

# 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

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### 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.



Source: <https://www.livingsugarfree.com/easy-maple-dijon-chicken/>  
Nutritional Info Per Serving: Cal: 325 | Fat: 12g | Carb: 14g | Sod: 252mg | Sugar: 12g | Pro: 39g

### 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

