

Easy Trail Mix:

1/4 cup nuts, 2 tbsp. dried fruit, 1 cup popped popcorn

Power Pasta:

1/2 cup cooked whole wheat pasta, 1/2 cup cannellini beans, 1/4 cup sundried tomatoes tossed w/2 tbsp. olive oil & balsamic vinegar served over fresh spinach

Stick to Your Ribs:

1/2 cup cooked oats, 2 tbsp. nut butter, 2 tbsp. dried fruit, 1 tsp. maple or honey, 1 tsp. cinnamon

Omega 3 Whole

Grain Bowl:

3-4 oz canned salmon, 1/2 cup cooked whole grain, 1 cup steamed veggie of choice, topped w/1 tbsp. lower sodium soy sauce, 1 tbsp. rice vinegar, 1 tsp. sesame seeds

What's in Your Pantry?

Our RD's pantry staples

...and what they do with them



Old-fashioned oats
Popcorn kernels: skip the bagged stuff and pop on the stove top!

Whole wheat pasta
Brown rice
Quinoa
Barley

Dried herbs & spices

Pure maple syrup
Local honey

Unsweetened dried fruits & sundried tomatoes

Raw, unsalted nuts & seeds

Low sodium canned veggies

Natural nut butters

Dried or canned beans

Wild caught canned salmon

