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EAT WELL, CARE WELL.

Odds and Ends from the Pantry

December is a great time to use up items in your pantry that may be nearing their expiration date. It can also help save money and time by not having to go to the grocery store as often during this hectic month. . Here are some websites with some great ideas.

- <https://www.loveandlemons.com/pantry-recipes/>
- <https://www.foodnetwork.com/recipes/photos/cooking-from-the-pantry>
- <https://www.washingtonpost.com/food/2022/01/28/pantry-recipes-thrifty-weeknight-dinners/>
- <https://www.goodhousekeeping.com/food-recipes/easy/g31704197/best-pantry-recipes/>
- https://cannedbeans.org/documents/Canned_Beans_Recipes.pdf

WEEKLY CHALLENGES

Check out the links

Find 3-5 Recipes that interest you

Make at least 1 new recipe per week

Enjoy the Holidays!!

Three Bean Confetti Salad

Ingredients:

- 1 tsp garlic, chopped
- ¼ cup red wine vinegar
- 1 Tbsp Dijon mustard
- ¼ cup extra-virgin olive oil
- ½ can (~15 oz) Black Beans, any variety, drained and rinsed
- ½ can (~16 oz) Pinto Beans, any variety, drained and rinsed
- ½ can (~15.8 oz) Great Northern Beans, any variety, drained and rinsed
- ½ cup cooked canned corn
- ¼ cup red pepper, diced
- 1 can (3 oz) chopped green chilies, drained
- ½ cup red onion, chopped
- 2 Tbsp cilantro, chopped
- 1 avocado, chopped (cut right before using)
- Salt and black pepper to taste



Directions

1. In small bowl, combine garlic, red wine vinegar and mustard. Let sit for 5 minutes. Whisk in olive oil. Set aside.
2. Place beans, corn, red pepper, chilies, red onion and cilantro in medium bowl. Pour in vinegar mixture, gently mix.
3. Fold in avocado and adjust seasonings.

Nutrition facts per serving (without optional toppings)

Calories 153, Saturated Fat 2g, Carbohydrate 11g, Fiber 4g, Protein 3g, Sodium 98mg

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