

PANTRY IDEAS FOR THE BUSY COOK

GRAINS:

Instant Brown Rice-a whole grain that cooks in 5 or 10 minutes. Save money by making large batches of brown rice and freezing it in small quantities.

Small Pasta Shapes-macaroni, rotelle, penne, rotini, small shells, mini lasagna—these cook very quickly as one pot meals in the skillet or microwave without needing to be boiled and drained first.

No Boil Lasagna Noodles, Angel Hair Spaghetti, Curly Spaghetti (fun shape)-No-boil lasagna noodles save you time. Layer them in your lasagna with nonfat ricotta and pasta sauce. Angel hair spaghetti cooks very quickly and curly spaghetti is a fun shape for families.

Couscous - a small grain that cooks instantly. Look for it with the pasta products in your grocery store.

Whole Wheat Pitas- use these to make pizza, hold salads and stuff with leftovers for creative meals that you can even eat while you are driving.

Tortillas - corn and lowfat flour - these great flatbreads are not just for Mexican cooking anymore! Use them for wrap sandwiches, pizza crusts, and even for dessert! Baked corn tortillas even make a great base for tostada salads. As a snack, you can substitute baked tortillas for chips.

Quick-Cooking Barley –cooks quickly for soups, risotto and pilafs. Flour



FRUITS:

Fresh -Nature's best snack in its own wrapper.

Frozen –frozen fruits are delicious for baked desserts.

Canned– canned fruits (look for ones canned in natural juice) add variety to your meals.



Dried– dried fruits add pizzazz to salads, rice and pasta dishes. Great for snacks!

VEGETABLES:

Frozen Vegetable Medleys and chopped onions - frozen vegetables save you a lot of time.

Fresh Vegetables that are easy to prepare i.e. zucchini, broccoli, cauliflower, etc. Look for store specials to get even more nutrients for you money.

Canned tomatoes with no added salt-flavored. These products are very convenient because they add many flavors and ingredients with the convenience of adding just one.

Pasta Sauce and no-salt-added tomato sauce and tomato paste are the workhorses of a heart healthy kitchen.

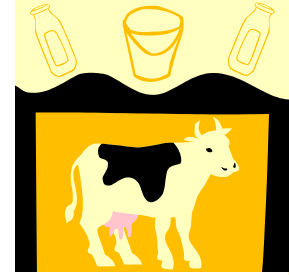
Dairy:

Nonfat plain yogurt is a great “topper.” Use nonfat, vanilla flavored yogurt, salad dressing for fruit and vegetable salads or as a dessert sauce.

Fat free or lowfat grated cheese—these products are improved. For best results, only bake or microwave these cheeses for a minute or they become tough.

Parmesan cheese —this cheese gives you a lot of flavor in a small amount.

Powdered Milk and fat-free evaporated milk are great staples to have on hand.



Protein:

Dry beans— use a variety of different ones.

Canned beans —rinse and add these to everything.

Split peas and lentils
cook quickly without needing to be soaked first.

Chicken , turkey, and fish.

Veggie burgers —for heart healthy meals in a snap.

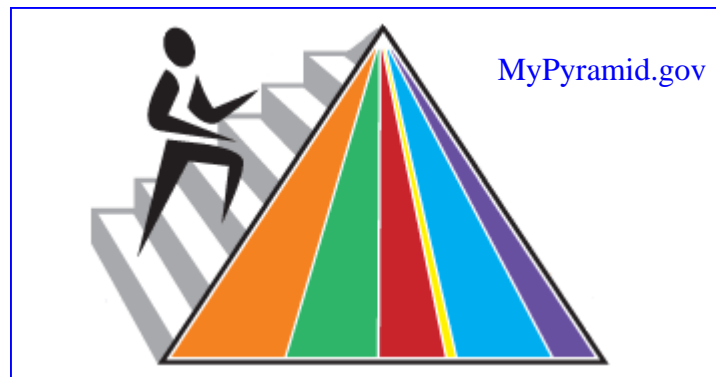
Canned tuna and salmon.



Oils and Sweeteners:

Spray oils allow you to place a small amount of oil over a large surface.

Sweeteners- granulated sugar, brown sugar, and all fruit jams.



<http://www.mypyramid.gov/index.html>

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