



Savvy Shopper Healthy Cooking Tips:

Use the following guide to build “better for you” meals with pantry staples. These items are versatile and can be used to make a variety of meals and snacks.

Try these tips to stay on track with health and budget goals:

- Plan meals around foods on sale and coupons
- Rethink leftovers. You can either freeze for a later time or pack with other ingredients for lunch or dinner
- Try cooking in bulk or doubling a recipe to have easy meals later that week
- For canned veggies and beans, drain and rinse them before using
- Aim to use less fat, sugar, and salt when cooking

Fruits and Vegetables



Pick 5 Produce

- Select five bundled fruit or vegetable options for \$7.99

Options include zucchini, squash, mushrooms, radishes, cabbage mix, potatoes, onions, celery, apples, citrus fruit, tomatoes



Canned Vegetables

Choose low sodium or no salt, drain and rinse before using

- Heat and serve
- Use in soups, stews, salads, casseroles, pasta dishes, rice dishes, or in wraps/tortillas

Combine one or more vegetables. Such as:

- Green beans and tomatoes
- Peppers, onions, and tomatoes
- Corn and tomatoes
- Asparagus and mushrooms
- Add flavor with herbs, seasonings, and citrus juice



Frozen Vegetables

Choose options without added sodium or sauces

- Cook quickly in the microwave or sauté in a pan with 1 tablespoon oil and seasoning
- Add frozen greens – spinach or kale – into a soup or stew, pasta dishes, quiche, or veggie scrambles
- Add frozen bell peppers to omelets or quick skillet meals with protein like ground meat or chicken strips



Canned Fruit

Choose options packed in juice

- Serve for a snack or dessert
- Use to bake fruit cobblers or crisps
- Cut up and add to smoothies or salads
- Make a fruit salsa to serve with fish, chicken, beef, or pork
- Add to yogurt or cottage cheese
- Make a fruit salad



Frozen Fruit

Choose options without added sugar

- Cut up and add to smoothies or salads
- Make a fruit salsa to serve with fish, chicken, beef, or pork
- Add to yogurt or cottage cheese
- Make a fruit salad



Applesauce

- Use for baking cakes, muffins, and breads. Can substitute half the amount of fat in recipes with applesauce
- Can be used as a marinade for pork chops
- Use as a snack between meals



Fruit juice

- Combine ½ cup 100% fruit juice and seltzer or sparkling water for a lower calorie beverage
- Freeze juice in cups with popsicle sticks for easy popsicles
- Mix a few tablespoons with herbs and spices to marinate meat like chicken or pork

Grains



Oats

- Cook oats with low fat milk, canned fruit & top with 2 tbsp chopped nuts
- Make overnight oats – combine rolled oats with milk, yogurt, and fruit. Chill overnight in the fridge and enjoy cold
- Use for baked goods such as cookies, muffins, or dessert bread



Pasta

- Top with tomato sauce, oil and garlic, or cheese
- Added in cooked vegetables:
 - Mushrooms, asparagus, zucchini, squash, tomatoes
- Toss cold cooked macaroni with oil and vinegar and chopped vegetables for an easy pasta salad
- Utilize noodles for soups or casseroles



Rice

- Cook in bulk to use for meal planning
- Add garlic, onion, peppers, tomatoes, or herbs and spices for a flavorful side dish
- Use for stews, soups, casseroles, or pilafs



Dry Cereal

Look for items with less than 5 g added sugar

- Top yogurt with fruit and dry cereal
- Make a trail mix with dried fruit and nuts
- Mix half and half sweetened cereal with a bran flake or puff cereal to reduce total sugar intake

Protein



Pick 5 Meat

- Select five bundled meat and sides for \$19.99

“Better for you” options include: cubed steak, boneless pork sirloin chops, chicken thighs, chicken quarters, eye of round steak, and lean stew beef



Eggs

- Hard boil for a quick snack, as a salad topper or to add to tuna/chicken salad for a protein boost
- Make quick omelet – combined scrambled eggs with leftover veggies in microwave safe bowl. Microwave for one minute, flip and microwave for additional minute until cooked
- Scramble eggs with ¼- ½ cup Greek yogurt or cottage cheese to boost protein and result in a extra creamy scrambled egg texture



Canned fish and chicken

Look for low sodium or no-salt added, select choices packed in water

- Use in sandwiches, quesadilla, tacos, stir-fry, sauce, stews, or soups
- Make chicken or tuna salad for a simple option on sandwiches or salad



Beans (*plant-based protein*)

- Heat and serve as a side dish
- Combine with corn, canned tomatoes, and peppers – chill for a cold bean salad
- Add to salads, casseroles, soups, stews and chili
- Use as a base for veggie burgers. Mash beans, pepper, onion and seasoning



Canned soups

- Add frozen or fresh kale or spinach
- Serve over rice or pasta
- Combine with low sodium canned or frozen mixed vegetables
- Add a soft- or hard-boiled egg for extra protein



Peanut butter (*plant-based protein*)

- Pair with apple slices, carrots, or celery for a quick snack
- Spread on bread, wrap or pita top with sliced apple or banana
- Use for sauces, dips, soups, and stews
- Mix one tablespoon with $\frac{3}{4}$ cup plain yogurt to add flavor for a quick snack

Dairy



Low fat cottage cheese

- Blend with frozen or canned fruit to make a naturally sweet dessert or snack option
- Make it into a lunch bowl with chickpeas, cucumber, and tomato
- Whisk with eggs to add a creamy texture and extra protein
- Mix with herbs and seasonings to make a protein and calcium rich dip
- Spread on whole wheat toast with savory or sweet toppings



Yogurt

- Use in place of mayonnaise or sour cream in recipes
- Combine with fruit and low sugar dry cereal
- Can use for marinade for chicken and fish prior to baking or grilling
- Combine seasoning or herbs with yogurt and spread over protein
- Spread on sheet pan with fruit and nuts, freeze for 4 hours and enjoy as yogurt bark snack



Cheese

- Serve with fruit as a snack
- Add to sandwiches or salads
- Mix with eggs and veggies to make an omelet