

NUTRITION TO GO

Cooking and Food Shopping



What Should I Buy at the Grocery Store?

When you do stock up on food, try to focus on buying foods that will last.

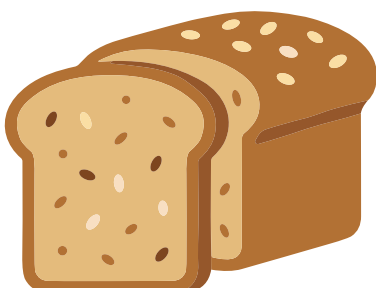
Fruits: Frozen, canned (in juice) or unsweetened dried fruit can be great options that will last for months in storage.

Dairy: Yogurt and cheese often have a longer expiration date. In some stores, you may be able to find shelf-stable milk. Otherwise, dried milk can be great to have on hand, especially for when milk is needed for recipes.

Protein: Beans are a great plant-based protein. Choose dried beans, or no salt added or low-sodium canned beans. Peanut butter on whole wheat toast or crackers makes a great meal or snack. Canned fish can be used in many recipes (choose packed in water). Eggs are also great to stock up on and last a long time.

Vegetables: Frozen or canned vegetables can last a long time in the freezer and pantry. Try to choose low sodium or no added salt canned vegetables. Certain fresh vegetables, like carrots, squash, potatoes and onions have longer shelf lives than other vegetables.

Grains: Stock up on items like whole wheat pasta and brown rice. If you have room in your freezer, buy bread and freeze it and defrost slices as you need it.



Minestrone Stew

Prep time: 10 minutes
Cook time: 45 minutes
Servings per recipe: 11 **Serving size:** 1 cup

Nutrition Facts	
servings per container	
Serving size	(285g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 29g	11%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 240mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients

- 1 tablespoon olive oil
1 large onion, chopped
2 cloves garlic, minced
2 carrots, diced
2 celery stalks, diced
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon Italian seasoning
- 1 cup shredded kale or escarole
1 (28 ounce) can crushed tomatoes
4 cups low-sodium chicken broth
1 (15.5 ounce) can cannellini beans, drained and rinsed
1 cup small shell pasta

1. Heat olive oil in a large pot over medium-high heat. Add onion and cook until it is clear in color, about 4 minutes. Add garlic and cook 30 seconds.
2. Add carrots and celery and cook until they begin to soften, about 8 minutes.
3. Add salt, pepper, and Italian seasoning and cook 2 minutes.
4. Add kale, crushed tomatoes, chicken broth, and cannellini beans and bring to a boil. Reduce heat to medium-low and cook 15 minutes.
5. Add pasta and cook 15 minutes.

Tip: This recipe makes a large amount, try freezing cooled leftovers to eat another time!



Minestrone Stew

Make simple changes in your recipes by using what you already have in your refrigerator or pantry! Take a look below for some quick options to keep your recipes hearty and healthy.

Replace...	With...
Pasta	Any type of pasta can be used but if you do not have pasta, try using brown rice or diced potatoes instead.
Cannellini Beans	No cannellini beans? Any type of bean, such as a garbanzo bean or black bean, would work well in this recipe. Instead of beans, you could also add your favorite protein, such as chicken.
Celery, Onion & Kale	Any fresh, frozen or canned vegetables can be used! Try diced zucchini, bell peppers or squash instead of celery and onion, and any leafy green in place of kale.