

Elements of a Well Stocked Kitchen

Good to have

- ✓ Sharp knives (chef, paring, serrated)
- ✓ Cutting board
- ✓ Skillet with lid
- ✓ Large pot or roasting pan
- ✓ 2 sauce pans (one large, one small)
- ✓ 2 qt baking dishes (glass or metal, rectangular or square)
- ✓ Baking sheet
- ✓ Muffin tin
- ✓ Pie tin
- ✓ Loaf pan
- ✓ Mixing bowls (2-3 varying sizes)
- ✓ Whisk
- ✓ Ladle
- ✓ Vegetable masher
- ✓ Rubber scraper
- ✓ Wooden spoons
- ✓ Measuring cups and spoons
- ✓ Liquid measuring cup
- ✓ Can opener
- ✓ Spatula
- ✓ Grater
- ✓ Peeler
- ✓ Colander/Strainer
- ✓ Rolling pin
- ✓ Thermometer
- ✓ Basket steamer
- ✓ Cooling rack
- ✓ Plates, bowls, glasses, eating utensils
- ✓ Storage containers

Nice to have

- ✓ Toaster
- ✓ Blender
- ✓ Garlic press
- ✓ Hand held mixer
- ✓ Waffle iron
- ✓ Microwave
- ✓ Food processor
- ✓ Slow cooker/crock pot
- ✓ Scale
- ✓ Pressure cooker

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Good Foods to Have on Hand

When you have most of these nutritious foods in the house most of the time, you will be amazed at what you can create in no time flat!

- ✓ Staples –
flour, sugar, brown sugar, powdered sugar, corn starch, baking soda, baking powder, yeast, mustard, mayonnaise, herbs, spices
- ✓ 100% whole-wheat bread
- ✓ 100% whole grain tortillas, bagels, muffins, etc.
- ✓ Whole grain crackers (triscuits, etc.)
- ✓ Rice cakes
- ✓ Whole grain cold cereal –
raisin bran, shredded wheat, etc.
- ✓ Oatmeal
- ✓ Barley
- ✓ Bulgur
- ✓ Brown rice
- ✓ Quinoa
- ✓ Flax seed
- ✓ Corn meal
- ✓ Popcorn
- ✓ Fresh fruits in season –
apple, orange, grape, banana, pear, strawberry, blueberry, raspberry, kiwi, melon, peach, plum, pineapple, etc.
- ✓ Frozen and/or canned fruit –
berry, peach, pear, pineapple, mandarin orange, etc.
- ✓ Raisins, craisins, other dried fruits
- ✓ All fruit jam
- ✓ White and/or purple grape juice
- ✓ Calcium fortified orange juice
- ✓ Fresh vegetables in season –
potato, sweet potato, summer squash, winter squash, broccoli, cauliflower, carrot, celery, bell pepper, green bean, corn, tomato, romaine lettuce, spinach, mushroom, avocado, potato, garlic, onion, etc.
- ✓ Frozen and/or canned vegetables –
green bean, corn, pea, tomato, tomato sauce, tomato paste, etc.
- ✓ vegetable juice
- ✓ Salsa
- ✓ Chicken/beef/vegetable broths
- ✓ Canned soups –
low-fat low sodium cream of chicken & mushroom, tomato, bean w/bacon
- ✓ Cheese –
Cheddar, Mozzarella, Swiss, Feta, Parmesan
- ✓ Plain nonfat yogurt
- ✓ Cottage cheese
- ✓ Milk
- ✓ Dry roasted peanuts
- ✓ Sunflower seeds
- ✓ Almonds
- ✓ Walnuts
- ✓ Canned tuna, salmon, chicken, turkey
- ✓ Canned chili
- ✓ Deli turkey, ham
- ✓ Eggs
- ✓ Peanut butter
- ✓ Canned beans –
black, pinto, kidney, white, chickpea, etc.
- ✓ Dried beans –
black, pinto, kidney, white, chickpea, etc.
- ✓ Tofu
- ✓ Hummus

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Ideas of Things to Eat

From list of *Good Foods to Have on Hand*

When you have a basic understanding of how to create casseroles, soups, stir-fries, sandwiches/wraps, and omelets, you can put most of these foods together faster and lots cheaper than ordering take-out!

- ✓ Turkey or ham sandwich or wrap with cheese and veggies
- ✓ Tuna sandwich or wrap with lettuce, tomato, bell pepper, diced apple or grapes, walnuts, celery
- ✓ Egg salad sandwich
- ✓ Peanut butter and jelly sandwich
- ✓ Grilled cheese sandwich
- ✓ Pizza
- ✓ Pancakes
- ✓ Waffles
- ✓ Bread pudding
- ✓ Burrito or Quesadilla with any of following: beans, cheese, veggies, egg, rice, potato, chicken, salsa
- ✓ Stir-fry
- ✓ Roasted vegetables
- ✓ Yogurt with cereal and fruit mixed in
- ✓ Yogurt and cottage cheese with fruit mixed in
- ✓ Oatmeal with walnuts, raisins, milk, flax seed
- ✓ Cheese and crackers
- ✓ Peanut butter and crackers
- ✓ Tuna or chicken salad and crackers
- ✓ Hummus and crackers
- ✓ Apple slices and peanut butter
- ✓ Trail mix – cereal, sunflower seeds, peanuts, raisins, dried fruits
- ✓ Smoothie with any of following: yogurt, milk, fruit, flax seed
- ✓ Popeye smoothie: yogurt, milk, fruit, spinach
- ✓ Baked sweet potato
- ✓ Potato bar with any of following: chili, cheese, broccoli, cottage cheese
- ✓ Green salad with any of following: romaine lettuce, fresh or roasted veggies, raisins, sunflower seeds
- ✓ Rice pilaf
- ✓ Rice pudding
- ✓ Spaghetti
- ✓ Omelet or Frittata with any of following: eggs, potatoes, cheese, peppers, mushrooms, onion, garlic, tomato, avocado, canned beans, salsa
- ✓ Homemade soup – chicken and rice, tortilla, potato, chicken noodle, vegetable, minestrone, bean soup
- ✓ *The possibilities are limited only to your imagination!*

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Create a Casserole!

Create a tasty casserole from simple foods. Just choose an item from each category and follow the directions.

Use your imagination! Each casserole serves 4 adults.

Adapted from "Eating Right is Basic", Michigan State University Extension

Step 1 Choose one starch

Rice: 1 cup rice, 2 cups water: Combine rice and water. Bring to boil. Turn heat to low and cover pan with lid. Simmer until water is absorbed, about 20 minutes.

Pasta, noodles: 2 cups pasta or 3 cups noodles, 6 cups water: Heat water until it boils. Stir in pasta or noodles. Cook until tender, about 10 minutes. Drain.

Potatoes: 3 cups diced potatoes, 6 cups water. Heat water until it boils. Add potatoes and cook until tender, about 10 minutes. Drain.

Tortilla: Flour or corn

Step 2 Choose one protein

1 pound cooked ground beef

1 ½ cups cooked and diced chicken, turkey, ham, beef, or pork

2 cups chopped hard-boiled eggs

1-2 (6-8 oz) cans tuna, salmon, or other fish, flaked

1 (15 oz) can or 2 cups cooked dried beans (pinto, black, white, kidney, etc.)

Step 3 Choose one or two vegetables — broccoli, carrots, corn, green beans, peas, squash, mixed veggies, etc.

2 cups fresh vegetables, cooked

2 cups frozen vegetables, cooked

1 (15 oz) can vegetables

Step 4 Choose one sauce

1 (10 oz) can soup (cream of mushroom, cream of chicken, cream of celery, tomato, cheese, etc.)

1 (15 oz) can diced tomatoes with juice

2 cups white sauce

1 ½ tablespoons fat (butter, margarine, or oil)

3 tablespoons flour

1 ½ cups skim milk

¾ teaspoon salt

dash of pepper

Melt fat in saucepan. Mix in flour to make a smooth paste. Slowly add milk. Cook over low heat, stirring constantly until thickened. Add salt and pepper. Cook 3-4 minutes longer.

Step 5 Choose one or more flavors

½ cup chopped onion, celery, green pepper, ¼ cup sliced black olives, ½ cup salsa, 1 – 2 cloves garlic, crushed

1 – 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, tarragon, sage, etc.)

Salt and pepper to taste

Step 6 Choose one or more toppings (optional)

If desired, after heating, place any of the following on top: 2 T grated Parmesan cheese, ¼ cup grated Cheddar or Mozzarella cheese, ¼ cup buttered breadcrumbs

Directions: Select a food from each category or use your own favorites. Combine all ingredients except toppings in a 9x13 pan coated with cooking spray. Bake at 350° until bubbly *(30-45 minutes). Add toppings and return to oven about 10 minutes. * May cook on stovetop in saucepan or skillet for 15-20 minutes. Add more liquid if it becomes too dry. Watch closely so it does not burn.

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Create a Soup!

Adapted from *How to Cook Without a Book* by Pam Anderson

Create a tasty soup from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each pot of soup serves 4 adults.

Step 1 Choose one fat

2 tablespoons oil (vegetable, canola, olive), butter or margarine

Step 2 Add 1 medium chopped onion

Step 3 Choose one or more vegetables (2-3 cups, chopped)

Celery, green pepper, green beans, carrots, peas, corn, zucchini, squash, mushrooms, cauliflower, broccoli, cabbage, etc. (fresh, canned, or frozen)

Step 4 Choose one protein

1 pound beef, chicken, ham, sausage, etc. or

1 (16 oz) can beef, chicken, ham or

1 (16 oz) can beans (pinto, kidney, black, white, chick peas, etc.) or

1 cup grated cheese

Step 5 Choose one starch

3-4 cups diced potatoes or

2 (16 oz) cans beans (pinto, kidney, black, white, chick peas, etc.) or

4 oz egg noodles, macaroni, pasta or

½ cup uncooked rice

Step 6 Choose a broth – you need 4 cups (1 quart)

2 (16 oz) cans chicken, beef, and/or vegetable broth or

4 cups water and chicken, beef, or vegetable bouillon or

1 can crushed or diced tomatoes and 3 cups water or

4 cups milk and chicken bouillon

Any combination of above to make 1 quart

Step 7 Choose one or more seasonings

1 – 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.)

Bay leaf

1 – 2 tablespoons fresh herbs

Minced garlic

Directions Heat fat in large soup pot. Add onion and cook until tender. Add remaining ingredients (except *fresh* herbs). Partially cover pot and simmer until meat is cooked and starch and vegetables are tender (about 20 – 30 minutes). Add fresh herbs. Season with salt and pepper to taste. Simmer another 5 minutes. Serve.

Note: Beans can serve as protein or starch.

Suggestions

Chicken & Rice Soup - Combine onion, celery, carrots, chicken, rice, chicken broth, rosemary, parsley, and garlic

Beef and Vegetable Soup - Combine onion, potatoes, carrots, celery, beef, crushed tomatoes, beef broth, oregano, basil, parsley, and bay leaf

Black Bean and Corn Soup - Combine onion, green pepper, corn, green chilies, black beans, rice, crushed tomatoes, chicken broth, oregano, cumin, chili powder, cilantro, and garlic

Cream of Broccoli or Potato Soup – combine onion, broccoli or potato, celery, cheese, milk, chicken bouillon, and garlic. Mash or blend together.

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Create a Sandwich!

Create a tasty sandwich, wrap, or pocket from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each serves 1 adult.

Step 1 Choose one wrap

2 slices of bread or
1 bun or roll or
1 tortilla or
½ pita

Step 2 Choose one or more proteins

Cooked, sliced or cubed roast, chicken, turkey, ham, bacon
(sliced may work better on bread, cubed may work better in pita or tortilla)
Sliced, cubed, or shredded cheese
Cooked dried beans (pinto, black, chick pea, kidney, etc.)
Hard-boiled or scrambled egg
Peanut or almond butter

Step 3 Choose one or more fillings

Lettuce, tomato, onion, sprouts, green pepper, banana pepper, celery, olives, pickles, potato, avocado, corn, etc.
Apple, grapes, pear, pineapple, etc.
Jam, jelly, honey
Nuts (walnuts, pecans, almonds, pine nuts)

Step 4 Choose one or more spreads

Mayonnaise, mustard, ketchup, butter, ranch dressing, Italian dressing, hummus, etc.

Directions

Some wraps are better eaten cold and some are better cooked.

For a cold wrap: Select foods from each category. Place spread directly on bread or tortilla or inside pita pocket. Build wrap by placing remaining ingredients on one side of bread or tortilla or inside pita pocket. Cover sandwich with other slice of bread or roll tortilla up.

For a cooked wrap: Select foods from each category. Cook filling ingredients in 1 teaspoon oil or butter until soft. Add protein and heat through. Add spread to moisten the mixture. Place mixture on one side of bread or tortilla or inside pita pocket. Cover sandwich with other slice of bread or roll tortilla up.

Suggestions

BLT Pocket – Combine bacon, diced tomatoes, lettuce, and ranch dressing. Stuff inside pita pocket.

Breakfast Burrito – Combine scrambled eggs, cheese, cubed and cooked potato, onions, green pepper, avocado. Roll into a warm tortilla.

Club Sandwich – Toast 2 slices bread. Spread mayonnaise on each slice. Layer turkey, Swiss cheese, bacon, lettuce, and tomato between slices of toasted bread. Cut into 4 triangles.

Chicken Waldorf Sandwich – Combine cubed chicken, apples, grapes, celery, walnuts, and mayonnaise or ranch dressing. Place in a sliced croissant roll.

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Create a Stir-Fry!

Adapted from *How to Cook Without a Book* by Pam Anderson

Create a tasty stir-fry dish from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each stir-fry serves 4 adults.

Step 1 Warm skillet on very low heat

Step 2 Prepare one protein

1 pound raw chicken, beef, or pork cut into bite size pieces, or 1 package firm tofu cut into ½ inch cubes

Step 3 Marinate protein

1 tablespoon soy sauce
1 tablespoon water, chicken broth or apple juice

Step 4 Prepare produce

1 onion, cut in wedges
1 – 2 cloves garlic, minced
2 cups fresh vegetables from choices below
shredded carrots, shredded cabbage, sliced mushrooms, sliced celery, bean sprouts, zucchini, yellow squash, etc.

Step 5 Make a sauce and glaze

Sauce:

¼ cup chicken broth, ¼ cup soy sauce, 1-2 teaspoons sugar, 2-4 teaspoons vinegar

Glaze:

2 teaspoons cornstarch, 2 tablespoons water or chicken broth

Step 6 Turn heat on skillet to high

Make sure all ingredients are close at hand

Directions

Add 1 tablespoon oil and ½ of protein to pan. Stir-fry until well browned and cooked through, about 2-3 minutes. Transfer to clean bowl and stir-fry remaining protein the same way. Transfer to bowl. This helps to keep the pan hot.

Add 2 tablespoons oil to pan. Add onion and fry until browned but still crisp, about 1 minute. Add garlic and stir. Add half of vegetables and stir a few minutes, then add remaining vegetables. Stir-fry until vegetables are tender-crisp.

Return protein to pan and stir in sauce until everything is well coated. Stir in glaze and fry until sauces in pan are glossy.

Serve immediately with noodles or rice.

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Create an Omelet!

Create a tasty omelet from simple foods. Just follow each step. Use your imagination! Each omelet serves 1 adult.

Step 1 Crack two eggs in a small bowl

Step 2 Add salt, pepper, water, and herbs to bowl and gently stir

Water – 1 tablespoon

Herbs – 1 tablespoon of chives and/or parsley (optional)

Step 3 Heat omelet pan or non-stick skillet over high heat and add pat of butter

Step 4 Add egg mixture and tilt pan to evenly coat bottom of pan with eggs

Step 5 Pull cooked egg from edge of pan with spatula and let liquid eggs run underneath

Step 6 Add fillings of choice

Grated cheese – Cheddar, Mozzarella, Swiss, American, Parmesan, Feta, etc.

Cooked meat – ham, bacon, Canadian bacon, chicken, etc.

Vegetables – onion, green pepper, tomatoes, salsa, green chilies, etc.

Step 7 Fold omelet in half and slide onto plate

Directions

The pan should be very hot when you add the butter so that it sizzles. As soon as the butter melts, tilt the pan to coat the bottom with the butter and then pour the egg mixture into the pan. Spread the mixture over the bottom of the pan. Gently start pulling the cooked egg to the center of the pan and let the liquid egg run underneath. When the eggs are mostly set but the top is still a little runny, add any filling of choice. Fold the omelet in half with a spatula and carefully slide it onto a plate.

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Cooking Without a Recipe

Sometimes all it takes to get a meal on the table is to understand how some dishes go together. For instance you can make a decent casserole with the foods you have in the pantry *without a recipe* if you understand that a casserole usually has all six of the following:

- A starch
- A protein
- One or more vegetables
- A sauce
- Flavors
- Toppings

Can you identify all six elements of a casserole in this recipe?

Green Chili Enchiladas

¾ lb. lean ground beef _____
1 medium onion, chopped _____
1 clove garlic, minced _____
1 small can diced green chilies _____
½ teaspoon cumin _____
¼ teaspoon chili powder _____
½ teaspoon salt _____
½ teaspoon pepper _____
1 can cream of chicken soup _____
1 ¼ cups skim milk _____
8 corn tortillas _____
1 cup grated Colby-jack cheese _____

Brown meat with onion and garlic; drain fat from meat. Mix in green chilies, seasonings, soup, and milk. Simmer mixture for 10 minutes. Cut tortillas in fourths. Layer tortillas and meat mixture in 9 x 13 baking dish, starting and ending with meat mixture. Top dish with cheese and bake at 350° for 30 minutes. Yields 4 servings.

Think about your own kitchen. What six or more items could you use to make a casserole?

Starch

Protein

One or more vegetables

Sauce

Flavors

Toppings

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