

STOCK YOUR SHELF *for Health*



Toolkit & Cookbook

The UAMS Pantry Toolkit was designed to help food pantries create healthy food boxes using primarily shelf stable foods. This versatile resource provides ideas for both pantry staff and volunteers, pantry clients, and/or community members to plan meals that are nutritious, accessible, and economical.

This toolkit includes a healthy pantry grocery guide as well as a diabetic grocery guide that pantries can utilize to build well-round, healthy pantry boxes and clients can use for their personal grocery shopping as well. Also included, is a pantry box menu that can help clients and individuals plan how to use these healthy items throughout the week. Additionally, there are recipes that utilize these healthy pantry staples so that clients and individuals are able to cook and prepare items that they may be unfamiliar with.

This resource is structured, but flexible and can be given directly to clients as well as used to inspire pantries to create healthy food boxes and share healthy recipes and other nutrition education resources with their clients. All meal plans and recipes were developed or selected by UAMS Registered Dietitians and meet USDA MyPlate guidelines.

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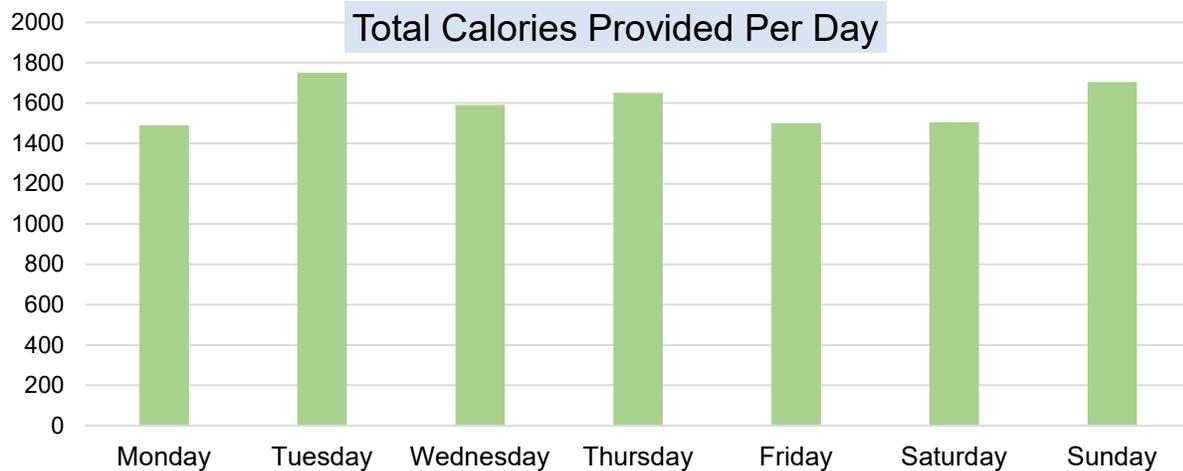


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Introduction: Nutrition Content & Cost



Calorie and Nutrition Content



- Total calories do not include condiments such as syrup, butter, etc.
- Nutrient content is a balanced diet based on USDA MyPlate recommendations for a **2000** calorie diet.
- This menu is meant to meet at least 2/3 of a **2000** calorie diet (knowing that members of the home will have varying calorie needs).
- Sodium average per day: 1940 mg

MyPlate servings per day:



Fruit: 2 cups, **Vegetables:** 2.5 cups, **Grains:** 6 ounces (at least half from whole grains), **Protein:** 5.5 ounces, **Dairy:** 3 cups

Cost Analysis

- The cost for this 7-day menu was based on retail pricing for all ingredients listed without sales tax.
- This is intended to feed a family of four. There will be items that will not be used up completely in one week. It assumes some staples will be on hand such as spices, however the cost on the recipe card includes them, and they are optional in most cases.
- Some of the items on the list and in the recipes are not shelf stable. These are noted on the grocery list with an asterisk (*).

Total for week: \$152.23 (\$126.13 for shelf stable items only)

Total per day: \$21.75 (\$18.02)

Total per person 4 member family: \$5.44 (\$4.50) per day

\$1.36 (\$1.13) per meal and including all 3 snacks

Pantry Box Grocery List



Fruits

- Apples (1, 3 pound bag)
- Bananas (16 small)
- Oranges (1, 4 lb. bag)
- Raisins (3, 6-count packages)
- Applesauce (1, 46 oz. jar)
- Canned peaches (2, 29 oz. cans- light preferred)
- Fruit cocktail (6, 15 oz. cans- light preferred)

Vegetables

- *Canned mixed vegetables (2, 15 oz. cans)
- *Canned green beans (1, 15 oz. can)
- *Canned peas (1, 15 oz. can)
- *Canned spinach (1, 13.5 oz. can)
- *Canned mushrooms (2, 4 oz. cans)
- *Canned corn (1, 15 oz. can)
- *Canned diced tomatoes (2, 14.5 oz. cans)
- *Canned tomatoes with chilis (1, 10 oz. can)
- Crushed tomatoes (1, 28 oz can)
- Tomato sauce (1, 8 oz can)
- Spaghetti sauce (1, 24 oz jar)
- Onions (3, or 2 pounds)
- Sweet potatoes fresh (4 medium)
- Potatoes (4 small fresh or 2 cups canned) price list includes a 5 lb. bag and 2,15 ounce cans
- V-8 low sodium (1 64-oz. bottle)

Proteins

- Canned salmon (1, 14.75 oz. can)
- *Canned chicken (4, 12.5 oz. cans)
- *Canned tuna (4, 5 oz. cans)
- *Canned black beans (3, 15.25 oz. cans)
- *Canned kidney beans (1, 15.5 oz. can)
- *Canned pinto beans (1, 15.5 oz. can)
- Black beans, dry (1 lb. bag) *N*
- Lentils, dry (1 lb. bag)
- Peanut butter (1, 18 oz. jar)
- **Eggs (18 per carton)

Note: Canned beans can be substituted for dry.
1 cup of dry beans, cooked = 15 oz. can of beans

Pantry Box Grocery List



Dairy

- Evaporated Milk (2, 12 oz. cans)
- String cheese (24 pack of 1 oz. sticks)
- **Greek Yogurt (5, 32 oz. containers)
- **1% milk (2 gallons)

Grains

- Rice (1 lb. bag- brown preferred)
- Parboiled rice (1 pound bag)
- Whole wheat spaghetti (1 lb. box)
- Whole wheat penne pasta (1 lb. package)
- Saltines (1, 16 oz. box)
- Whole grain crackers (1, 9 oz. box)
- Whole grain tortillas (2, 10 count packages)
- Wheat bread (2 loaves)
- Oatmeal (1, 16 oz. cannister)
- Whole grain cereal, such as Cheerios (1, 12 oz. box)
- Complete pancake/waffle mix (1, 32 oz. box)
- Jiffy cornbread mix (2, 8.5 oz. boxes)
- Light butter microwave popcorn (12 count box)

Other/Condiments

- *Chicken broth (2, 32 oz. cartons or 8 cups total)
- Creamed soup, mushroom or chicken (1, 10.5 oz. can)
- Salsa (1, 24 oz. jar)
- Onion powder (1)
- Garlic powder (1)
- *Chili seasoning (2 packets)
- *Taco seasoning (1 packet)
- Walnuts (16 oz. bag, unsalted)
- Mayonnaise (light preferred) (1, 18 oz. jar)
- Jelly/fruit spread (1, 13 oz. jar- low sugar preferred)
- Syrup (1, 24 oz. bottle-sugar-free or light preferred)
- Cooking oil (1, 24 o. bottle-canola preferred)
- Apple cider vinegar (1, 16 oz. bottle)

Total grocery cost for week = \$152.23 (\$126.13 for shelf stable items only)

*If any item is available in a reduced sodium or no salt added version, these items are recommended. **This is a non-shelf stable item. Substitute your favorite dairy item to equal one cup serving.

Shopping List Details



Shopping Suggestions and Information

For canned fruits and sweet items like syrup or jelly: if an item is available in a light/reduced sugar option or in its own juice, these items are preferred over those canned in heavy syrup or made with a lot of added sugar.

*If any item is available in a reduced sodium or no salt added version, these items are recommended. If not available, rinse and drain canned vegetables and beans (do not rinse tomatoes unless recipe calls for it) to limit sodium content by up to 40%. Even low-sodium versions can be rinsed to even further reduce sodium content. For, example, 350 mg of sodium can be reduced to 210 mg.

When the canned vegetables are not available peas, mixed vegetables, and green beans can be interchanged.

**This is a non-shelf stable item. Substitute your favorite dairy item to equal one cup serving.

Low-moisture string cheese (especially light versions) can be kept at room temperature for up to two weeks and can be considered a shelf-stable item.

You can choose either dry beans or canned beans depending on availability of these items. One pound of dry beans will yield 6 cups of cooked beans.

Total for week: \$152.23 (\$126.13)

Total average per day: \$21.75 (\$18.02)

Total per person for family of four: \$5.44 (\$4.50) per day and \$1.36 (\$1.13) per meal or all 3 snacks combined

Cost in parentheses is cost of shelf-stable items only.





*Pantry Box
Menu*

Pantry Box Menu



Monday

Breakfast

Whole grain cereal (like Cheerios) with 1% milk,
Banana, ¼ cup walnuts

Lunch

Chicken Pot Pie 
with ½ cup canned fruit

Dinner

Veggie Chili 
with ½ cup canned fruit

Snacks

Apple with 1 Tbs. peanut butter
8 oz low sodium V8, 0.5 oz. walnuts
1 string cheese stick

Tuesday

Breakfast

Oatmeal with milk and 1 Tbs. raisins
with 1 cup yogurt

Lunch

Tuna sandwich on whole wheat bread 
orange and 1 cup of 1% milk

Dinner

Chicken, spinach and mushroom whole wheat pasta 
½ cup canned mixed vegetables

Snacks

Banana (small to medium) with peanut butter
3 cups popcorn
½ peanut butter and jelly on whole wheat bread



Symbol means there is a recipe for this item.

Pantry Box Menu



Wednesday

Breakfast

Breakfast burrito with egg & black beans 
with ½ cup roasted potatoes

Lunch

Chicken & apple salad sandwich on whole wheat 
with ½ cup canned peaches and 1 cup 1% milk

Dinner

Tuna and rice supper 
with ½ cup canned peas

Snacks

One tortilla with 1 oz. cheese
1 cup Greek yogurt, 6 whole grain crackers

Thursday

Breakfast

Peanut butter & banana toast 
with 1 cup 1% milk

Lunch

Grilled Southwest chicken wrap 
½ cup sweet potato fries with ½ cup applesauce

Dinner

Whole wheat spaghetti with sauce 
½ cup canned green beans

Snacks

1 oz. nuts with 1 cup Greek yogurt
3 cups popcorn
6 whole wheat crackers with 1 Tbs. peanut butter

Pantry Box Menu



Friday

Breakfast

Apple slice pancakes 
1 cup 1% milk

Lunch

Lentil vegetable soup with 5 saltines 
1 orange

Dinner

Chicken burrito on whole wheat tortilla 
1/3 cup rice and 1/2 cup canned corn

Snacks

1/2 cheese sandwich on whole wheat bread
1/2 cup applesauce, 1/4 cup walnuts

Saturday

Breakfast

Yogurt parfait with walnuts & raisins 

Lunch

Sweet potato & black bean burrito on whole wheat tortilla 
1 cup canned peaches

Dinner

Salmon Patties 
with 1/3 cup rice , 1/2 cup canned mixed vegetables
1 square of cornbread

Snacks

1 cup Greek yogurt (or one 6 ounce yogurt)
1 oz. cheese with 6 crackers
8 oz. low sodium V8

Pantry Box Menu



Sunday

Breakfast

Oatmeal with 1% milk and 1 Tbs. raisins

Lunch

Fried rice with egg and vegetables 
½ cup canned fruit

Dinner

Three bean chili 
with 1 ounce shredded cheese, 1 piece cornbread

Snacks

Banana with peanut butter and cup of 1% milk
1 oz. cheese and 5 saltines
½ peanut butter and jelly on whole wheat

Serving Suggestions and Information

- Rinsing and draining canned vegetables can reduce the sodium by 40%. For example, if a can of mixed vegetables has 310 mg per serving the sodium, that can be reduced to 185 mg per serving.
- 1 cup of dry beans, when cooked, makes the equivalent of a 15 ounce can of beans.
- When you cook 1 pound of beans, it will equal 6 cups of beans prepared.
- Evaporated milk can be reconstituted to use as a shelf stable milk alternative by mixing with equal parts water.
- If fresh fruit is unavailable, choose a canned fruit in it's own juice or no-sugar-added. One serving is ½ cup of canned fruit.
- Total for week: \$152.23 (\$126.13)
- Total per day: \$21.75 (\$18.02)
- Total per person 4 member family: \$5.44 (\$4.50) per day or \$1.36 (\$1.13) per meal or all 3 snacks combined



Recipes

Veggie Chili

Makes 4 servings (1 cup per serving)
257 calories • 527mg sodium • 11g protein • 29g carbs • 10g
total fat (5g sat. fat) • 5g fiber • (\$0.75 per serving)

Ingredients:

1-15 ounce can low-sodium black
beans; drain and rinse
1 cup chopped onion
1-14.5 ounce can diced tomatoes
2 Tbs canola oil
4 cups hot water (or low sodium
chicken broth)

1 packet low-sodium chili seasoning mix
1 cup shredded cheddar cheese (optional)

Directions:

- Heat the vegetable oil in the baking dish for 1 minute on high
- Add the onions and seasoning packet and stir to coat
- Cook, uncovered, on high for 4 minutes. Stir well
- Add the beans, tomatoes and water and bring to a boil
- Reduce heat and let simmer for 30 minutes
- Serve topped with cheese if desired

Lentil Vegetable Soup

Makes 6 servings (1 cup per serving)
168 calories • 570mg sodium • 9g protein • 24g carbs • 5g total
fat (1g sat. fat) • 8g fiber • (\$0.30 per serving)

Ingredients:

1 cup dry lentils
5 cups water
2 Tbs oil
1 Tbs onion, finely chopped
1 cup tomato sauce
½ tsp garlic powder or 1 clove

1 tsp salt
½ tsp pepper
1 bay leaf (if available)
1 celery stalk, chopped (if available)
2 Tbs vinegar

Directions:

- Sort lentils
- Place lentils in deep pot with water
- Bring to a boil and add all ingredients except vinegar
- Reduce heat and cover
- Simmer for 1 hour, adding more water if necessary
- Add vinegar
- Remove bay leaf before serving

Nutrition Fact

Lentils are rich in iron, fiber and folate. When you pair lentils or any bean with a whole grain you get a even better non-meat protein source.

Sweet Potato and Black Bean Burrito

Makes 4 servings (1 burrito per serving)
285 calories • 564mg sodium • 9g protein • 57g carbs • 3g total fat (0g sat. fat) • 8g fiber • (\$1.21 per serving)

Ingredients:

1 cup cooked brown rice	½ cup tomato salsa or Picante sauce
1 cup low sodium black beans; drain and rinse	4 whole wheat tortillas
2 cups fresh sweet potatoes, cubed with peel on	1 Tbs canola oil

Directions:

- Preheat oven to 350°F.
- Spread sweet potatoes on a cookie sheet add the oil or use cooking spray, toss to coat
- Cook for 20 minutes or until tender
- Cook beans as directed on package
- Add the roasted sweet potatoes to a bowl with the rice, black beans and salsa
- Place tortillas on a microwave safe plate, cover with damp paper towel and heat for 20 seconds or until warm
- Divide mixture between 4 warmed tortillas and roll up into a burrito
- Serve with extra salsa if desired

Three Bean Chili

Makes 8 servings (approx. 1 cup per serving)
341 calories • 836mg sodium • 20g protein • 62g carbs • 2g total fat (0g sat. fat) • 18g fiber • (\$0.53 per serving)

Ingredients:

1-15 oz can low-sodium kidney beans; drain and rinse	1-28 ounce can crushed tomatoes
1-15 oz can low-sodium pinto beans; drain and rinse	1-package (3 Tbs) low-sodium chili seasoning
1-15 oz can low-sodium black beans; drain and rinse	1 Tbs canola oil
	Salt and pepper to taste

Directions:

- Sauté chopped onion in canola oil in large stockpot on stovetop until soft
- Add seasoning, tomatoes, and all of the beans
- Bring to a boil
- Reduce heat, cover and simmer for 30 minutes
- Salt and pepper to taste
- Serve

Tuna Salad on Whole Wheat

Makes 2 servings (1 sandwich per serving)
237 calories • 594mg sodium • 21g protein • 24g carbs • 6g
total fat (0g sat. fat) • 3.8g Fiber • (\$0.74 per serving)

Ingredients:

1- 5 ounce can, chunk light tuna in water, drained
2 Tbs light mayonnaise
4 slices whole wheat bread
Salt and pepper to taste

Directions:

- Mix drained tuna and mayonnaise
- Add anything you like to enhance it such as celery or onion
- Spread evenly between 2 slices of bread
- Add any toppings you may have like lettuce or tomato
- Top with other slices of bread

Chicken, Spinach & Mushroom Pasta

Makes 4 servings (1 cup per serving)
325 calories • 777mg sodium • 18g protein • 46g carbs • 9g
total fat (1g sat. fat) • 11g fiber • (\$1.40 per serving)

Ingredients:

½ -12.5 or 1- 6 ounce can chicken, drained	2 Tbs canola oil
1-16 ounce box whole wheat penne	4 cups low-sodium chicken broth
2- 4 ounce can sliced mushrooms, drained	2 cups water
1-13.5 can whole leaf spinach, drained	1 Tbs Italian seasoning or ½ Tbs each onion and garlic powder

Directions:

- Place broth, water, oil, pasta, mushrooms and chicken in large pot and bring to a boil
- Add seasonings
- Reduce heat to simmer and cover pot, cook until most water is absorbed
- Add canned spinach
- Heat through, add salt and pepper to taste and serve

Chicken Burritos

Makes 4 servings (1 burrito per serving)
362 calories • 565mg sodium • 18g protein • 54g carbs • 6g
total fat (1g sat. fat) • 9g fiber • (\$0.77 per serving)

Ingredients:

1-15 ounce canned low-sodium corn, drained and rinsed
1-10-ounce can low-sodium diced tomatoes, with chilies
2 Tbs Picante sauce (salsa)
¼ cup dried, (prepared to ¾ beans)
1- 6 ounce can chicken, drained
4- whole wheat tortillas

Directions:

- Prepare black beans according to package directions
- Mix all ingredients in a microwave safe bowl
- Microwave on high 3 minutes or until heated through
- Place tortillas on a plate and cover with a damp paper towel and microwave on high for 20 seconds or until warm
- Serve mixture in warmed tortillas

Time-Saving Tip

Cook a pound of black beans at the beginning of the week for use in recipes all week.

Chicken Pot Pie

Makes 4 servings (~1 cup per serving)
208 calories • 525mg sodium • 14g protein • 24g carbs • 6.5g
total fat (1.5g sat. fat) • 2.4g fiber • (\$0.60 per serving)

Ingredients:

½ of a 12.5 ounce can or 1-6 ounce can chicken, drained
1-15 ounce can mixed vegetables, low sodium
1-10.5 ounce can reduced sodium cream of mushroom or cream of chicken soup
¾ cup water
1.5 cups complete pancake mix

Directions:

- Preheat oven to 400 degrees.
- In a medium bowl, combine mixed vegetables, chicken, soup. Stir until combined
- Transfer to ungreased, 9-inch pie plate or 8 x 8 baking dish
- Use bowl to combine pancake mix and water.
- Spread this mixture on top of the chicken mix in the pie plate.
- Bake for 30 minutes or until the crust is golden brown.

Chicken Apple Salad

Makes 4 servings (1 cup per serving)
290 (510) calories • 330 (551)mg sodium • 25 (33)g protein •
34 (56)g carbs • 8 (9)g total fat (2g sat. fat) • 8g fiber • (\$0.86
vs \$1.00) per serving) **without bread (with bread)**

Ingredients:

2 apples, diced with peel on	4 Tbs mayonnaise
1- 12.5 ounce can chicken drained	Salt and pepper to taste
2 celery stalks (optional)	Lettuce leaves or
4 Tbs plain Greek yogurt	8 slices whole wheat bread
½ cup raisins	

Directions:

- In a medium size bowl, mix all ingredients
- Serve on a lettuce leaf as a salad or as a sandwich on whole wheat bread

<https://www.choosemyplate.gov/recipes/myplate-cnpp/apple-chicken-salad>

Breakfast Burrito with Egg & Beans

Makes 2 servings (1 burrito per serving)
232 calories • 240mg sodium • 14g protein • 32g carbs • 6g
total fat (3g sat. fat) • 7g fiber • (\$0.69 per serving)

Ingredients:

2 scrambled eggs
2/3 cup warmed, canned black beans that are drained and rinsed
2 whole wheat tortillas

Directions:

- Scramble 2 eggs in a skillet
- Remove from skillet and warm tortillas in hot skillet
- Transfer tortillas to individual plates
- Top tortillas with eggs and beans
- Add hot sauce or salsa if desired

Healthy Tip

Rinsing and draining
canned beans reduces the
sodium content by **40%**.

Tuna and Rice

Makes 4 servings (1 cup per serving)

188 calories • 147mg sodium • 11g protein • 24g carbs • 1g total fat (0g sat. fat) • 4g fiber • (\$.90 per serving)

Ingredients:

1 1/3 cup parboiled rice	1-15 ounce canned diced low-sodium tomatoes
1 3/4 cup water	flavor of choice
1-15 ounce can low-sodium green beans	1-5 ounce can chunk light tuna in water, drained
1 tsp Italian seasoning or 1/4 tsp each garlic powder and onion powder	Salt and pepper to taste

Directions:

- Put water, green beans, rice and seasoning to a sauce pan on the stove
- Stir to mix well and bring to a boil
- Reduce heat and simmer, cover and simmer 3 minutes until almost all liquid is absorbed
- Stir in tuna and tomatoes in pan
- Heat one more minute until heated through

Peanut Butter and Banana Toast

Makes 1 serving (1 slice or toast per serving)

290 calories • 200mg sodium • 6g protein • 48g carbs • 9g total fat (1g sat. fat) • 5g fiber • (\$.19 per serving)

Ingredients:

1 slice whole wheat toast
1 Tbs peanut butter
1 medium banana
Sprinkle of cinnamon (optional)

Directions:

- Toast one slice whole wheat bread
- Let bread cool and add 1 Tbs peanut butter
- Add sliced banana to the top
- Sprinkle with cinnamon if desired

Nutrition Fact

Bananas are a rich source of potassium. Adequate potassium can help the body process sodium.

Grilled Southwest Chicken Wrap

Makes 4 servings (1 wrap per serving)
272 calories • 644mg sodium • 14g protein • 40g carbs • 6g total fat (2g sat. fat) • 5g fiber • (\$0.58 per serving)

Note: nutrition information does not include cheese or hot sauce

Ingredients:

Nonstick cooking spray	½ packet low-sodium taco seasoning
1-6 ounce can chicken, drained	4-whole wheat tortillas
¼ cup, Greek yogurt, plain, nonfat	1 cup cheddar cheese (optional)
½ cup onion, chopped	Hot sauce (optional)

Directions:

- Mix together Greek yogurt and seasoning for the dressing
- Mix dressing with the canned chicken and onion
- Divide mixture among 4 tortillas (add cheese if desired) and fold like a wrap
- Spray skillet or grill pan with non-stick cooking spray over medium heat
- Brown wraps on both sides mashing slightly with spatula while cooking
- Serve wraps with extra hot sauce on the side if desired

Whole Wheat Spaghetti

Makes 4 servings (2 cups per serving)
301 calories • 560mg sodium • 10g protein • 57g carbs • 17g total fat (1g sat. fat) • 8g fiber • (\$0.54 per serving)

Ingredients:

½ pound boxed whole wheat spaghetti noodles
1 jar spaghetti sauce
Parmesan cheese to top if desired

Directions:

- Boil pasta according to package directions, drain and rinse
- Warm pasta sauce in sauce pan on stove top
- Toss the pasta and sauce together in a large bowl or in pan with the drained pasta
- Serve pasta in bowls or plates sprinkled with parmesan cheese if desired

Apple Slice Pancakes

Makes 6 servings (2 pancakes per serving)
174 calories • 382mg sodium • 6g protein • 29g carbs • 4g total fat (1g sat. fat) • 2g fiber • (\$0.20 per serving)

Ingredients:

1 whole apple
1 ¼ cup pancake mix (any type)
½ teaspoon cinnamon
1 large egg
2 teaspoon canola oil

1 cup milk, low-fat (may substitute shelf-stable milk or re-constituted evaporated milk: ½ cup water to ½ cup evaporated milk)

Directions:

- Lightly coat a griddle or skillet with cooking spray and heat over medium heat
- Peel, core and thinly slice apple into rings
- In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. Small lumps are ok! Over-mixing makes pancakes tough.
- For each pancake, place apple ring on griddle and pour about 1/4 cup batter over apple ring, starting in the center and covering the apple
- Cook until bubbles appear. Turn and cook other side until lightly brown
- Serve with cinnamon or syrup if desired

Yogurt, Walnut and Fruit Parfait

Makes 1 serving (1 parfait per serving)
285 calories • 66mg sodium • 20g protein • 31g carbs • 10g total fat (1g sat. fat), 2g fiber • (\$1.45 per serving)

Ingredients:

1 cup Greek yogurt, nonfat, plain
2 Tbs walnuts, chopped
1- 1 ounce box of raisins or fruit of choice

Directions:

- Place yogurt into a cup or bowl
- Top with nuts and fruit
- Add 1 Tbs honey or fruit preserves if desired, mix in
- Enjoy!

Nutrition Fact

Not only are walnuts rich in fiber and protein, they also contain healthy fats and omega-3s, which have been shown to lower cholesterol.

Egg Fried Rice with Vegetables

Makes 4 servings (1 ½ cups per serving)
206 calories • 114mg sodium • 10g protein • 32g carbs • 6g
total fat (2g sat. fat) • 3g fiber • (\$0.45 per serving)

Ingredients:

2 cups white or brown rice
4 cups water
1-15 ounce can low sodium mixed
vegetables, drained and rinsed
2 Tbs canola oil

4 eggs
Salt and pepper to taste

Directions:

- Put rice and 4 cups of water in saucepan over medium heat
- Place vegetables in with the rice
- Turn heat to low, simmer with the cover on
- Meanwhile heat one tablespoon of oil in large frying pan, add eggs, and scramble.
- Add additional tablespoon of oil and heat for a minute, and then add cooked rice and vegetable mix to pan
- Stir everything up to mix in the cooked egg
- Fry, stirring occasionally, for about 7 minutes
- Serve hot

Salmon Patties

Makes 4 servings (1 patty per serving)
251 calories • 499mg sodium • 26g protein • 4g carbs • 14g
total fat (4g sat. fat) • 0g fiber • (\$1.11 per serving)

Ingredients:

1- 14.75 ounce can salmon
6-saltine crackers, crushed
2 eggs
1 Tbs canola oil

Salt and pepper to taste
Lemon wedges (optional)

Directions:

- Heat oil in skillet
- Mix salmon crushed saltines and eggs together
- Form into 4 patties
- Cook in skillet until deep golden brown on one side then flip and cook the other side
- Serve with lemon wedges if desired

Helpful Tip

Tuna can be substituted for the salmon in this recipe. Simply use 3-5 ounce cans instead.

How to Cook Dry Beans

Recipe for 1 pound of dry beans of choice (pinto, red, kidney, black beans, navy beans, etc.)

Ingredients:

1 pound dry bean of choice
Approximately 10 cups water or
enough to cover beans
Salt and seasonings to taste

Directions:

- Sort beans and pick out any debris (such as pebbles) and rinse. Choose a cooking method
- **Overnight Soak Method:** Place beans in a large pot and cover with water and let soak over night. When ready to cook drain beans and rinse.
- **Quick Soak method:** Put the sorted, rinsed and drained beans in a large pot and cover the beans about 3 inches above bean level.
- Bring beans and water to almost a boil (bubbles appear along the edge of pot).
- Remove pot from the heat to another burner; cover and let sit for 1 hour.
- Drain the beans, cool and store, if desired, labeled or continue to cook step.
- **Cook Step:** Add any flavoring you desire at this point. Bring beans covered with water to one inch above beans to a boil.
- Simmer soaked beans for 30 minutes for small beans or up to 2 hours for larger ones, until tender; add salt to taste 3/4 of the way through cooking time.

<https://www.thespruceeats.com/how-to-cook-beans-2216926>

How to Cook Brown Rice

One cup dry rice yields cooked servings for 2-3 people.

Ingredients:

1 cup brown rice
Water
Salt to taste

Directions:

- Soak one cup brown rice in water for one hour and drain
- Add the rice to a medium sauce pan, uncovered over medium for 2 to 3 minutes until rice is dry.
- Add small amount of salt if desired
- Meanwhile, bring 2 ½ cups water to a boil.
- Pour boiled water over rice and then return to a boil.
- Once the water is boiling, turn the heat down to medium-low. Cover the pot and cook rice until water is absorbed about 45 minutes. Do not stir.
- Remove the rice from heat and let sit with covers till on for 10 minutes
- Fluff rice with a fork and serve.

<https://www.thespruceeats.com/cooking-brown-rice-695018>

Diabetes Grocery Guide



Fruits

Portion size that equals 1 carbohydrate serving:

Apples	1 small apple
Banana	1 small banana
Oranges	1 orange, or 2 halos/cuties
Raisins	2 Tbs
Applesauce (unsweetened)	½ cup
Canned peaches	½ cup (choose lite, no added sugar or in 100% juice)
Mixed fruit	½ cup (choose lite, no added sugar or in 100% juice)

Vegetables

Canned mixed vegetables	1 cup
Canned green beans	1 cup
Canned peas	½ cup
Canned spinach	About 1½ cups
Canned mushrooms	1½ cups
Canned corn	½ cup
Canned diced tomatoes	1½ cups
Canned tomatoes with chilies	1½ cups
Canned crushed tomatoes	1½ cups
Canned tomato sauce	About 1 cup
Spaghetti sauce	About ½ cup
Onions	1¼ cup
Sweet potatoes	½ cup or ½ of a small potato
Potatoes	½ cup or ½ of a small potato
V-8 low sodium	1½ cups

Diabetes Grocery Guide



Proteins

Canned chicken	<i>Does not contain carbohydrates</i>
Canned tuna	<i>Does not contain carbohydrates</i>
Canned salmon	<i>Does not contain carbohydrates</i>
Dry black beans	½ cup cooked
Dry lentils	¼ cup cooked
Canned black beans	About 1/3 cup
Canned kidney beans	About 1/3 cup
Canned pinto beans	About 1/3 cup
Peanut butter	About 1/3 cup (note this is a high calorie food)
Eggs	<i>Does not contain carbohydrates</i>

Dairy

Evaporated milk	About ½ cup
String cheese	<i>Low carbohydrate food (1 serving = <1 g)</i>
Greek yogurt (plain)	1½ cups
1% milk	1 cup

Grains

Rice	1/3 cup cooked (brown preferred)
Parboiled rice	1/3 cup cooked
Whole wheat spaghetti	1/3 cup cooked
Whole wheat penne pasta	1/3 cup cooked
Saltines	About 6 crackers
Whole grain crackers	About 6 crackers
Whole grain tortillas	1 6-inch tortilla or ½ of a large tortilla
Wheat bread	1 slice
Oatmeal	½ cup cooked
Cheerios type cereal	¾ cup
Pancake	1 large pancake or 2 small (syrup not included)
Cornbread	About 2.5 inch x 2.5 inch square
Popcorn	3 cups popped

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Other/Condiments

Chicken broth	<i>Low carbohydrate food (1 serving = <1 g)</i>
Creamed soup	1 cup
Salsa	7 Tbs
Onion powder	<i>Low carbohydrate food (1 serving = <1 g)</i>
Garlic powder	<i>Low carbohydrate food (1 serving = <1 g)</i>
Chili seasoning	<i>Low carbohydrate food (1 serving = <1 g)</i>
Taco seasoning	<i>Low carbohydrate food (1 serving = <1 g)</i>
Walnuts	4 oz. (note this is a high calorie food)
Mayonnaise	<i>Low carbohydrate food (1 serving = <1 g)</i> (note this is a high calorie food)
Low sugar preserves	2 Tbs.
Sugar-free syrup	½ cup (1 Tbs. if not sugar-free)
Cooking oil	<i>Does not contain carbohydrates</i>
Vinegar	<i>Does not contain carbohydrates</i>

Diabetes-friendly Tips:

- One serving of carbohydrates equals 15 grams.
- Always look at individual nutrition labels to get the most accurate nutrition information.
- Limit or avoid concentrated sweets like syrup, honey, and jelly or choose a reduced sugar or lite option when available.
- Portion size is key in controlling carbohydrate intake.