



Crafting Your Pantry:

Simple, Healthy Recipes for
Everyday Staples



HEALTHY EATING MADE SIMPLE.

Welcome!

The Ohio Association of Foodbanks is pleased to present this guide to pantry staples. Filled with recipes adapted from Celebrate Your Plate, this cookbook highlights simple, nutritious, and delicious meals made with ingredients commonly found at foodbanks and in your pantry.

Table of Contents

PANTRY COOKING BASICS

Stocking Your Pantry	7
Build a Meal, Step by Step	8
Making Meals Go Further	9

VEGETABLES & FRUITS

Fresh, Frozen, or Canned?	11
Build Your Own Smoothie	12
6-Can Chicken Tortilla Soup	13
Baked Apple for One	14
Butternut Squash and Black Bean Skillet	15
Mexican Street Corn Salad	16

GRAINS

How to Spot a Whole Grain	25
Build Your Own Skillet Dish	26
Overnight Oats	27
Vegetarian Stuffed Peppers	28
Vegetable Fried Rice	29

DAIRY

Which Milk Works for You?	31
Build Your Own Cottage Cheese Bowl	32
Mac and Cheese In-a-Mug	33
Creamy Green Beans and Potatoes	34

PROTEINS

Dry or Canned Beans?	18
Whole Frozen Chicken	19
Roast Chicken 3 Ways	20
Hearty Lentil Stew	21
Crispy Parmesan Baked Fish	22
Garlic Ginger Beef Ramen	23

More than a Recipe

You don't need a complicated plan to make healthy, delicious meals.

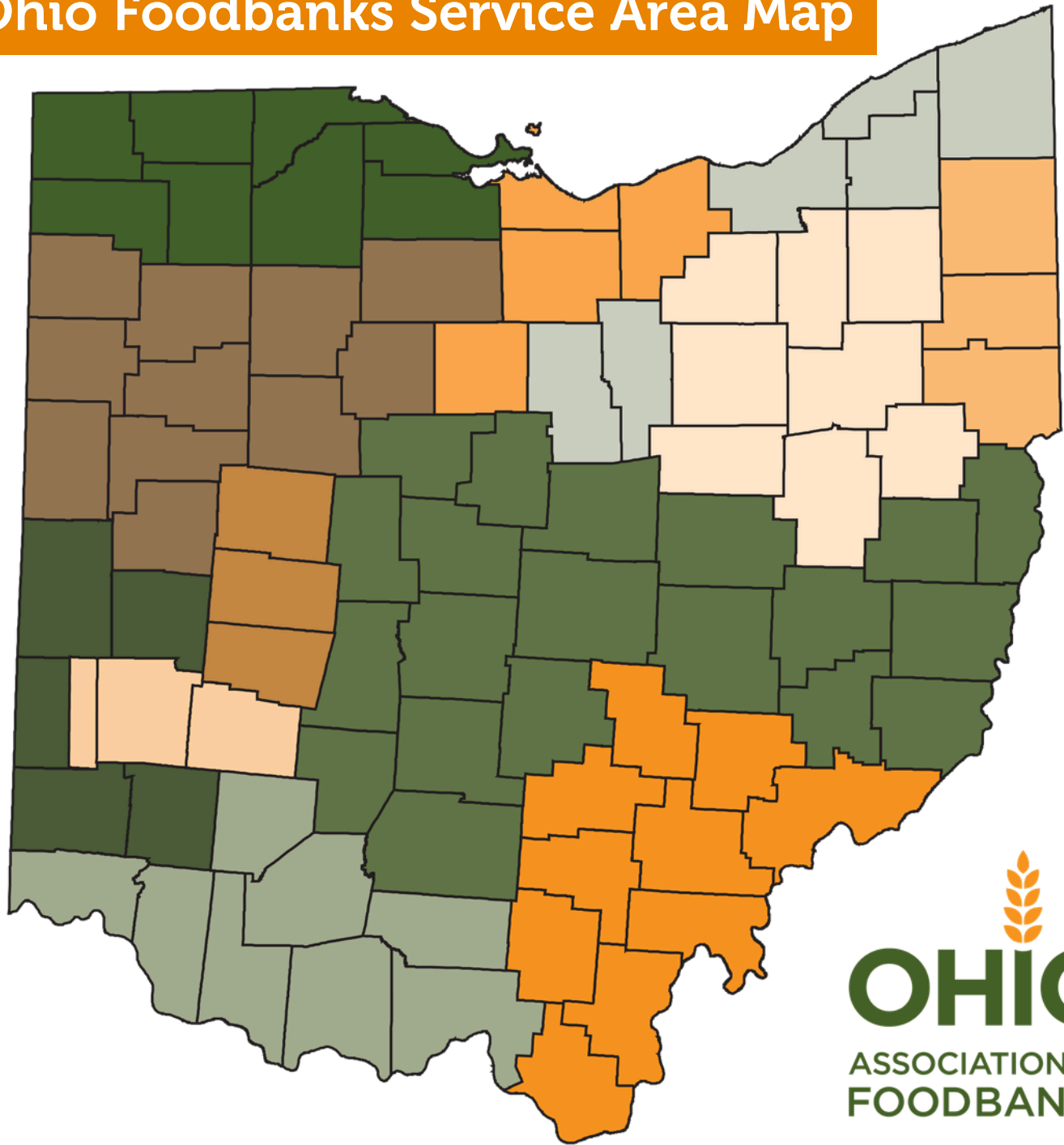
This cookbook is all about flexibility—helping you work with what you have, choose simple building blocks, and create meals that fit your taste, your time, and your life.

Think of your pantry as a toolkit. With a few canned and dry staples as well as a handful of fresh items, you can mix, match, and make it work.



Start with what you have. **Swap** what you need. **Make it** your own.

Ohio Foodbanks Service Area Map



- Akron-Canton Regional Foodbank
- Freestore Foodbank
- Greater Cleveland Food Bank
- Mid-Ohio Food Collective
- Second Harvest Food Bank of Champaign, Clark, and Logan Counties
- Second Harvest Food Bank of the Mahoning Valley

- Second Harvest Food Bank of North Central Ohio
- SE Ohio Foodbank + Kitchen
- Shared Harvest Foodbank
- The Foodbank, Inc.
- Toledo Northwestern Ohio Food Bank
- West Ohio Food Bank

This book was created by staff at the Ohio Association of Foodbanks, with information and recipes from CelebrateYourPlate.Org. The Ohio Association of Foodbanks is Ohio's largest charitable response to hunger, representing Ohio's 12 Feeding America foodbanks, and thousands of hunger relief agencies. Find your local foodbank below:

Akron-Canton Regional Foodbank

350 Opportunity Parkway
Akron, OH 44307
(330) 535-6900

Second Harvest Food Bank of the Mahoning Valley

2805 Salt Springs Road
Youngstown, OH 44509
(330) 792-5522

Freestore Foodbank

3401 Rosenthal Way
Cincinnati, OH 45204
(513) 482-4500

Shared Harvest Foodbank

5901 Dixie Highway
Fairfield, OH 45104
(513) 874-0114

Greater Cleveland Food Bank

13815 Coit Road
Cleveland, OH 44110
(216)-738-2265

Southeast Ohio Foodbank & Kitchen

1005 CIC Drive
Logan, OH 43138
(740) 385-6813

Mid-Ohio Food Collective

3960 Brookham Drive
Grove City, OH 43123
(614) 277-3663

The Foodbank, Inc.

56 Armor Place
Dayton, OH 45417
(937) 461-0265

Second Harvest Food Bank of Champaign, Clark, and Logan Counties

20 N. Murray Street
Springfield, OH 45503
(937) 325-8715

Toledo Northwestern Ohio Food Bank

24 E Woodruff Ave
Toledo, OH
(419) 242-5000

Second Harvest Food Bank of North Central Ohio

5510 Baumhart Road
Lorain, OH 44053
(440) 960-2265

West Ohio Food Bank

1380 East Kibby Street
Lima, OH 45804
(419) 222-7946

Liquid Conversions

1 Gallon

4 quarts
8 pints
16 cups
128 fl oz
3.8 liters

1 Quart

2 pints
4 cups
32 fl oz
946 mL

1 Pint

2 cups
16 fl oz
470 mL

1 Cup

16 tbsp
8 fl oz
240 mL

1/4 Cup

4 tbsp
12 tsp
2 fl oz
60 mL



Dash = 1/16 tsp Pinch = 1/8 tsp

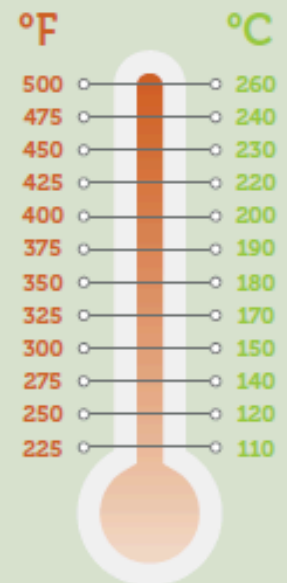
1 tsp = 5mL 1 tbsp = 15mL

Dry Weights

Ounce 	Tablespoon 	Cup 	Gram 	Pound 
1/2 oz	1 tbsp	1/16 c	15 g	–
1 oz	2 tbsp	1/8 c	28 g	–
2 oz	4 tbsp	1/4 c	57 g	–
3 oz	6 tbsp	1/3 c	85 g	–
4 oz	8 tbsp	1/2 c	115 g	1/4 lb
8 oz	16 tbsp	1 c	227 g	1/2 lb
12 oz	24 tbsp	1 1/2 c	340 g	3/4 lb
16 oz	32 tbsp	2 c	455 g	1 lb

Oven Temp

For Fan-Forced Ovens
reduce by 65°F / 20°C



Liquid Volumes

Ounce 	Teaspoon 	Tablespoon 	Milliliter 	Cup 	Pint 	Quart 
1 oz	6 tsp	2 tbsp	30 mL	1/8 c	–	–
2 oz	12 tsp	4 tbsp	60 mL	1/4 c	–	–
2 2/3 oz	16 tsp	5 tbsp	80 mL	1/3 c	–	–
4 oz	24 tsp	8 tbsp	120 mL	1/2 c	–	–
5 1/3 oz	32 tsp	11 tbsp	160 mL	2/3 c	–	–
6 oz	36 tsp	12 tbsp	177 mL	3/4 c	–	–
8 oz	48 tsp	16 tbsp	240 mL	1 c	1/2 pt	1/4 qt
16 oz	96 tsp	32 tbsp	470 mL	2 c	1 pt	1/2 qt
32 oz	192 tsp	64 tbsp	950 mL	4 c	2 pt	1 qt

Pantry Cooking Basics

A well-stocked pantry doesn't have to be expensive or full of specialty ingredients. Many healthy meals can be prepared using a few basic foods, simple kitchen tools, and the ingredients you already have on hand.

TIP

Take Inventory

What needs to be used first?

What proteins do I have?

What fruits and vegetables do I have?

What grains or starches do I have?

What can be frozen for later?

What flavors & spices would I like to use?

Stocking Your Pantry

Proteins

- Beans (canned or dry)
- Lentils
- Peanut butter
- Canned tuna
- Canned salmon
- Canned chicken
- Eggs
- Shelf-stable milk
- Dry milk
- Nuts and seeds

Vegetables

- Canned vegetables
- Frozen vegetables
- Diced tomatoes
- Tomato sauce
- Onions
- Carrots
- Corn
- Green beans
- Mixed vegetables
- Leafy greens

Fruits

- Canned fruit packed in juice
- Applesauce
- Frozen fruit
- Raisins
- Dried cranberries
- Apples
- Oranges
- Pears
- Bananas

Grains & Starches

- Brown rice
- White rice
- Pasta
- Whole grain pasta
- Oats
- Whole grain cereal
- Tortillas
- Whole Wheat Bread
- Crackers
- Potatoes





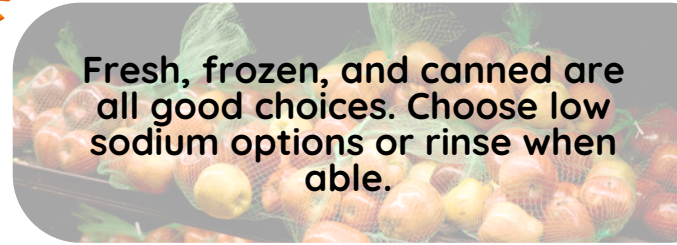
Build a Meal, Step by Step

A healthy meal does not have to be perfect! Begin with ingredients you currently have, choose **at least three food groups** for a balanced meal.



Fruit or Vegetable

These foods add color, fiber, vitamins, minerals, and plant helpers that support metabolic processes.



Fresh, frozen, and canned are all good choices. Choose low sodium options or rinse when able.



Protein Food

Protein helps your body build, fix, and grow. It can also help you feel full longer. Try beans, lentils, eggs, fish, chicken, turkey, lean meat, tofu, nuts, or seeds.

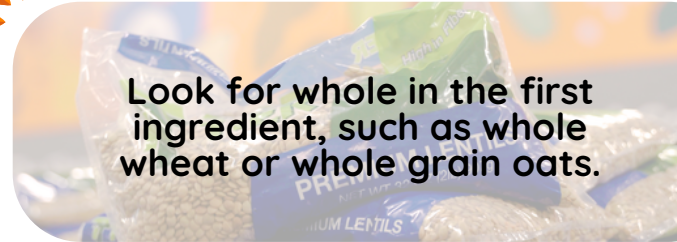


Look for lean, white meat, or packed in water. Trim extra fat when you can.



Grain

Grains give your body energy. Whole grains have more fiber, which helps you feel full.



Look for whole in the first ingredient, such as whole wheat or whole grain oats.



Dairy or Calcium Food

Calcium helps keep bones and teeth strong. Try milk, yogurt, cheese, or calcium foods like fortified soy milk.



Choose low-fat or reduced fat dairy to cut saturated fat while still getting calcium.



Drink

Choose water often. Sweet drinks can have a lot of added sugar.



Add fruit slices, cucumber, or mint for flavor.

Simple tricks to increase nutrient density

Want to get more nutrition from the foods you already enjoy? Check out these simple tricks to increase nutrient density and make every bite count!



Add

More fruits and veggies. Choose a variety of colors.



Rinse

Rinse canned foods to reduce added sugar and salt.



Mix

Beans or lentils can be blended with ground meat to stretch it while adding fiber and protein.



Swap

Choose whole grains more often.



Boost

Add more veggies to sauces, soups, and meals.



Season

Use herbs, spices, and acid (lemon, lime) for big flavor.

Vegetables & Fruits



Fresh, Frozen, or Canned?

Fruits and vegetables come in many forms, and they can all be part of a healthy meal. Fresh, frozen, and canned options each have benefits. The best choice is often the one that fits your budget, storage space, cooking style, and personal preferences.

Fresh

- ✓ Seasonal produce can be easy to get, have more flavor, and cost less
- ✓ Produce in its simplest form can help when budgets are tight
- ✓ Can be preserved by freezing, canning, or drying for later use

Fresh fruits and vegetables may have a shorter shelf life than frozen or canned options. Store them properly and use those that need to be eaten first to help reduce food waste.

Frozen

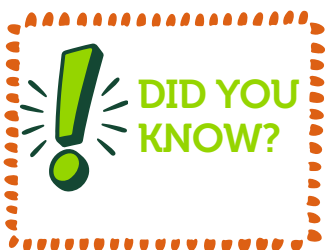
- ✓ Frozen soon after harvest to help preserve flavor and nutrients
- ✓ Long shelf life and easy to keep on hand
- ✓ Convenient for adding fruits and vegetables to meals, snacks, and recipes

Some frozen fruits and vegetables may contain added sauces, seasonings, sugar, or sodium. Check the Nutrition Facts label.

Canned

- ✓ Shelf-stable and easy to keep on hand
- ✓ Budget-friendly and available year-round
- ✓ Quick and convenient for meals, sides, soups, and recipes

Drain and rinse canned vegetables to reduce salt intake. Look for canned fruit packed in 100% juice when possible.



Dried fruits can be a convenient way to add fruit to meals and snacks. Choose options with little or no added sugar when possible.



BUILD YOUR OWN SMOOTHIE

Mix and match fruits, vegetables, dairy, and pantry ingredients to create a smoothie that works for you.

CHOOSE A LIQUID

Milk

Shelf-Stable Milk

Dry Milk + Water

Milk Alternative

CHOOSE FRUIT(S)

Banana

Applesauce

Peaches

Pears

Berries

Mixed Fruit

ADD VEGETABLE(S)

Spinach

Kale

Carrots

Pumpkin

Cucumber

ADD PROTEIN

Nut Butter

Yogurt

Silken Tofu

ADD FLAVOR

Cinnamon

Vanilla

Cocoa Powder

Honey



Fresh, canned, and frozen are all good options!



Vegetables & Fruits

6-Can Chicken Tortilla Soup

Most of these ingredients are already in your pantry, just waiting to be turned into this mouthwatering soup.

Servings: 6
Serving Size: 1 cup

Prep Time: 5 minutes

Cook Time: 10 minutes

INGREDIENTS

- 1 15 ounce can no salt added corn, drained
- 2 14.5 ounce cans low sodium chicken broth
- 2 tablespoons reduced sodium taco seasoning (1/2 seasoning packet)
- 1 10 ounce can chicken, drained
- 1 15 ounce can no salt added black beans, drained and rinsed
- 1 10 ounce can no salt diced tomatoes with green chilies, drained
- 6 handfuls of tortilla chips (about 7 chips per handful)
- 2/3 cups cheddar cheese, shredded



INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and tops of cans.
2. In a large pot, combine corn, chicken broth, taco seasoning, chicken, black beans, and tomatoes.
3. Bring to a boil. Cover, reduce heat, and simmer for 5-8 minutes or until heated through.
4. Serve over tortilla chips and top with cheese.

EQUIPMENT

Large pot with lid
Stirring spoon
Measuring cups
Measuring spoons

Nutrition Facts

Calories 320 | Total Fat 9g | Sodium 690mg | Total Carbohydrate 40g | Protein 22g



Vegetables & Fruits

Baked Apple for One

Satisfy your sweet tooth in a matter of minutes with single-serving “baked” apples made in the microwave.

Servings: 1
Serving Size: 1
apple

Prep Time: 3
minutes

Cook Time: 3-4
minutes

INGREDIENTS

- 1 firm medium apple
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon brown sugar
- 1/2 teaspoon water



INSTRUCTIONS

1. Chop apples into 1/2” cubes and place in a microwave-safe bowl or dish.
2. Toss apples with cinnamon and brown sugar to evenly coat. Drizzle with water.
3. Slightly cover bowl with plastic wrap. Microwave for 1 minute.
4. Remove from microwave and stir. Cover, return to microwave, and cook for 1 minute.
5. Remove from microwave and stir. Return to microwave and cook, uncovered, for 30-60 seconds, or until apples are soft and liquid has begun to form a glaze.
6. Remove from microwave and cool slightly before serving.

EQUIPMENT

Cutting board
Microwave-safe bowl
Knife
Measuring spoons

Nutrition Facts

Calories 100 | Total Fat 0.5g | Sodium 0mg | Total Carbohydrate 28g | Protein <1g



Vegetables & Fruits

Butternut Squash and Black Bean Skillet

Butternut squash and black beans make a delicious, hearty side dish full of fiber and protein.

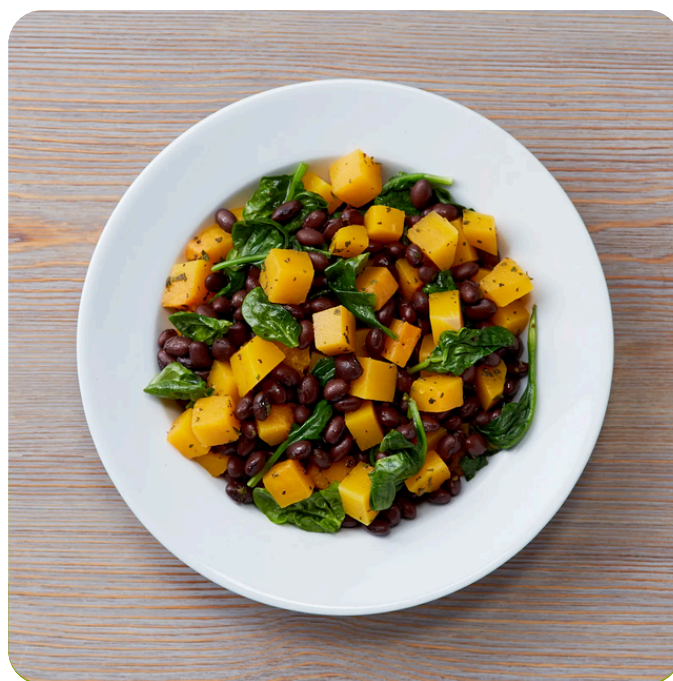
Servings: 6
Serving Size: $\frac{2}{3}$ cup

Prep Time: 15 minutes

Cook Time: 25 minutes

INGREDIENTS

2 $\frac{3}{4}$ cups fresh butternut squash, cubed
OR 15 ounces frozen butternut squash, cubed
1 small onion, chopped
1 teaspoon olive oil OR vegetable oil
1 clove garlic, minced OR 1 teaspoon garlic powder
 $\frac{1}{4}$ cup red wine vinegar
 $\frac{1}{4}$ cup water
1 15 ounce can no salt added black beans, drained and rinsed
 $\frac{1}{2}$ teaspoon dried oregano
2 cups leafy greens (spinach, kale, etc.), shredded (optional)



INSTRUCTIONS

1. Wash and dry the squash. Heat squash in the microwave on high for 1-2 minutes to soften the skin.
2. Carefully peel the squash using a vegetable peeler or small knife. Remove seeds. Cut squash into $\frac{1}{2}$ -inch cubes.
3. Heat oil in a large skillet over medium heat and add squash, vinegar and water and stir to coat the squash.
4. Reduce heat to medium-low, cover the pan, and cook the squash for about 15 minutes, or until it can be pierced easily with a fork.
5. Add beans, onion, garlic, and oregano and cook for an additional 5 minutes.

EQUIPMENT

Cutting board
Vegetable peeler
Measuring cups
Measuring spoons
Can opener
Strainer
Wok or large skillet
Knife
Spatula or wooden spoon

Nutrition Facts

Calories 110 | Total Fat 1g | Sodium 0mg | Total Carbohydrate 20g | Protein 5g



Vegetables & Fruits

Mexican Street Corn Salad

This bright and flavorful elote-inspired salad comes together with fresh or frozen corn so you can make it anytime.

Servings: 6
Serving Size: 1 cup

Prep Time: 10 minutes

Cook Time: 5 minutes

INGREDIENTS

- 2 tablespoons olive oil OR vegetable oil
- 24 ounces frozen corn, thawed and patted dry (about 5 1/3 cups)
- 1/2 cup green onions, chopped
- 1/4 cup cilantro, roughly chopped
- 1/2 cup cotija cheese, crumbled, divided
- 2 tablespoons lime juice
- 1 jalapeño, deseeded and finely chopped (optional)
- 1 garlic clove, minced OR 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 teaspoon chili powder



INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, and utensils.
2. Heat the oil in a large frying pan over medium-high heat. When the oil begins to bubble, add the corn and cook, mixing often, until charred and starting to pop, 6-7 minutes.
3. Pour the charred corn into a large bowl and add the green onions, cilantro, 1/4 cup of the cotija cheese, lime juice, jalapeño (if using), garlic, salt, and chili powder. Toss thoroughly to mix.
4. Serve topped with additional cilantro and remaining 1/4 cup of cotija cheese.

EQUIPMENT

- Large frying pan
- Large bowl
- Mixing spoon
- Measuring cups
- Measuring spoons

Nutrition Facts

Calories 180 | Total Fat 9g | Sodium 380mg | Total Carbohydrate 22g | Protein 5g

Proteins



Dry or Canned Beans?

Dry and canned beans are both nutritious, versatile pantry staples. The best option may depend on your time, budget, storage, and what works best for your household.



Dry



Cost

Budget-friendly and easy to buy in larger amounts.



Time

Require more planning and cooking time but can be in larger batches.



Convenience

Easy to store and great for cooking larger batches ahead of time.



Canned



Cost

Budget-friendly and ready to use with little preparation.



Time

Quick and ready to use after draining and rinsing.



Convenience

Easy to store, portion, and add directly to meals with minimal preparation.

Overnight Soak Method

For every 2 cups of dry beans, use 10 cups of cold water and 1 to 2 tablespoons of salt. Soak them at room temperature for 8 to 12 hours, then drain and rinse before cooking.

Quick Soak Method

Cover beans with water, bring to a boil, and boil for 2 to 3 minutes. Remove from heat, cover, and let stand for 1 hour. Drain and rinse before cooking.



WHOLE FROZEN CHICKEN

A whole chicken can be affordable and versatile.

Begin by washing hands, tools, boards, and counters with hot, soapy water. Keep raw chicken away from other foods.

Start Safe: Thawing

Refrigerator: Allow 1–2 days, or longer for a whole chicken.

Cold water: Keep sealed. Change the water every 30 minutes. Cook right away.

Microwave: Cook immediately after thawing.

Never thaw on the counter. Do not wash chicken. Pat dry before prepping.

Break it Down

Use a clean cutting board and a sharp knife. Remove each section at joint.

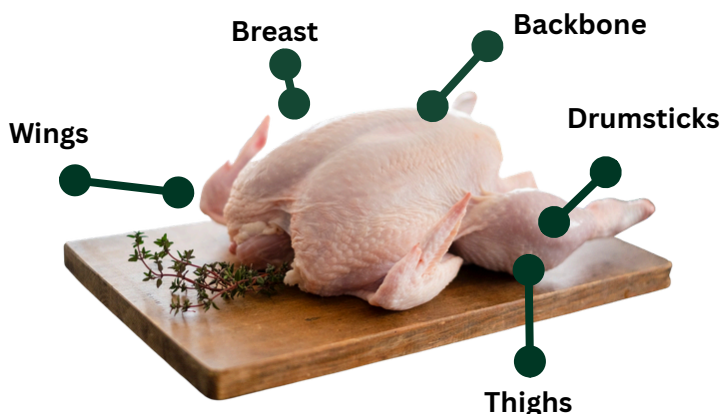
Remove the legs.

Separate thighs and drumsticks.

Remove the wings.

Cut the breasts from the backbone.

Save the bones for broth.



Try Spatchcocking

Remove the backbone, then press the chicken flat.

Cut along both sides of the backbone.

Remove the backbone.

Flip the chicken.

Press firmly on the breastbone to flatten.

Why it helps: A flat chicken cooks more evenly and will cook faster.



Cook it Safely

Roast at 325°F or higher.

Cook to 165°F in the thickest part of the breast, thigh, and wing.

Use meat thermometer to check temperature.

Roast Chicken 3 Ways

Start with one whole chicken and change the flavor with simple seasonings and ingredients you may already have. Use these combinations as a starting point, then adjust them to fit your taste and pantry.

1

GARLIC & HERB

- Cooking oil
- Garlic or garlic powder
- Italian seasoning or dried herbs
- Black pepper

2

LEMON ZEST & THYME

- Cooking oil
- Lemon juice
- Garlic or garlic powder
- Thyme or other dried herbs
- Black pepper

3

SMOKY & SAVORY

- Cooking oil
- Paprika or smoked paprika
- Garlic powder
- Onion powder
- Black pepper



Make It a One-Pan Meal
Add potatoes, sweet potatoes, carrots, onions, or other vegetables around the chicken before roasting. Use what you have and choose vegetables your household enjoys.

One Method, Three Flavors

1. Preheat oven to 325°F or higher.
2. Place thawed chicken breast-side up in a roasting pan or baking dish.
3. Lightly coat the chicken with oil, then add your chosen seasonings.
4. Roast until the chicken reaches 165°F in the thickest part of the breast, thigh, and wing, checking with a food thermometer.
5. Let the chicken rest briefly (5-10 min) before carving.



Proteins

Hearty Lentil Stew

The perfect stew for cold weather, but tasty any time of year!

Servings: 8
Serving Size: 2 cups

Prep Time: 15
minutes

Cook Time: 45
minutes

INGREDIENTS

- 2 tablespoons olive oil OR vegetable oil
- 1 yellow onion
- 6 cloves garlic, minced OR 2 tablespoons garlic powder
- 4 carrots
- 4 stalks celery
- 2 pounds potatoes
- 1 cup uncooked brown lentils
- 1 teaspoon dried rosemary (optional)
- 1/2 teaspoon ground thyme (optional)
- 2 tablespoons Dijon mustard
- 6 cups low-sodium vegetable broth
- 1 cup frozen peas



INSTRUCTIONS

1. Dice onion, mince garlic, and add to large pot with olive or vegetable oil. Cook over medium heat for 3-5 minutes.
2. Dice celery and carrots. Add to pot and cook for additional 3-5 minutes.
3. Peel and cut potatoes into 1-inch cubes. Add to pot along with lentils, Dijon mustard, vegetable broth, rosemary, and thyme (if using).
4. Stir ingredients to combine, place lid on the pot, and increase heat to high until the stew reaches a boil. Once it reaches a boil, turn heat to low and simmer for 30 minutes, stirring occasionally.
5. Add frozen peas and cook for an additional 5 minutes.

EQUIPMENT

- Cutting board
- Large pot
- Knife
- Measuring cups
- Measuring spoons
- Mixing spoon

Nutrition Facts

Calories 250 | Total Fat 4.5g | Sodium 250mg | Total Carbohydrate 44g | Protein 10g



Proteins

Crispy Parmesan Baked Fish

Parmesan and bread crumbs create the perfect crispy crust in this easy baked fish recipe

Servings: 8
Serving Size: 1 filet

Prep Time: 20 minutes

Cook Time: 15 minutes

INGREDIENTS

3/4 cup plain bread crumbs
1/4 cup grated Parmesan cheese
1/8 teaspoon paprika
1/4 teaspoon ground thyme
1/4 teaspoon onion powder
3/4 cup low-fat milk
2 pounds white fish fillets (such as Alaskan pollock, tilapia or cod)



INSTRUCTIONS

1. Preheat oven to 450 degrees. Lightly spray a baking sheet with non-stick spray.
2. In a small bowl, mix bread crumbs, Parmesan cheese, paprika, thyme, and onion powder.
3. Place bread crumbs on a flat plate or baking sheet.
4. Add the milk to a small bowl. Dip the fish fillets in bowl with milk. Coat filet on all sides with breadcrumbs.
5. Place fish on the baking sheet. Bake until the fish is white and flakes easily in the thickest part, about 15-18 minutes depending on thickness of fish. (Safe internal temperature for fish is 145 degrees)

EQUIPMENT

Non-stick spray
2 small bowls
Flat plate or baking sheet
Baking sheet
Stirring spoon
Measuring cups
Measuring spoons

Nutrition Facts

Calories 140 | Total Fat 2g | Sodium 260mg | Total Carbohydrate 9g | Protein 21g



Proteins

Garlic Ginger Beef Ramen

Break out the chopsticks. This take out-inspired meal is easy to make and uses whatever veggies you have on hand.

Servings: 6
Serving Size: 1 cup

Prep Time: 10 minutes

Cook Time: 15 minutes

INGREDIENTS

- 1/4 tablespoon olive oil OR vegetable oil
- 1/2 pound (85% or leaner) ground beef
- 2 cups water
- 1 ramen noodle seasoning packet (included in ramen noodle packaging)
- 1 20 ounce package frozen stir-fry vegetable mix
- 2 green onions, thinly sliced (optional)
- 1/4 teaspoon ground ginger
- 2 garlic cloves, minced OR 2 teaspoons garlic powder
- 2 packages instant ramen noodles (any flavor), broken into small pieces



INSTRUCTIONS

1. In a large frying pan add oil and brown ground beef over medium-high heat. Drain fat from frying pan.
2. Add water and one seasoning packet to cooked beef. Mix well.
3. Add vegetables, green onions (if using), ginger, and garlic. Bring to a boil over high heat.
4. Add ramen noodles, reduce heat to low, and simmer 3 to 5 minutes until vegetables are tender, stirring occasionally.
5. Refrigerate leftovers within 2 hours.

EQUIPMENT

- Large frying pan
- Mixing spoon
- Measuring cups
- Measuring spoons

Nutrition Facts

Calories 240 | Total Fat 9g | Sodium 980mg | Total Carbohydrate 29g | Protein 12g

Grains



How to Spot a Whole Grain

Whole grains provide fiber and important nutrients. Knowing what to look for can help you confidently choose whole-grain foods that fit your meals, budget, and preferences.



Quick Checklist

- ☐ Listed as the first ingredient
- ☐ The word “whole” comes before the grain name
- ☐ For more fiber, look for 4+ grams of fiber per serving (optional)
- ☐ The product has the Whole Grain Stamp (optional)

Look for This Stamp



Examples

Brown rice | Wild rice | Oatmeal / rolled oats | Whole-wheat bread
Whole-wheat pasta | Whole-wheat tortillas | Whole-grain cereal
Popcorn | Barley | Bulgur | Quinoa | Cornmeal | Whole rye | Buckwheat
Sorghum | Millet



Choose whole grains that fit your schedule! Whole wheat bread or tortillas are ready to eat. Choose quick cook brown rice to save time.



BUILD YOUR OWN SKILLET DISH

Turn the ingredients you have into an easy skillet meal.

CHOOSE A GRAIN

Whole Wheat Pasta

Brown Rice

Pasta

Barley

CHOOSE A PROTEIN

Beans

Chicken

Canned Beef

Frozen Fish Filets

Lentils

Canned fish

ADD VEGETABLE(S)

Canned Tomatoes

Spinach

Frozen Vegetables

Pumpkin

Seasonal Vegetables

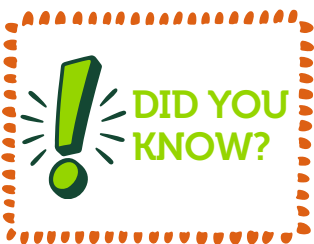
ADD FLAVOR

Garlic or Onion

Herbs, italian seasoning, oregano, rosemary, basil

Spices: chili powder, cumin, paprika

Lemon or lime juice and/or zest



Skillet meals are a great way to use leftovers. Cooked grains, proteins, and vegetables can all find a new home in your skillet.



Grains

Overnight Oats

The secret ingredient to these oats is time. You'll never make regular oats again.

Servings: 1
Serving Size: n/a

Prep Time: 5
minutes

Cook Time: n/a

INGREDIENTS

- 1 1/2 cup rolled oats
- 1 dash salt
- 1/2 cup low-fat milk
- 1 teaspoon sweetener (sugar, brown sugar, maple syrup, honey, etc.)



INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and fruit, if using.
2. Mix together rolled oats, salt, low fat milk, and sweetener.
3. If using, stir in ingredients for a flavor combination.
4. Place in an air-tight container and refrigerate overnight.

EQUIPMENT

- Air-tight container
- Mixing spoons
- Measuring cups
- Measuring spoons

Nutrition Facts

Calories 210 | Total Fat 3g | Sodium 60mg | Total Carbohydrate 37g | Protein 9g



Grains

Vegetarian Stuffed Peppers

Light, healthy, and easy to make—these weeknight-friendly peppers can be a main or side dish.

Servings: 6
Serving Size: 1
pepper half

Prep Time: 25
minutes

Cook Time: 45
minutes

INGREDIENTS

2 eggs
1 cup low-fat dry milk
1 1/2 cups brown rice, cooked
1 cup reduced fat cheese, shredded
1 15 ounce can no salt added corn
1 onion, chopped
1/2 teaspoon black pepper
2 cloves garlic, minced OR 2 teaspoons
garlic powder
3 medium green peppers cut in half, seeds
and stem removed
1 15 ounce can no salt added chopped
tomatoes, drained



INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat oven to 350 degrees.
3. In a large bowl, combine the eggs, non-fat dry milk, rice, cheese, corn, onion, black pepper, and garlic powder.
4. Place green pepper halves in a 9x9-inch baking dish.
5. Spoon mixture into pepper halves until very full. Pour tomatoes over peppers.
6. Bake for 40-45 minutes.

EQUIPMENT

Cutting board
Large mixing bowl
Can opener
9x9-inch baking dish
Knife
Measuring cups and
spoons
Mixing spoon

Nutrition Facts

Calories 280 | Total Fat 7g | Sodium 260mg | Total Carbohydrate 39g | Protein 18g



Grains

Vegetable Fried Rice

Customize with your veggies of choice.

Servings: 6
Serving Size: 1 cup

Prep Time: 15
minutes

Cook Time: 15
minutes

INGREDIENTS

2 tablespoons olive oil OR vegetable oil, divided
2 eggs, whisked
1 small white onion, diced
2 cups frozen peas and carrots
3 cloves garlic, minced OR 1 tablespoon garlic powder
4 cups brown rice, cooked and cooled
3 green onions, thinly sliced (optional)
3 1/2 tablespoons lite soy sauce
1 8 ounce can sliced water chestnuts, drained OR 1 14.5 ounce can baby corn, drained and rinsed



INSTRUCTIONS

1. Heat 1 tablespoon of oil in a large frying pan over medium-high heat. Add eggs, and cook until scrambled, stirring occasionally. Remove eggs, and transfer to a separate plate.
2. Add the remaining tablespoon of oil to the pan. Add onion, carrots, peas, and garlic powder (if using). Cook for 5 minutes, stirring occasionally or until the carrots have softened.
3. Increase heat to high. Add rice, green onions, and soy sauce, and stir until combined. Continue stirring for an additional 3 minutes. Add eggs and water chestnuts or baby corn. Stir to combine, then remove from heat.

EQUIPMENT

Cutting board
Large frying pan
Small plate or bowl to hold scrambled eggs
Knife
Measuring spoons
Measuring cups
Spatula

Nutrition Facts

Calories 280 | Total Fat 8g | Sodium 350mg | Total Carbohydrate 45g | Protein 8g

DAIRY



Whole, 2%, 1%, or Fat-Free?

Choose the milk that works best for your meals, taste, and budget. All types provide essential nutrients.

Whole Milk

Creamier and richer. Good for cooking, baking, and drinking. Highest in calories and saturated fat content.

2% Milk

Creamy with less fat. A versatile everyday choice. May want to choose for sauces.

1% Milk

Lighter, with key nutrients. Great for cereal, cooking, and drinking.

Fat-Free Milk

Lowest in fat. Works well in cereal, smoothies, and recipes. May not be optimal for baking due to lower fat content.



Shelf-stable boxed milks provide the same nutrients, with a much longer shelf life!

Nutrient Breakdown

Protein

Helps build, maintain, and repair muscles and other body tissues.

Calcium

Helps build and maintain strong bones and teeth.

Vitamin D

Helps your body absorb calcium and supports bone health.

Potassium

Supports normal muscle, nerve, and heart function.

Vitamin B12

Helps keep blood and nerve cells healthy. Helps your body turn food into energy.



Dairy

Build Your Own Cottage Cheese Bowl

Indulge your creative side as well as your appetite with endless ways to customize this creamy, filling breakfast.

Servings: 1
Serving Size: n/a

Prep Time: 5
minutes

Cook Time: n/a

INGREDIENTS

Savory Bowl

1 large hard boiled egg
1/2 cup 2% low-fat cottage cheese
6 grape tomatoes, sliced
1/4 cucumber, sliced
1 pinch black pepper

Blueberry Almond

1/2 cup 2% low-fat cottage cheese
1/8 teaspoon (real or imitation) vanilla extract (optional)
1/4 cup (fresh or frozen) blueberries
2 tablespoons sliced unsalted almonds
1 teaspoon honey



INSTRUCTIONS

1. Place the cottage cheese into a small bowl followed by the rest of the remaining ingredients.
2. Refrigerate the bowl in an air-tight container for up to four days. If using granola, do not prepare with granola ahead of time, as granola will get soggy. If serving with granola, eat immediately.

EQUIPMENT

Bowl
Air-tight container
Fork or spoon
Measuring cups
Measuring spoons

Nutrition Facts

Calories 190 Total Fat 8g | Sodium 410mg | Total Carbohydrate 10g | Protein 19g



Dairy

Mac and Cheese In-A-Mug

The rich, creamy flavor everyone loves is just minutes away.

Servings: 1
Serving Size: n/a

Prep Time: 5
minutes

Cook Time: 3
minutes

INGREDIENTS

1/2 cup uncooked whole grain elbow macaroni OR other small pasta
1/2 cup water
1/2 cup vegetables (broccoli, onion, bell pepper, carrot, etc.), finely chopped
1/2 cup cheddar cheese, shredded
Optional toppings to taste: salt, black pepper, hot sauce



INSTRUCTIONS

1. In large, microwave-safe mug, spray mug with a non-stick spray and add macaroni and water. Use small shapes like elbow macaroni or orzo -- it will not work with a larger pasta shape.
2. Place mug on a large plate. Microwave at full power for 1 minute.
3. Remove from microwave mug and stir macaroni.
4. Microwave for an additional 1 minute and stir again.
5. Add vegetables and continue to microwave mixture at 30 second intervals, stirring in between. Cook until noodles are tender. If your macaroni gets dry, add 1 tablespoon of water.
6. Add in cheese and stir until cheese melts completely and evenly coats macaroni. Add salt, black pepper, and hot sauce (if using). Serve immediately.

EQUIPMENT

Non-stick spray
Large mug (about 2 1/2 cups or 20 ounces)
Plate
Measuring cups
Spoon

Nutrition Facts

Calories 470 | Total Fat 15g | Sodium 380mg | Total Carbohydrate 60g | Protein 27g



Dairy

Creamy Green Beans and Potatoes

This rich and satisfying side dish keeps it light with the addition of skim milk.

Servings: 8
Serving Size: ½ cup

Prep Time: 30 minutes

Cook Time: 20 minutes

INGREDIENTS

- 2 cups frozen green beans
- 2 tablespoons olive oil OR vegetable oil
- 1 tablespoon corn starch
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 cup low-fat milk
- 1/2 cup mushrooms, sliced
- 2 cups small potatoes, roasted and quartered



INSTRUCTIONS

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Cook frozen green beans according to package directions. Set aside.
3. Heat oil in a large saucepan on medium heat, stir in corn starch until evenly blended for three to four minutes.
4. Slowly add basil, rosemary, salt, pepper, milk, and mushrooms stirring constantly until mixture has thickened, about five minutes.
5. Add green beans and potatoes and stir until heated through, and mushrooms have fully cooked.

EQUIPMENT

- Large saucepan
- Mixing spoon
- Measuring cups and spoons

Nutrition Facts

Calories 90 | Total Fat 4g | Sodium 90mg | Total Carbohydrate 11g | Protein 2g

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