

CLEAN IT UP

USE WHAT YOU HAVE!



PANTRY

- Olive Oil
- Dijon Mustard
- Maple Syrup
- Balsamic Vinegar
- Apple Cider Vinegar
- Salt & Pepper
- Tomato Paste
- Minced Garlic
- 1 can Lentils
- 2 cans Whole Tomatoes
- 1 can Black Beans
- 1 can Whole Kernel Corn

FRESH PRODUCE

- Green Pepper
- Red Pepper
- Green Onions
- Celery
- Parsley
- 2 Red Onions

MEAT

- 3-4 Boneless Skinless Chicken Breasts

Helpful Hints!

- Stocking your pantry is an investment. Do it over time. Pick up a few items each time you shop for groceries.
- A selection, of oils and vinegars, goes a long way in making dressings, marinades, and sauces.
- When buying canned food, opt for low-sodium and read the ingredient label.
- Try salad recipes with legumes. They're filling, high protein, and high fibre.
- Go for nutrient dense grains like whole grain rice, couscous, and quinoa. Avoid white pastas and instant rice.
- Grow your own herbs. A simple and clean way to add flavor and depth. Have a small herb garden in a planter, or have a few pots growing in your kitchen.

Pantry Friendly Tomato Soup

8 servings



Ingredients

- 4 tbsp. olive oil
- 1 large onion, diced
- 2 tbsp. minced garlic
- 3 tbsp. tomato paste
- 5 large, fresh basil leaves
- 2 cans whole tomatoes with their juice
- 2 cups chicken broth
- Salt and Pepper to taste

Directions

1. Heat olive oil in a heavy-bottomed pot. Add the onions and cook in the pot for 10 minutes.
2. Add the garlic, tomato paste, and basil, sauté for 2 additional minutes.
3. Add the tomatoes in their juice, breaking the tomatoes up with a wooden spoon and the chicken broth.
4. Bring mixture to a boil, reduce heat and simmer for 20 minutes.
5. Using an immersion blender, blend the soup in the pot. Alternately, carefully transfer to a blender and blend.

Nutritional Info Per Serving: Cal: 137 | Fat: 10g | Carb: 10g
Sod: 270mg | Fibre: 2.5g | Sugar: 6g | Pro: 3.6g

Source: It's All Easy - Gwyneth Paltrow

CLEAN IT UP

USE WHAT YOU HAVE!

Easy Maple Dijon Chicken

4 servings

Ingredients

- 1.5 lbs. boneless, skinless chicken breasts (about 3–4 pieces)
- Salt and pepper to taste
- ¼ cup Dijon mustard
- ¼ cup pure maple syrup
- 1 tbsp. apple cider vinegar
- ½ cup fresh parsley, chopped, for garnish

Directions

1. Heat oven to 400 degrees F.
2. Whisk together Dijon mustard, maple syrup, and apple cider vinegar in a small bowl. Add salt and pepper to taste.
3. Combine chicken and sauce in an oven safe dish.
4. Cook for 30 – 40 minutes, depending on the thickness of the chicken breast, until it has reached an internal temperature of 165 degrees F.
5. Remove from oven and let the meat rest for 10 minutes.
6. Top chicken with chopped cilantro or parsley and a pinch of fresh ground black pepper. Serve immediately.



Nutritional Info Per Serving: Cal: 325 | Fat: 12g | Chol: 124mg | Carb: 14g | Sod: 252mg | Sugar: 12g | Pro: 39g

Source: <https://www.lifeasastrawberry.com/easy-maple-dijon-chicken/>

Frugalicious Lentil & Black Bean Salad

4 servings

Ingredients

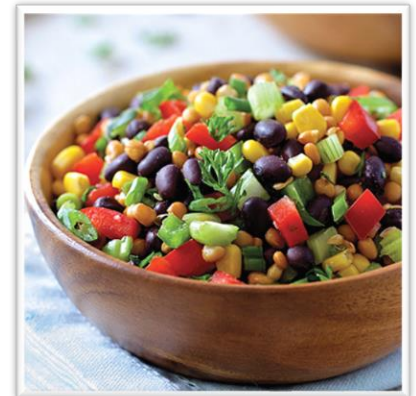
- 1 can lentils, drained and rinsed
- 1 can no-salt added black beans, drained and rinsed
- 1 can whole kernel corn, drained
- ¾ cup diced celery
- 1 cup diced red peppers
- ¾ cup green bell peppers
- ½ cup chopped green onions
- ¼ cup chopped fresh parsley

Dressing

- ¼ cup olive oil
- 3 tbsp. balsamic vinegar
- 1 tbsp. lime juice
- 1 tbsp maple syrup
- 1 tsp. Dijon mustard
- salt and pepper to taste

Directions

1. In a large bowl, combine all salad ingredients, be careful not to crush the beans and lentils.
2. Whisk all dressing ingredients together in a measuring cup.
3. Combine salad and dressing and refrigerate for at least 4 hours.



Nutritional Info Per Serving: Cal: 322 | Fat: 9.5g | Carb: 45g | Sod: 71mg | Sugar: 7g | Pro: 16g

Source: Yum and Yummer