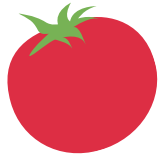
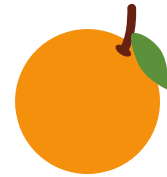


URI SNAP-ED NUTRITION



NEWSLETTER



COOKING FROM YOUR PANTRY

This newsletter is coming to you from the University of Rhode Island SNAP-Ed, a program which focuses on helping people in Rhode Island eat healthy on a budget.

During this time, many of us are going to the grocery store less than usual and cooking meals using what we already have in our pantries. Below we have some tips for meal planning using items you already have to save you a trip to the store.

AN EASY APP TO HELP YOU COOK MEALS WITH WHAT YOU ALREADY HAVE

Looking for something new to break out of your cooking routine? Try this FREE, easy-to-use app! The Supercook App is quick to download on your smart phone and helps you browse through recipes for you and your family. You can also find it on the Internet at www.supercook.com.

Here is how it works:

- After taking a look through your refrigerator and pantry, add the ingredients you currently have at home to the app.
- The app suggests recipes you can make with ingredients you already have.

You can narrow down your choices by filtering through the results for specific diet restrictions, meal types, star ratings, recipe preparation time and even the number of ingredients!

While we may not be doing education in the community right now, we are doing what we can from a distance! Please call our hotline at 1-877-366-3874, visit uri.edu/snaped or follow us on social media for more family-friendly recipes and information.



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PASTA WITH GREENS AND BEANS

Prep time: 10 minutes **Serving size:** 1 cup
Cook time: 15 minutes **Cost:** \$4.23 per recipe,
Servings per recipe: 8 \$0.60 per serving

INGREDIENTS:

- 2 cups uncooked whole wheat pasta
- 1 tablespoon vegetable oil
- 1 tablespoon minced garlic
- 1 (10 oz) package frozen spinach
OR 1 (14 oz) can spinach
- 1 (15 ounce) can diced tomatoes with liquid, no salt added
- 1 (15 oz) can cannellini beans, drained and rinsed
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ cup grated parmesan cheese

DIRECTIONS:

1. Cook pasta according to package directions. Set aside.
2. Heat oil in large pan. Add garlic and cook on low until soft.
3. Add spinach, tomatoes with liquid, beans, salt and pepper. When the mixture bubbles, cook on low heat (uncovered) for 5 minutes.
4. Add pasta and parmesan to spinach mixture. Toss well and serve.

RECIPE SWAPS:

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

REPLACE...	WITH...
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pasta

No pasta? Try brown rice, quinoa, barley or farro. You can also make the dish without pasta and instead serve with a slice of whole wheat bread.



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.



frozen spinach

No frozen or canned spinach? You could replace with your favorite fresh, frozen or canned vegetable. Try adding broccoli florets or sliced zucchini!