



AMPING UP THE NUTRITION AND FLAVOR OF FOOD PANTRY ITEMS

Use these tips and tricks to increase the nutrition and flavor of these staple foods.

BOXED MAC AND CHEESE

TIPS:

- Add in color! Mix in veggies like cauliflower, broccoli, peas, carrots spinach, green beans, kale, diced tomato, peppers. Canned, frozen or fresh works!
- Use low fat or skim milk in place of whole milk
- Try Mac and cheese stuffed peppers with breadcrumbs sprinkled on top
- For a Southwest twist, add black beans and salsa
- Add in a lean protein to make the meal for balanced: canned tuna, beans, ground turkey or chicken sausage

SPAGHETTI-O'S/CHEF BOYARDEE

TIPS:

- Add in all the vegetables to give the meal some fiber and vitamins! Frozen carrots, peas, diced tomatoes, sautéed zucchini, celery and/or onion all work.
- Mix in some lean protein like ground turkey, chicken or lean (90%) beef

DRIED BEANS

TIPS:

- Two options for preparing dried beans:
 1. In a large pot, add 10 cups of water for each pound of dry beans. Bring to boil, boil for 2–3 minutes. Remove from heat, cover and soak for at least 1–4 hours.
 2. Place dry beans in a large container; for each pound beans, add 10 cups of cold water. Cover and refrigerate 8 hours or overnight.
- Make a dip: blend chickpeas with olive oil, garlic, and tahini for hummus, or mash black beans with lime juice, onion, garlic and herbs for a black bean dip. Top with shredded cheese!
- Add to quesadillas, soups and salads

CANNED BAKED BEANS

TIPS:

- Scramble into your eggs
- Add into a chili recipe for a smoky sweet flavor
- Top on baked potatoes, whole wheat toast or brown or white rice for an easy meal
- Serve as a side with sautéed mixed vegetables

CANNED TUNA

TIPS:

- Add to a casserole with pasta, shredded cheese and peas
- Add into a macaroni salad with mayo, red onion, celery, salt and pepper
- Make open faced tuna melts on whole wheat bread with sliced tomato and cheese
- Add tuna salad on crackers or sliced cucumber for a filling snack

CANNED TOMATOES

TIPS:

- Make your own salsa by blending a can of tomatoes and adding cilantro, chopped onion, garlic, lime juice and jalapeño
- Heat in an oiled pan with garlic, oregano and basil for a quick tomato sauce
- Add to a chili with beans and ground turkey
- Layer into lasagna
- Stir into mac and cheese

PANCAKE/WAFFLE MIX

TIPS:

- Top waffles with scrambled eggs and avocado for a sweet and savory combo
- Instead of syrup and butter, top pancakes with peanut butter and berries for a PB and J twist
- Chicken and dumpling stew: mix 1 ½ cup pancake mix with ½ cup milk to make a soft dough. Drop by tablespoonfuls onto simmering chicken and vegetable stew. Cook for 9-11 minutes until dumplings are cooked through

INSTANT POTATO MIX

TIPS:

- Add in garlic or onion powder
- Add in mashed cauliflower for an extra vegetable boost (your kids won't even notice)

CANNED GREEN BEANS

TIPS:

- Empty canned beans into a saucepan and cook with a cube of bouillon for extra flavor.
- For onion and buttery green beans – drain out half of the liquid in the canned green beans, then empty beans and liquid into a skillet. Add in 1 tbsp butter, some onion powder, salt and pepper. Simmer until almost all liquid has evaporated.

DRIED LENTILS

TIPS:

- Serve over a bed of rice with your favorite seasoning mix.
- Top on salads to add protein
- Mix cooked lentils with a jar of curry sauce for an easy and cozy Indian dish



RICE MIX

TIPS:

- Add in proteins: beans, chicken, turkey, fish, shrimp
- Add in vegetables (frozen, canned or fresh)
- Stir fry your rice with protein and vegetables with olive oil and seasonings for a fried rice dish
- Add rice mix into a vegetable soup to make it a hearty stew

GOT QUESTIONS? FEEL FREE TO REACH OUT!

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