

PANTRY COOKING

Athletes in Isolation



Pantry Staples

1 DRIED OR CANNED VEGETABLES AND FRUIT

2 GRAIN PRODUCTS

Whole grain pasta, brown rice, quinoa, oats

3 DRIED OR CANNED BEANS

Chickpeas, beans, and lentils.

4 CANNED FISH

low sodium canned tuna and salmon

5 COOKING OILS

extra-virgin olive oil, sesame oil

6 VINEGARS

white or red wine vinegar, balsamic vinegar

7 BAKING PRODUCTS

flour, sugar, corn starch, wheat bran

8 UNOPENED CONDIMENTS

Dijon mustard, ketchup, soya sauce, hot sauce

Keep your pantry well stocked with basic, non-perishable items that are whole grain, low in sodium, or low in added sugar, that can be used in a variety of dishes!

Tips to Make Healthy Meals From Your Pantry!

1. Eat from multiple food groups, including lots of fruits and vegetables, whether fresh, frozen, or canned
2. Combine shelf stable items like pasta, rice, and beans, with fresh or frozen items to make balanced recipes
3. Include protein foods in each meal - canned beans, lentils, fish
4. Experiment with herbs and flavours to keep dishes interesting

RECIPE: TUNA PASTA SALAD

Total Time: 15 minutes

Servings: 2

Recipe Adapted From: thecleaneatingcouple.com

INGREDIENTS:

- 1/2 lb whole grain pasta
- 1 Tbsp olive oil
- 2 cans White Albacore Tuna in olive oil
- 2 Tbsp parsley
- 2 Tbsp basil
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 cup vegetables - fresh, canned, frozen and thawed - whatever you would like
- 1 Tbsp vinegar or lemon juice

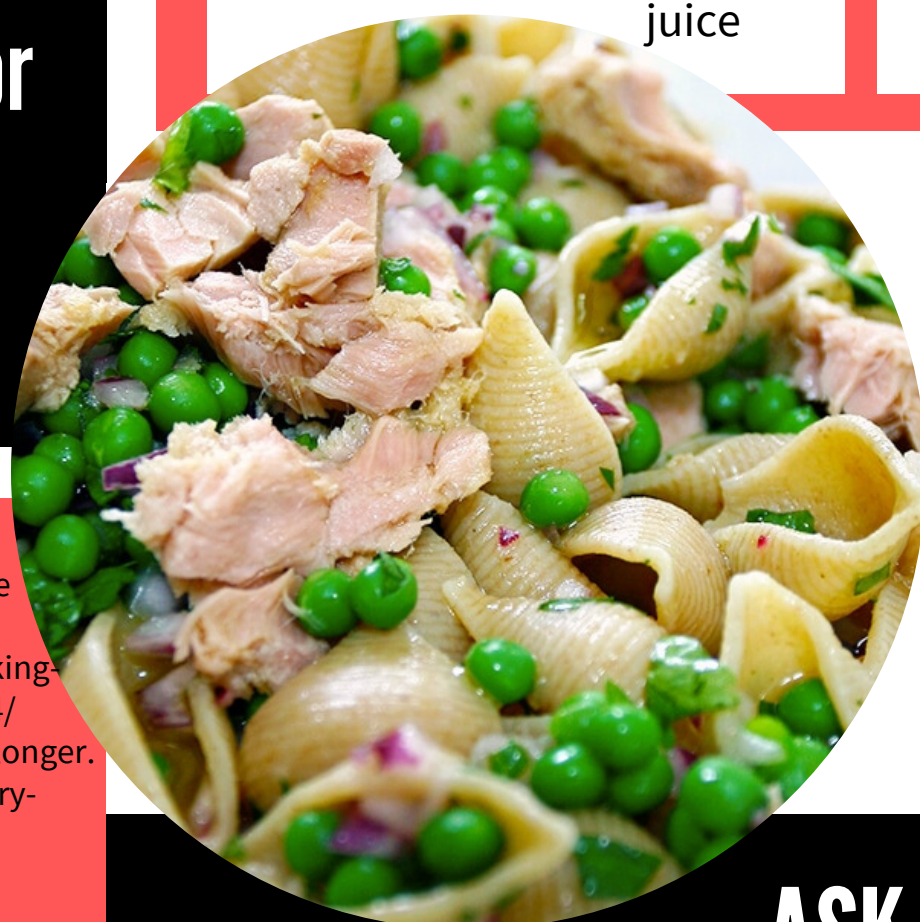
INSTRUCTIONS:

- Bring a pot of water to a boil, and cook pasta according to package directions.
- While pasta is cooking, prepare vegetables (chop, thaw, etc.) and place in a bowl with the tuna, olive oil, lemon juice, & spices.
- Once pasta is cooked, immediately drain and rinse with cold water to cool off.
- Toss cooked pasta with tuna and vegetable mixture

Nutrition Facts

Healthy Tuna Pasta Salad	
Amount Per Serving (2 cups (approx))	
Calories 625	Calories from Fat 90
% Daily Value*	
Fat 10g	15%
Saturated Fat 1g	6%
Cholesterol 61mg	20%
Sodium 731mg	32%
Potassium 731mg	21%
Carbohydrates 90g	30%
Sugar 2g	2%
Protein 50g	100%
Vitamin A 920IU	18%
Vitamin C 25.4mg	31%
Calcium 88mg	9%
Iron 7.6mg	42%

* Percent Daily Values are based on a 2000 calorie diet.



OTHER MEAL IDEAS:

BREAKFASTS:

oatmeal, oatmeal style quinoa, or eggs with salsa

LUNCHES:

pasta salad, bean salads, or rice bowls

DINNERS:

casseroles, curries, soup, chili, or stirfry



ASK SOCIAL MEDIA FOR HELP:

Use the hashtags [#pandemiccooking](https://twitter.com/#pandemiccooking) and [#pandemicbaking](https://twitter.com/#pandemicbaking) and tell twitter what is in your fridge and pantry! Celebrity chefs and high-profile cooks are responding to tweets with recipe ideas and suggestions!

References:

- Brehaut, L. (2020) In praise of pantry cooking: Here's how to make shelf-stable staples during COVID-19. *Postmedia News*. <https://www.saltwire.com/lifestyles/food-and-drink/in-praise-of-pantry-cooking-heres-how-to-make-the-most-of-shelf-stable-staples-during-covid-19-425234/>
- Sweeney, E. (2020) How to prioritize your pantry cooking and make food last longer. *Huffington Post*. https://www.huffingtonpost.ca/entry/how-to-prioritize-pantry-cooking_L_5e7288bec5b6f5b7c53d7e94
- thecleaneatingcouple.com (2018) Healthy tuna pasta salad. <https://thecleaneatingcouple.com/healthy-tuna-pasta-salad/>
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