

Dietitian Tip **May**  
Tuesday **12/20**

# Healthy & Affordable Meals From The Pantry

Quick, easy, healthy, and affordable meals can be done straight from the choices in your pantry. By having a pantry well stocked with some staple choices such as canned fish, beans, rice, quinoa, pasta, and a decent variety of herbs and spices, you can create some fun and tasty meal options that are filled with nutrients.

## Pantry Suggestions

- Canned fish such as salmon or tuna
- Beans & lentils (dried or canned)
- Whole grains-pasta, rice, oats, quinoa, bread
- Canned vegetables-tomatoes, mushrooms, beans
- Canned fruit-mandarins, unsweetened applesauce
- Dried fruit
- Pasta sauce
- Herbs & spices-garlic powder, pepper, salt, oregano
- Oils, vinegars, dressings-olive oil, balsamic vinegar

- Baking items-flour, yeast, baking soda, sugar
- Nuts & nut butters- cashews, almond, peanuts
- broth or bouillon cubes

## Freezer Suggestions

- Variety of frozen fruit and vegetables
- Preferred meats and fish

You can find more information on nutrition and healthy eating at [www.grandeprairiepcn.com/resources/dietitiantip](http://www.grandeprairiepcn.com/resources/dietitiantip)

## HEALTHY AFFORDABLE MEALS FROM THE PANTRY

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### Freezer Suggestions

- Variety of frozen fruit and vegetables
- Preferred meats and fish
- Breads and wraps

**A variety of healthy and delicious pantry-based meal ideas can be found from the following websites**

<https://desireerd.com/pantry-meals/>

<https://www.walderwellness.com/easy-pantry-meal-ideas/>

<https://www.budgetbytes.com/>

<https://www.abbeyskitchen.com/easy-recipes-with-pantry-freezer-staples-for-coronavirus-isolation/>

## Sweet Potato Chickpea Buddha Bowl

Flavorful, filling, 30-minute Buddha Bowl with roasted sweet potatoes, onion, kale, crispy chickpeas, and an AMAZING tahini-maple sauce! A healthy, satisfying plant-based meal.

**Source:** [www.minimalistbaker.com](http://www.minimalistbaker.com)

**PREP TIME** 5 minutes

**COOK TIME** 25 minutes

**TOTAL TIME** 30 minutes

**Servings** 3

**Course** Entree

**Cuisine** Gluten-Free, Vegan

**Freezer Friendly** No

**Does it keep?** 3-4 Days

**Ingredients**



### VEGETABLES

- 2 Tbsp olive, melted coconut, or avocado oil
- 1/2 medium red onion (sliced in wedges)
- 2 small sweet potatoes (halved)
- 1 bundle broccolini (large stems removed // chopped)
- 2 big handfuls kale (larger stems removed)
- 1/4 tsp each salt + pepper

### CHICKPEAS

- 1 15-ounce chickpeas (drained, rinsed + patted dry)
- 1 tsp cumin
- 3/4 tsp chili powder
- 3/4 tsp garlic powder
- 1/4 tsp each salt + pepper
- 1/2 tsp oregano (*optional*)
- 1/4 tsp turmeric (*optional*)

## **TAHINI SAUCE (OPTIONAL)**

- 1/4 cup *tahini*
- 1 Tbsp maple syrup
- 1/2 medium lemon (juiced)
- 2-4 Tbsp hot water (to thin)

## **Instructions**

1. Preheat oven to 400 degrees F (204 C) and arrange sweet potatoes and onions on a bare baking sheet. Drizzle both with a bit of oil, making sure the flesh of the sweet potatoes are well coated and placed skin side down on the sheet.
2. Bake for 10 minutes, then remove from oven flip sweet potatoes and add broccolini. Drizzle broccolini with a bit of oil and season with a pinch each salt and pepper.
3. Bake for another 8-10 minutes, then remove from oven and add kale. Drizzle kale with a touch more oil and season with a pinch each salt and pepper. Bake for another 4-5 minutes then set aside.
4. While vegetables are roasting, heat a large skillet over medium heat and add chickpeas to a mixing bowl and toss with seasonings.
5. Once hot, add 1 Tbsp oil (amount as original recipe is written // use half of total amount if altering batch size) and chickpeas and sauté, stirring frequently. If they're browning too quickly, turn down heat. If there isn't much browning going on, increase heat. I found 10 minutes total at slightly over medium heat was perfect.
6. Once the chickpeas are browned and fragrant, remove from heat and set aside.
7. Prepare sauce by adding tahini, maple syrup and lemon juice to a mixing bowl and whisking to combine. Add hot water until a pourable sauce is formed. Set aside.
8. To serve: slice sweet potatoes into bite size pieces. Divide vegetables between 3 serving bowls and top with chickpeas + tahini sauce.
9. Best when fresh, though leftovers will keep for a few days in the fridge