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EAT WELL, CARE WELL.

PANTRY CLEANOUT CHALLENGE

Is opening your pantry like going on a scavenger hunt? Summer is a great time to clean it out. First, check items for expiration dates, yes, canned foods do expire. I found a can of evaporated milk in mine from 2011; I promptly threw that away. Next, take inventory of what you have, writing it down is preferable then you can figure out some creative meals to make. Here are some common items that I bet you'll find:

- ❖ **Rice, Pasta and grain blends**
- ❖ **Canned beans & other veggies**
- ❖ **Canned tomatoes**
- ❖ **Tuna or canned meat**
- ❖ **Nuts & Seeds**
- ❖ **Canned or dry Soups**
- ❖ **Pasta Sauce**
- ❖ **Hot and Cold Cereal**
- ❖ **Dried and Canned Fruit**
- ❖ **Olives**

The great news is you can make some easy, tasty meals out of these ingredients. See page two to get started.

WEEKLY CHALLENGES

CLEAN OUT 1 PANTRY DRAWER OR SHELF THIS WEEK

WRITE DOWN WHAT YOU HAVE IN YOUR PANTRY

MAKE 3 MEALS EACH OF THE NEXT TWO WEEKS FROM PANTRY INGREDIENTS

Not Sure If a Food is Safe to Eat?

Check out
<https://www.stilltasty.com/>

Pantry Cleanout Easy Meal Ideas

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June 2020

Quick & Healthy Ideas:

- **Rice & Beans:** Cook the rice and heat up the beans and serve over or mixed with the rice. Top it off with some salsa.
- **Rice or grains:** Cook according to package directions. Keep in the fridge up to 3 days and add to:
 - **Canned soups to make them heartier.** If you have canned veggies or beans, drain them and add to the canned soup base. Now instead of 1 meal, you have 2-3.
 - **Leftover Rice Pudding:** In a large saucepan, combine 1 c. cooked rice, 1 c. milk, 1 ½ TBSP sugar, 1-2 TBSP dried fruit, pinch of salt. Cook, uncovered, over medium heat for 20 minutes or until thickened, stirring often. Remove from the heat; stir in ½ tsp. vanilla. Spoon into serving dishes.
 - **Toffee Rice Pudding:** Combine 1 1/2 tablespoons each English toffee bits, miniature semisweet chocolate and toasted flaked coconut. Place half of the rice pudding in 2 individual dessert dish and top with half the toffee mixture. Repeat layers.
- **Tuna & Pasta:**
 - **Hot Dish:** Cook the pasta according to directions. Drain. Add a can of any creamed soup to the pot with a little milk or evaporated milk to make it creamier, stir in the drained tuna and season with your favorite seasoning. You can add canned peas or other veggies, drained, to boost the nutrients and add some color. Top with Chow Mein noodles or crushed up dry cereal if you like.
 - **Cold Salad:** Make the pasta according to package directions. Rinse with cold water. Add in drained tuna, canned olives or water chestnuts, drained and sliced, you can also add canned, drained beans to add extra fiber and protein. For your dressing use mayo, Italian seasoning, olive oil and balsamic vinaigrette. Dried raisins or nuts/sunflower seeds make a nice garnish or add in.

Cooking together is a great way to bond and create new memories!

June 2019 GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students

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