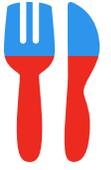


April, 2020

Quarantine Tips & Tricks



Meal Planning Made Easier

Just because your usual routine has been disrupted doesn't mean you need to abandon healthy eating. Think of this quarantine period as an opportunity to build healthy habits that can last long after the social distancing restrictions have been lifted. Look here to get a jump start!

Steps to Healthy Meal Planning

- Check what you have in your pantry, refrigerator and freezer first.
- Make a shopping list. Now more than ever, think efficiently.
- Think about what ingredients can be used more than once. See the recipes in this newsletter for ideas!
- Keep nutritious staples on hand that can be used in many different ways.
- Canned goods are your friends, especially canned black beans, kidney beans, lentils chickpeas, tomatoes, and fruit
- Frozen foods can be nutritious and healthy alternatives. See frozen staples list below.

Looking for recipes using foods you already have? There's an app for that!

Since trips to the grocery store should be planned and occur less frequently, try using up foods you may already have in your pantry. There are ways you can easily accomplish this using a few cooking apps.

Enter what you have in the app, and practical, tasty recipes will be generated! This is an excellent way to use leftovers, or put to use canned items in your pantry that you feel uninspired to use.

Super Cook
Tasty
Cookpad
Epicurious
All Recipes Dinner Spinner



Cook once, eat twice....or even thrice!

Now is the time to think efficiency. Picking up a few ideas for recipes that can be repurposed into another meal or two will make your life easier not just now, but later when we are all back to our busy lifestyles.

This Black Bean and Mango salsa recipe provided on the next page can morph into an appetizer, with tortilla chips, topped on bed of salad greens for lunch, wrapped in a burrito for dinner or used as a salsa topping for fish or chicken. Not a mango fan or don't have it available? Use diced snack pack peaches instead.

It provides fiber, protein, vitamins and minerals...all this, with few ingredients and a low price tag. A perfect quarantine meal addition to your food repertoire!

Healthy Frozen Food Staples

- Berries, melon, mango, fruit mix
- Vegetables without sauces
- Turkey burgers, chicken strips or single portion frozen chicken breasts
- Whole wheat bread, tortillas or English muffins
- Brown rice mixes or riced vegetables
- Whole wheat pizza crusts

Fresh Fruits and Vegetables with a longer shelf life

- Apples
- Bell peppers
- Cabbage
- Carrots
- Celery
- Garlic
- Onions
- Sugar snap peas
- Oranges

Quarantine Recipe Corner

Mediterranean Tuna Salad Bowl

Check out this 2 minute prep recipe using only a few simple ingredients

Ingredients:

2 pouches (or cans) solid albacore tuna (packed in water)
1 can chickpeas, drained and rinsed
handful cherry tomatoes
fresh spinach, romaine lettuce, spring greens or kale
a few pitted kalamata olives
olive oil
fresh lemon juice
dried oregano



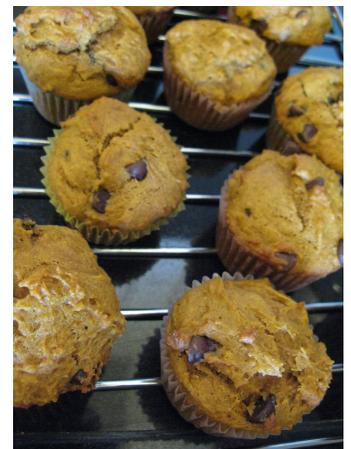
Mix all ingredients in medium bowl. Toss with a drizzle of olive oil, fresh lemon juice and a sprinkle of dried oregano (or substitute bottled Italian dressing)

Quick and Easy Pumpkin Muffins

Get the kids to help out with this one....can you believe how easy it is?

Ingredients:

2 cups rolled oats
1 cup canned pumpkin (you probably still have some from last fall!)
6 ounces plain Greek yogurt (small container)
1/2 cup maple syrup
2 eggs
1 teaspoon baking soda
pinch of each: cinnamon and salt
Optional: 1/4 cup chocolate chips



Preheat oven to 375 degrees. In a food processor or blender, pulse the oats for about 10 seconds to get them mostly smooth (this is your flour substitute). Add the rest of the ingredients and pulse until mixed (some pieces of oats may remain). Stir in chocolate chips if desired. Transfer to greased muffin tin. Bake for 15-20 minutes until done. Serve warm or freeze.

<https://pinchofyum.com/favorite-pumpkin-muffins>

Easy Homemade Honey Mustard Salad Dressing...and marinade

Ingredients:

1/4 cup dijon mustard
1/4 cup honey
1/4 cup apple cider vinegar
1/4 cup extra virgin olive oil
1/2 teaspoon salt
1/4 teaspoon pepper

Combine all ingredients. Refrigerate. Use as salad dressing or marinade for chicken.



Black Bean, Corn and Mango Salsa

1 can black beans
1 can whole kernel corn
1 mango
1/2 red bell pepper, chopped
1/4 cup red onion, chopped
1 tbsp lime juice (optional)
1-2 tbsp dried cilantro
1/4 tsp dried cumin (optional)



Mix all ingredients together. Double for family use.

<https://www.delishknowledge.com/black-bean-and-mango-salsa/>

[Need more ideas?](#)

**Novel Coronavirus (COVID-19)
Nutrition Resource Center**

<https://www.eatright.org/coronavirus>