Quick Easy Meals with Pantry Staples

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Today’s Presenters:
Lauren Kruse, MPH RD
Annie Scott, MPH RD
LiVE FOR LiFE at Duke
The new world of social distancing has changed our relationships with FOOD and led to new challenges for HEALTHY EATING. Join us for a quick and interactive ZOOM session with Duke Dietitians, as we share ideas, information, and discussion.

NEXT UP ON FOOD MATTERS:

May 6th- Best Food Budgeting Strategies
May 13th- Snacking Strategies for the Remote Worker
Poll: When it's getting close to dinner and I'm not sure what to eat, I tend to:

(choose one or more)

- Microwave a frozen dinner
- Order takeout or delivery from a restaurant
- Scrape together a meal using kitchen staples
- Grab some fast food
What are “Staples”?

- Items that you cook with and/or eat on a regular basis
- Shelf-stable, frozen or refrigerated
- Versatile
- Different for each person
- Budget friendly
Annie’s Kitchen Staples

Shelf:
- Starches
  - Whole grain pasta
  - Rice
  - Quinoa, barley
  - Oats
- Healthy snack items
  - Popcorn
  - Almonds
  - Applesauce
- Whole grain crackers
- Peanut butter
- Dried fruit
- Canned foods
  - Beans
  - Tomato sauce
  - Diced tomatoes
- Salsa
- Canned salmon or tuna
- Canned fruit
- Dried spices, salt and pepper
- Vinegar
- Cooking oils
- Honey
- Hot sauce
- Soy sauce

Fridge and Freezer:
- Eggs
- Cheese
- Milk
- Greek yogurt
- Frozen fruit and vegetables

Fresh Produce:
- Vegetables
  - Sweet potatoes
  - Carrots
  - Onions
  - Greens
  - Tomatoes
  - Cucumbers
- Fruits
  - Apples
  - Oranges
  - Bananas
  - Lemons
How an Ideal Plate Stacks Up
No Recipe Required

How to make a balanced meal without a recipe?

1. Assess what you have on hand
2. Find items from 3-5 food groups
   - Protein
   - Starch/grain
   - Vegetable
   - Fruit
   - Dairy
3. Combine and enjoy!
Keeping Your Kitchen Waste-Free

• Sauté/steam greens that are on the verge of wilting
• Have a variety of leftover uncooked grains? Mix them together and cook them as a blend
• Put scraps of veggies in a container in the freezer for making a stock
• Use leftovers veggies in a stir-fry
• Make applesauce with soft apples and pears
• Use ripe bananas to make smoothies or banana pancakes
5 minute meals without a recipe!
Annie’s go-to “recipe-less” meals

- Pasta and tomato sauce, frozen veggies
- Pasta and poached eggs
- Sandwiches
- Stir fry with protein, rice, veggies
- Grown up “lunchable” snack board
- Breakfast for dinner
5 Minute Meals Without a Recipe
Mealtime Apps & Resources

What to cook with the ingredients you have?

- Supercook - https://www.supercook.com/#/recipes
- Fridge to Table - https://fridgetotable.com/
- Ready Set Eat - https://www.readyseteat.com/recipe-ideas/dinner
- Mealime - https://www.mealime.com/
- What’s For Dinner? - https://whatsfordinner.com/
What do you need to use up?

INGREDIENTS

- Enter an ingredient
- peppers
- rice
- onion

DIET

None

Find a recipe
Poll: Which kitchen staples would you be interested in trying to use more often?

(choose one or more)

- Eggs
- Pasta
- Rice
- Beans
Put an egg on it!

- Veggie omelet
- Pasta with poached eggs
- Frittata
- Scrambled eggs
- Hash with potatoes and veggies
- Hard boiled eggs

- [Easy Ways to Eat Eggs for Dinner](#)
- [15 Healthy Egg Dishes](#)
Beans, Beans Good for Your Heart

- Chili (turkey, beef, vegetarian)
- Black bean quesadilla or tacos
- Beans and rice
- Black bean burgers
- Chickpea and kale soup
- White bean and arugula salad

- [25+ Black Bean Recipes](#)
- [21 Meals that Start with a Can of Beans](#)
- [How to cook dry beans](#) in 5 steps
Make Your Life Easier ➔
Easy Dinners with Minimal Cleanup

- One pot meals
- Sheet pan dinners
- Skillet dinners

Salmon and roasted vegetables recipe

One pot taco pasta recipe
Thank You!

We would love to hear from you!

Contact Us:
Lauren.Kruse@duke.edu
Suzanne.Scott@duke.edu

https://hr.duke.edu/wellness/nutrition-programs
www.healthy.duke.edu