

QUICK AND EASY PANTRY MEALS

Not sure where to start? Mix and match ingredients you already have using this dynamic recipe.

Recipe Instructions:

- 1 Heat 1 tablespoon olive oil (or any oil you have in your kitchen) in a large Dutch oven or sauté pan over medium heat.
- 2 Add 1-2 aromatics and cook until soft.
- 3 Add 1-2 cups chopped vegetables and cook through.
- 4 Add 1 can drained and rinsed beans/legumes
- 5 If desired, add ½-1 cup pasta to water or stock or broth.
- 6 Add 3-4 large handfuls of dark leafy greens and cook about 1-2 minutes, until wilted.
- 7 Add in 1-2 flavor or texture ingredients
- 8 Serve over a whole grain like pasta, barley, brown rice or quinoa. Or, top with salmon, chicken breast, pork tenderloin.
- 9 Serve the next day with scrambled eggs or on top of whole grain toast.



Aromatics Select 1-2

GARLIC
2-3 cloves,
crushed

**GREEN
ONION**
2-3 chopped

SHALLOT
⅓ cup
chopped

LEEK
½ cup
sliced

ONION,
½ cup
chopped

Vegetables Include 1-2 cups

ASPARAGUS

**CANNED
ARTICHOKE
HEARTS**

ZUCCHINI

**YELLOW
SQUASH**

**ANY COLOR
PEPPER**

Legumes Include 1 can (drained)

**CANNELINI
BEANS**

**GARBANZO
BEANS**

**BLACK
BEANS**

LENTILS

**PINTO
BEANS**

Dark leafy greens Add 3-4 large handfuls

SPINACH

KALE

**CHOPPED
SWISS
CHARD**

**MIXED
BABY
GREENS**

ARUGULA

Flavor and texture Select 1-2

**PARMESAN
OR FETA**
¼ cup
crushed

**GRATED CITRUS
ZEST (LEMON,
ORANGE)**
1-2 teaspoons

FRESH HERBS
1-2
tablespoons
chopped

**KALAMATA
OLIVES**
¼ cup
chopped

NUTS
¼ cup



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