

NEWCOMERS MASTER PANTRY ITEMS

PANTRY		
Ingredient	Ttl Quantity	Recipe
Wet Pantry		
<input type="checkbox"/> Broth - Chicken or Vegetable (Sodium-Reduced)	1 box x 900mL + 1 can x 500 mL + 1 can x 284 mL	Chowder, Minestrone, Stir-Fry
<input type="checkbox"/> Chili Sauce (Optional)	1 small jar	Chicken Strips
<input type="checkbox"/> Dijon Mustard	2½ tbsp	Fresh Green Salad, Kale Salad
<input type="checkbox"/> Honey	⅓ cup	Fresh Green Salad, Muffins, Granola Bites, Coleslaw
<input type="checkbox"/> Margarine or Butter	¼ cup	Cobbler
<input type="checkbox"/> Oil - Canola	--	Most Recipes
<input type="checkbox"/> Oil - Olive	--	Most Recipes
<input type="checkbox"/> Oil - Sesame	1 tsp	Stir-Fry
<input type="checkbox"/> Vanilla Extract	3 tsp	Cobbler, Muffins, Pudding
<input type="checkbox"/> Vinegar - Apple Cider	5 tbsp	Fresh Green Salad, Coleslaw
<input type="checkbox"/> Vinegar - Rice or Sherry Cooking Wine	1 tbsp	Stir-Fry
<input type="checkbox"/> Worcestershire Sauce	1 tbsp	Kale Salad
Dry Pantry		
<input type="checkbox"/> Almonds (Raw, Sliced)	⅓ cup	Granola Bites
<input type="checkbox"/> Baking Powder	3 tsp	Cobbler, Carrot Cake
<input type="checkbox"/> Baking Soda	1½ tsp	Muffins, Carrot Cake
<input type="checkbox"/> Chocolate Chips (Mini Semi-Sweet or Dark)	¼ cup	Granola Bites
<input type="checkbox"/> Cocoa (i.e. Fry's)	⅓ cup	Pudding
<input type="checkbox"/> Cornmeal	2 tbsp	Pizza
<input type="checkbox"/> Cornstarch	4 tbsp	Pudding, Stir-Fry
<input type="checkbox"/> Cranberries	¼ cup	Fresh Green Salad
<input type="checkbox"/> Dates	1¼ cups	Graonla Bites
<input type="checkbox"/> Flour - All Purpose	1¾ cup + 1 tsp	Cobbler, Pudding, Carrot Cake
<input type="checkbox"/> Flour - Whole Wheat	5¼ cups	Cobbler, Muffins, Pizza
<input type="checkbox"/> Lasagna Noodles	10	Lasagna
<input type="checkbox"/> Oats - Large Flake	2 cups	Muffins, Granola Bites
<input type="checkbox"/> Pasta - Whole Wheat (Small)	⅔ cup	Minestrone
<input type="checkbox"/> Rasins	½ cup	Carrot Cake
<input type="checkbox"/> Solid Chocolate Bar	1	To lead Mindful Eating Activity
<input type="checkbox"/> Sugar - Brown	1 cup	Carrot Cake
<input type="checkbox"/> Sugar - White	½ cup + 1 tsp	Pudding, Pizza
<input type="checkbox"/> Sunflower Seeds (Raw, Unsalted)	1 cup	Fresh Green Salad, Graonla Bites, Coleslaw
<input type="checkbox"/> Walnuts (Optional)	½ cup	Carrot Cake
<input type="checkbox"/> Yeast - Active Dry	1 x 8g packet (2¼ tsp)	Pizza

NEWCOMERS MASTER PANTRY ITEMS CONT...

PANTRY		
Ingredient	Ttl Quantity	Recipe
Cans + Other		
<input type="checkbox"/> Beans - Black	1 can x 540 mL	Quesadillas
<input type="checkbox"/> Beans - Chickpeas	1 can x 540 mL	Hummus
<input type="checkbox"/> Beans - Kidney, Pinto or Navy	2 cans x 540mL	Minestrone, Chili
<input type="checkbox"/> Mayonnaise - Light	½ cup	Coleslaw
<input type="checkbox"/> Milk - Canned, Lower Fat	1 can x 500 mL	Chowder
<input type="checkbox"/> Orange Juice (Frozen, Concentrate)	1 tbsp	Stir-Fry
<input type="checkbox"/> Peaches (No Sugar Added)	1 can x 540 mL	Cobbler
<input type="checkbox"/> Pineapple Tidbits (In juice or Water)	1 cup	Carrot Cake
<input type="checkbox"/> Soda Water	2 x 2L bottles	Party Water
<input type="checkbox"/> Tomato Salsa (Optional)	1 jar	Tacos
<input type="checkbox"/> Tomato Sauce	½ cup	Tacoies
<input type="checkbox"/> Tomatoes -Crushed (No-Salt-Added)	1 can x 796mL	Pizza Sauce
<input type="checkbox"/> Tomatoes - Diced (No-Salt-Added)	4 cans 2 cans x 398 mL + 2 cans x 796mL	Lasagna, Minestrone, Chili

BAKERY		
Ingredient	Ttl. Quantity	Recipe
<input type="checkbox"/> Bread Crumbs (Dry)	¼ cup	Chicken Strips
<input type="checkbox"/> Pita - Whole Wheat (6")	4	Hummus
<input type="checkbox"/> Pizza Crust	2	Pizza
<input type="checkbox"/> Taco Shells	10	Tacos
<input type="checkbox"/> Tortillas - Whole Wheat (10")	6	Quesadillas

NEWCOMERS MASTER PANTRY ITEMS CONT...

SPICES		
Ingredient	Ttl. Quantity	Recipe
<input type="checkbox"/> Bay Leaf	1	Chowder
<input type="checkbox"/> Chili Powder	3½ tsp	Quesadillas, Chili
<input type="checkbox"/> Cinnamon - Ground	1½ tsp	Muffins, Carrot Cake
<input type="checkbox"/> Cumin - Ground	3 tbsp + 1½ tsp	Quesadillas, Chili, Tacos
<input type="checkbox"/> Ginger - Ground	1 tsp	Carrot Cake
<input type="checkbox"/> Italian Seasoning	1 tbsp	Roasted Vegetables
<input type="checkbox"/> Oregano - Dried	1 tbsp + 2¾ tsp	Lasagna, Chicken Strips, Frittata, Minestrone, Chili
<input type="checkbox"/> Paprika	2 ½ tsp	Chicken Strips, Frittata, Tacos
<input type="checkbox"/> Parsley - Dried	2 tsp	Minestrone
<input type="checkbox"/> Red Pepper Flakes	¼ tsp	Grilled Fish
<input type="checkbox"/> Rosemary - Dried	To taste	Fries
<input type="checkbox"/> Salt + Pepper	--	Most Recipes
<input type="checkbox"/> Thyme - Dried	½ tsp	Frittata