 minutes.

SIDE DISH

PASTA SALAD

YIELD: 4 TIME: 30 MINS Tip: Add in a variety of leftover vegetables for extra flavor!

Ingredients:

- 1 box pasta (12 oz)
- 1 can tuna, chicken, or salmon (10 oz)
- 1 can favorite canned vegetables (e.g. corn, beans) OR
- 1 cup fresh vegetables (e.g. tomatoes, peppers, onion)
- 1.5 cups mayonnaise or yogurt
- Salt and pepper to taste

Directions:

1. Cook and drain pasta according to box instructions, on the stove or microwave.
2. Drain and rinse canned veggies OR chop fresh vegetables.
3. Drain, rinse, and separate the tuna, chicken or salmon chunks.
4. Add all ingredients into a bowl, stir well.
5. Chill for 1 hour then enjoy!

RAMEN

YIELD: 1 TIME: 20 MINS Tip: Add in a hardboiled egg for protein.

Ingredients:

- 1 pkg top ramen
- 1 can spinach
- 1 can beans of choice- drained and rinsed (black, white, or pinto)
- 1 TBS soy sauce
- ½ cup shredded chicken (canned or rotisserie), optional

Directions:

1. Cook ramen according to package directions on stove or microwave.
2. Add in spinach and beans and chicken, if using.
3. Cook for 2-3 more minutes until warm.
4. Drizzle soy sauce on top.
   a. Tip: use low sodium soy sauce if available.

GREEN BEAN SALAD

YIELD: 12 TIME: 30 MINS Tip: Add some garbanzo beans for more protein!

Ingredients:

- 1 can green beans, drained, rinsed
- ¼ cup italian dressing
- 1 can olives
- ½ cup cheese (e.g. Feta or mozzarella), cubed
- ¼ cup cherry tomatoes, sliced
- Salt and pepper to taste

Directions:

1. Place all ingredients into a large bowl.
2. Mix well, until all ingredients are combined.
3. Add more dressing if salad is too dry.
4. Enjoy!

SUPER NACHOS

YIELD: 4 TIME: 30 MINS

Tip: Add in a variety of leftover vegetables for extra flavor!

Ingredients:

- 1/2 bag tortilla chips
- 1 cup shredded cheese
- 1 can beans - drained and rinsed
- 1 can corn
- 1 can tomatoes, fresh tomatoes, or salsa
- 1/4 cup sour cream or plain yogurt

Directions:

1. Place all tortilla chips on sheet pan.
2. Top with cheese, beans, and corn.
3. Place in oven on broil for 5-7 minutes, or microwave for 45 seconds.
4. Once cheese is melted and toppings are warm, remove from oven. Top with salsa and sour cream if desired.

BROCCOLI SALAD

YIELD: 4 TIME: 30 MINS

Ingredients:

- 4 cups broccoli chopped (thawed frozen, or fresh)
- ¼ cup nuts of choice
- ½ cup dried fruit
- ¼ cup onion, chopped
- ½ cup cheese of choice, shredded
- ½ cup mayonnaise or yogurt
- 2 TBS vinegar
- 2 TBS sweetener (honey, sugar, maple syrup)

Directions:

1. Add broccoli, nuts, fruit, onion, and cheese into a bowl.
2. Add mayonnaise, vinegar, and sweetener into separate bowl and stir to combine.
3. Combine mayonnaise mixture and broccoli mixture together and mix.
4. Enjoy.

HUMMUS

YIELD: 4 TIME: 30 MINS

Ingredients:

- 1-15oz cans garbanzo beans (chickpeas), drained, liquid reserved
- 1 TBS lemon juice
- 1 TBS oil
- 1 tsp garlic
- ½ tsp salt

Tip: Top with paprika if you have some on hand!

Directions:

1. Add all ingredients into a food processor or a blender.
2. Blend until smooth.
3. Add in bean liquid until its desired consistency.
4. Serve with toast or crackers.
5. Use the remainder of bean liquid to make aquafaba (see recipe on pg 13)

MAIN DISH

EASY GRILLED SANDWICH

YIELD: 3 TIME: 20 MINS

Ingredients:

- 6 slices bread of choice
- 1 can tuna, salmon, or chicken
- 1/2 cup mayonnaise or plain yogurt
- salt and pepper to taste
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 TBS oil or butter
- ½ cup cheese - optional

Directions:

1. Add meat into a bowl, with mayonnaise or yogurt.
2. Add in seasoning and mix. Spread on to piece of bread and top with cheese (if desired).
3. Add oil into pan on medium heat.
4. Place sandwich into pan and cook until golden brown on both sides.
5. Enjoy!

PERSONAL PIZZA

YIELD: 4 TIME: 30 MINS

Tip: Add some spinach on top!

Ingredients:

- 4 English muffins
- 1 jar of spaghetti sauce OR 1 can of tomato sauce mixed with
  - 1 tsp Italian seasoning
  - ½ tsp garlic powder
- ¼ cup grated cheese
- ½ cup pepperoni or chopped deli meat - optional

Directions:

1. Cut English muffins in half and spread a small amount of sauce on top of each.
2. Sprinkle cheese on top and broil in oven until cheese is melted or melt in microwave for 1 minute.

CHILI

YIELD: 4 TIME: 30 MINS

Tip: Top with green onions if you have some on hand!

Ingredients:

- 1 can chili
- 1 can diced tomatoes
- 1 can pork and beans
- ½ cup cheese - optional
- ½ cup sour cream or plain yogurt - optional

Directions:

1. Pour all cans into a saucepan
2. Heat on medium, stirring occasionally.
3. Top with cheese and sour cream, if desired.
4. OR place all ingredients into a microwave safe bowl and microwave for 3-5 minutes.
5. Enjoy!

LASAGNA

YIELD: 4 TIME: 1 HOUR

Tip: Add in some cottage cheese with shredded cheese, if available.

Ingredients:

- 1 - 12 oz box lasagna noodles
- 2 cans black beans OR 1 pound cooked ground meat
- 4 cups spaghetti sauce
- 1 cup cheese of choice, shredded
- ½ cup spinach
- Salt, pepper and Italian seasoning to taste

Directions:

1. Preheat oven to 400 F.
2. Layer lasagna dish with 1/3rd of pasta sauce, 1/3rd beans or meat, and 1/3rd of the cheese.
3. Repeat the above step to make a total of three layers. Finish with cheese on top.
4. Cover in tinfoil and bake for 40 minutes. Enjoy!

STIR FRY

YIELD: 4 TIME: 40 MINS

Tip: Serve over rice and use whatever vegetables you have on hand.

Ingredients:

- ½ cup water
- ⅓ cup soy sauce
- 1 TBS sweetener
- 1 tsp garlic powder
- 2 TSP oil
- 2 cups cooked chicken - canned, fresh or rotisserie
- 2 cups chopped vegetables of choice, e.g:
  - bell peppers, broccoli, onion

Directions:

1. In a small bowl mix the water, soy sauce, sweetener of choice, and garlic powder.
2. In a medium sauce pan, heat oil on high until simmering. Add in the vegetables.
3. Turn heat to medium and cook until vegetables are fork tender.
4. Add in cooked meat and soy sauce mixture. Heat until warmed through. Enjoy!

CHICKEN CASSEROLE

YIELD: 8 TIME: 30 MINS

Tip: Serve with a side of rice and vegetables for a meal.

Ingredients:

- ½ cup sour cream or plain yogurt
- 1 can cream of chicken soup
- ½ tsp garlic powder
- Salt and pepper to taste
- 4 cups cooked chicken - canned, fresh or rotisserie
- ¾ cup crushed crackers, or bread crumbs

Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl add sour cream, soup, spices, and chicken. Stir to combine.
3. Place into a small oven-safe dish.
4. Sprinkle crushed crackers or breadcrumbs over the top.
5. Bake until heated through, about 30 minutes.
6. Enjoy!

MISC

CAKE MIX COOKIES

YIELD: 12 TIME: 35 MINS

Tip: Add some frosting or fruit on top for extra flavor.

Ingredients:

- 1 box of cake mix
- 2 eggs
- ⅓ cup oil

Directions:

1. Heat oven to 375.
2. Mix cookie ingredients together.
3. Roll cookies into golf-ball sized balls and place them onto cookie sheet.
4. Cook for 7-9 minutes.

FRUIT CRUMBLE

YIELD: 4 TIME: 1 HOUR

Tip: Add some vanilla ice cream or yogurt on top!

Ingredients:

- 2 cups of fruit of choice (apple, berries, and pears are good fruits for this!)
- 3 TBS sweetener of choice (maple syrup, honey, or sugar)
- 2 TBS lemon juice
- 1 tsp cinnamon
- 1.5 cup oats
- 3 TBS peanut butter
- 1 TBS flour
- 1 tsp salt

Directions:

1. Preheat oven to 350 degrees F.
2. Chop fruit into bite sized pieces.
3. In a bowl, combine fruit, sweetener, lemon juice and cinnamon.
4. Place at the bottom of an oven safe baking dish, or microwave safe dish.
5. In a separate bowl, combine oats, peanut butter, flour and salt. Crumble that over the fruit mixture.
6. Bake in oven for 45 minutes, or in microwave for 3-5 minutes. Enjoy!

PEANUT BUTTER COOKIES

YIELD: 8 TIME: 30 MINS

Ingredients:

- 1 cup peanut butter
- 1 cup sugar
- 1 egg
- 1 tsp vanilla
- Pinch of salt

Directions:

1. Preheat oven to 350 degrees F.
2. In a medium bowl, add in all ingredients.
3. Mix until well combined.
4. Roll dough into even balls. Use a fork to press a criss-cross pattern on top and sprinkle a pinch of sugar on each.
5. Bake for 8-10 mins. Enjoy!

AQUAFABA

TIME: 5 MINS

Ingredients:

- Leftover bean liquid from can of Garbanzo beans

Directions:

1. Add all leftover liquid to a bowl. Using a whisk or hand blender, beat until stiff peaks form.

Add in 1 TBS sugar and 1 tsp vanilla to make whipped cream.
Use in waffles, meringues, or other recipes in place of egg whites.

HOMEMADE JAM

YIELD: 4 TIME: 1 HOUR

Ingredients:

- 1 cup of fresh fruit
  - Use berries that are close to going bad
  - Fruit that work best are mandarin oranges, peaches, pears and berries.
  - You can do a mix of fruit too, peach strawberry jam is delicious.
- 1 TBS water
- 1 TBS lemon juice
- 2 TBS chia seeds OR 1 TBS corn starch mixed with 1 tsp water

Tip: Store in fridge for 1 week or freezer for 1 year.

Directions:

1. Wash all fruit and cut out moldy sections. Bruised sections of fruit are OK to leave on.
2. Chop all fruit into bite-sized pieces and add to a medium-sized sauce pan or microwave for 3-5 minutes.
3. Add in water and lemon juice and cook on low until fruit starts to break down.
4. Use an immersion blender or a fork to break up fruit until it is smooth.
5. Remove from heat and add EITHER the chia seeds OR the corn starch mixture. Stir well.

EASY SPAGHETTI SAUCE

YIELD: 8 TIME: 30 MINS

Ingredients:

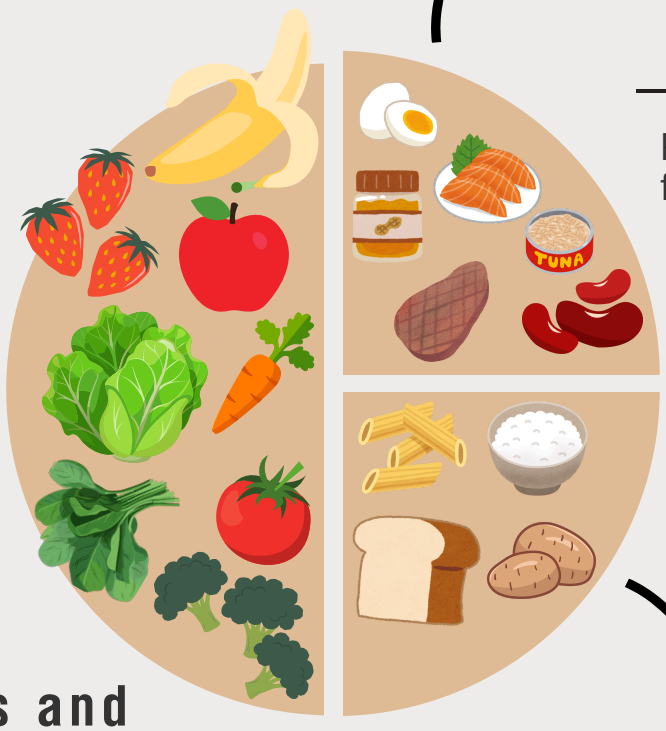
- 1 cup wrinkly tomatoes
- 1 TBS oil
- 1 tsp salt
- 1 tsp Italian seasoning
- 1 tsp garlic powder

Directions:

1. Wash tomatoes and chop into bite sized pieces.
2. In a medium sauce pan add oil and tomatoes.
3. Cook on medium heat for 10-15 minutes or microwave for 3-5 minutes until the tomatoes start to break down. Add in the seasonings.
4. Use an immersion blender or fork to blend tomatoes until smooth. Enjoy!

TIP SHEETS

FOOD PANTRY TIPS: EATING FOR HEART DISEASE AND DIABETES



¼ plate is protein.

Protein sources at the food pantry:

- Black beans
- Garbanzo beans
- Peanut butter
- Eggs
- Canned chicken
- Canned fish
- Fresh meat from freezer section.

Focus on lean protein sources with less fat.

½ plate fruits and vegetables.

Fruit and vegetable sources at the food pantry:

- Fresh fruits and vegetables from the fridge
- Frozen fruits and vegetables from the freezer
- Canned vegetables
- Canned fruit

Canned and frozen fruits and vegetables are just as nutritious as fresh!

¼ plate is carbohydrates.

Carbohydrate sources at the food pantry:

- Rice
- Pasta
- Bread
- Starchy vegetables such as:
  - Corn, potatoes, peas

Balanced carbohydrates are key to managing diabetes. Keep carbohydrates to ¼ of plate.

FOOD PANTRY TIPS: EATING FOR HEART DISEASE AND DIABETES

Other tips for diabetes:

- Limit sugary drinks such as soda and tea.
- Average meals should contain 45-60 g carbohydrates.
- Check with your insurance; most insurances cover free nutrition counseling!

Other tips for heart disease:

- Avoid alcohol
- Limit high fat foods
- Check with your insurance; most insurances cover free nutrition counseling!

Limit saturated fat to <10% of calories or <50g/day.

Limit sodium to 2000 mg/ day.

Nutrition Facts

Serving Size oz.
Serving Per Container

Amount Per Serving:

Calories	Calories From Fat
	% Daily value*
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Added Sugar	
Protein	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lewer depending on you calorie needs.

Look for foods high in fiber. Fiber slows the digestion process to keep blood sugar stable.

Try to keep TOTAL **added** sugars under 10% of calories, or <50 g/day.

FOOD PANTRY TIPS: MAKE IT LAST

Here you will find tips to keep fresh food fresh for longer, or to use up wrinkly and old fruits and vegetables!

LEGEND:

- Can be frozen to prevent it going bad.
- Store in the refrigerator to extend life.
- Store in a cool dark place to extend shelf life.

APPLES

- Add frozen, fresh, canned or wrinkly apples to fruit smoothies, salads or homemade granola.
- Cook whole apple on stove top to make applesauce!

AVOCADO

- Add frozen avocados to a smoothie for a smooth texture.
- Thaw frozen avocado in fridge or on counter for 24 hours.

BANANAS

- Peel before freezing
- Add frozen bananas to smoothies.
- Add thawed bananas into cookies, oatmeal or even curry!

BERRIES

- Freeze squishy berries
- Use squishy berries to make homemade jam (see recipe on page 13)

BROCCOLI

- Chop the broccoli stalk, it cooks the same as the head!
- Blend wilting broccoli into soups or cook into stir fry.

CARROTS

- Use the carrot tops to add to salads or soups
- Cook wrinkly carrots or blend into a smoothie or tomato sauce.

CILANTRO

- Let older cilantro dry in the sun or oven at 200* F to make dried cilantro spice.
- Store in a jar of cold water in the fridge to extend shelf life.

CELERY

- Use frozen celery in smoothies.
- Use celery leaves in salad
- Place in cold water bath to revive floppy celery.

GRAPES

- Eat them plain frozen.
- Grate frozen grapes add lime or lemon juice for a snow cone!
- Cook them with some cumin for a snack!

LETTUCE

- Run under cold water to revive wilted lettuce.
- When it is going bad cook it into soup, stir fries or pasta to add vitamins and flavor.

MANGO

- Cut up and freeze wrinkly mangos to add to smoothies or salsa.
- Blend into coconut milk or water for a fresh drink!

MUSHROOMS

- Add frozen or fresh mushrooms into omelets, stir fries or soups!
- Fry wrinkly mushrooms in butter or oil to add to salads.

ORANGES

- Freeze and use in smoothies.
- Make homemade jam (see recipe on page 13)
- Make orange juice by squeezing sliced oranges into a glass.

PEARS

- Add frozen pears to smoothies.
- Add cooked pears into salad or oatmeal
- Make jam (see recipe on page 13)
- Make fruit cobbler (see recipe on page 12)

PEACHES

- Slice and freeze to add to smoothies.
- Add to oatmeal or salsas.
- Make jam or fruit cobbler with bruised peaches (see page 12 & 13).

POTATOES

- Freeze cooked potatoes to make hashbrowns or soup.
- Don't use potato if it has turned green.
- Make a big batch of mashed potatoes and freeze for a quick meal later!

SPINACH

- Add chopped spinach to omelets, soup, stir fry, or salads.
- Crush frozen spinach on top of pizza to add extra nutrients!
- Add frozen spinach to smoothies or sauces.

TOMATOES

- Frozen tomatoes are easy to add to sauces and casseroles.
- Use squishy tomatoes on top of pizzas or in an easy pasta sauce (see recipe on page 13)

Other tips:

- Use the whole fruit or vegetable.
  - Be creative in using things like strawberry tops, celery leaves or potato peels! It will stretch the food for longer.
  - Use peels and vegetable scraps to flavor soups, or to make homemade broth.

- Mold
  - Fruits and vegetables that are moldy should be thrown away. When mold is spotted on a fruit or vegetable, throw away the moldy parts and use or freeze the rest of the food.

Please complete this post-survey to help me improve this resource!

https://usu.co1.qualtrics.com/jfe/form/SV_1AoZfk9rgLYIR2S

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