

Recipes from your pantry...

Crabby Patties:

- 1 can pink salmon, drained
- 4 potatoes, mashed (cooled down)
- 1 egg, raw
- Salt, pepper to taste

Mix everything together and make into patties. Fry in a little canola oil. Yum!

Light Coleslaw:

- 1/4 of a cabbage, sliced thin
- 1 grated carrot
- 1-2 Tbsp light mayonnaise
- 1/2 tsp vinegar and 1/4 tsp mustard
- Salt, pepper to taste

Mix together and enjoy with crabby patties!

Tasty Lentil-Barley Casserole:

- 3/4 cup dry brown lentils, washed
- 1/2 cup pot barley, washed
- 3 cups water
- 1 small onion, diced
- 2 bouillon cubes
- 1/2 tsp each basil and oregano
- 1/4 tsp salt, pepper to taste
- 1/4 cup light parmesan
- 1/2 cup grated light cheddar

Mix everything except cheddar in a covered casserole dish. Bake covered at 350F for 1.5 hours. Add cheese and heat 5 minutes (try in crockpot!)

Healthy Cookies:

- 3/4 cup non-hydrogenated margarine
- 1/2 cup sweetener or brown sugar
- 1 egg
- 1 tsp vanilla
- 3/4 cup large flake oatmeal
- 1/2 cup raisins and 1/2 cup walnuts
- 3/4 cup whole wheat flour
- 1/2 tsp each baking soda and baking powder
- 1 tsp cinnamon and a dash of salt

Beat first four. Add rest and drop onto baking sheet. Bake at 350F for 10-12 minutes.

More recipes from your pantry...

Crockpot Stew:

- 2 lbs raw meat in 1 inch cubes
- 6 potatoes, cubed
- 5 carrots, sliced
- 1 onion, diced
- 1 can (680 ml) tomato sauce
- 2 bouillon cubes
- 1 cup water
- 1 Tbsp mustard
- 1/2 tsp each salt and pepper
- 1 tsp sugar (optional)
- 2 tsp oregano (optional)
- 1 bay leaf (optional)

Combine everything in a crockpot. Cook on low for 9 hours.

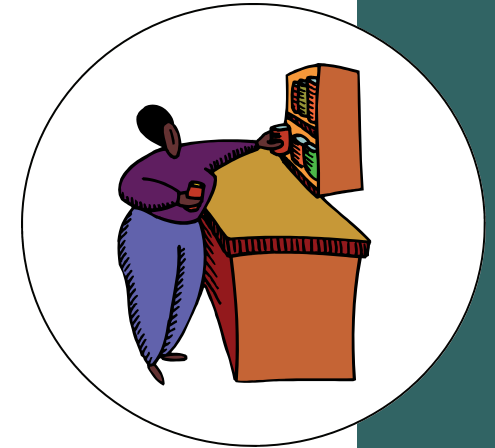
Delicious Chicken Rice Soup:

- 2 lbs of chicken pieces, raw
- 10 cups of water
- 1 onion, diced
- 3 carrots, sliced
- 2 celery stalks, chopped
- 2 bay leaves (optional)
- 2 tsp oregano
- 1 tsp basil
- 1 cup uncooked long grain rice
- 1 can diced tomatoes
- Salt, pepper to taste

Bring first 8 ingredients to a boil. Cook for an hour skimming oil and brown "foam". Add rice, tomatoes and salt/pepper to taste and cook until rice is just done. Add more water if needed.

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**Stocking a Pantry to
Create Healthy Meals -
Anytime!**

**Windigo First
Nations Council**

Aboriginal Diabetes Initiative
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What is a pantry?

A pantry is a little room used to store food. In this pamphlet, however, “pantry” will mean basic food items you can store in cupboards, fridges and freezers. These basic food items, drawn from each of the food groups, can be used to create a large variety of healthy meals.

Buying these pantry items in bulk when you can get them for a good price can help free up money to buy other necessary items which may be more expensive. However, in terms of both food safety and cost (wastage), only stock as much as you will use before the expiry date. Once opened, most types of food from cans or jars should be stored in the fridge.

Basic kitchen equipment

Here are a few basic items that can help make cooking safer and more enjoyable:

- Cutting board
- Small sharp knife (paring)
- Large sharp knife (chef's)
- Measuring cups and spoons
- Mixing spoons (wooden spoons)
- Ladle, egg lifter, whisk (beater), can opener
- Mixing bowls (large and medium)
- Strainer (colander); grater
- Large and medium cooking pots with lids
- Casserole with lid; crockpot
- Frying pan (e.g. cast iron)
- Air popper for popcorn
- Tupperware™-type storage containers



Foods to keep in your cupboard

By food group, here are some foods to keep in your cupboard:

Fruits and Vegetables:

- Canned tomatoes
- Salsa
- Plain tomato or spaghetti sauce
- Canned tomato soup
- Canned (light) cream of mushroom soup
- Canned fruit in juice (e.g. peaches, pears, pineapple)
- Raisins, prunes, bananas, oranges
- Onions, garlic



Milk and Milk Products:

- Skim milk powder
- Canned 2% or skim milk



Meats and Alternates:

- Peanut butter, almonds, walnuts, peanuts
- Canned pink salmon, sardines and tuna
- Dried brown lentils, canned brown beans/lentils/kidney beans



Grains and Starches:

- Potatoes
- Canned cream corn or niblets
- Whole wheat flour; white flour
- Macaroni noodles; spaghetti noodles
- Brown or long grain rice; pot barley
- Popcorn for air-popper
- Whole wheat tortillas
- 100% stone ground whole wheat bread
- Large flake oatmeal
- Plain Cheerios™; All-Bran Buds™

Foods to keep in your cupboard continued...

Other:

- Canola oil; olive oil
- Soy sauce; salt; pepper; mustard; vinegar
- Oregano; basil; cinnamon; chili powder; curry powder; garlic powder; bay leaves; bouillon cubes
- Sugar; brown sugar; sweetener
- Baking soda; baking powder; vanilla
- Canned pea soup, minestrone, beef & barley soup



Foods to keep in your fridge

- Cabbage, carrots, celery
- Apples, berries
- 1% or skim milk
- Light cheddar, mozzarella, parmesan
- Fat-free, no-sugar added yogurt
- Eggs; light mayonnaise
- Meat for next 1 or 2 days
- Non-hydrogenated margarine (e.g. Becel)



Foods to keep in your freezer

- Frozen mixed vegetables
- Frozen broccoli/cauliflower
- Frozen chopped spinach
- Leftovers in individual “Tupperware” to bring for lunches or quick suppers