



healthyfood@sport

Stock Your Pantry For Winter – Fact Sheet

As winter is approaching, curries, rice, and pastas dishes are very appealing to have for dinner especially after training in the cold weather. Having a cleverly stocked pantry is essential for creating these quick and easy meals. Ensure you have all the basic ingredients listed below on hand for those rushed evenings. You can also use it as a starting point for a grocery shopping list.

Canned foods (vegetables, fruit, meat/alternatives and dairy)

Canned foods are cost effective, long lasting pantry items that can be used in a range of healthy recipes. Always choose low salt varieties; avoid canned foods that are high in fat such as coconut milk; and choose canned fruits in natural juice instead of syrup. Below are examples of items that you might like to stock in your pantry:

Vegetables	Fruit	Meat and alternatives	Dairy
<ul style="list-style-type: none"> • Tomatoes • Corn kernels • Corn spears • Creamed corn • Asparagus • Beetroot 	<ul style="list-style-type: none"> • Peaches • Apricot • Apple • Fruit salad • Pineapple 	<ul style="list-style-type: none"> • Tuna in spring water • Salmon in spring water • Sardines • Chickpeas • Cannellini beans • Lentils • Baked beans 	<ul style="list-style-type: none"> • Reduced fat evaporated milk • Coconut flavoured evaporated milk

Sauces, herbs, spices and dressings

Sauces, herbs, spices and dressing items are flavour essentials. Basic recipes can easily be turned into Indian curries or Asian laksas based on choosing the right flavour combinations. Below are examples of sauces, herbs, spices and dressings that you might like to stock in your pantry:

Sauces and flavourings	Herbs and spices	Oils and dressings
<ul style="list-style-type: none"> • Tomato paste • Curry paste • Laksa paste • Soy sauce • Oyster sauce • Fish sauce • Sweet chilli sauce • Plum sauce • Worcestershire sauce 	<ul style="list-style-type: none"> • Basil • Mixed herbs • Oregano • Parsley • Chives • Rosemary • Thyme • Dill • Coriander 	<ul style="list-style-type: none"> • Olive oil • Canola oil • Spray oil • Sesame oil • Balsamic vinegar • White vinegar • Reduced fat mayonnaise • Reduced fat salad dressings



Sauces and flavourings continued

- Liquid stock (reduced salt)
- Stock powder (reduced salt) – vegetables, chicken, beef
- Mustard
- Vanilla extract
- Coconut essence
- Honey

Herbs and spices continued

- Ginger
- Cumin
- Cinnamon
- Turmeric
- Chilli
- Black pepper
- Mixed spice
- Curry powder
- Paprika

Macho Nachos

Serves up to 10

Ingredients:

Wholemeal pita bread	1 packet
Old El Paso™ Nachos Topping	390g jar
Kidney beans or pinto beans, reduced salt	2 x 420g tins
Diced tomato, reduced salt	400g tin
Reduced fat cheese, grated	250g
Reduced fat natural yoghurt	500g



Method:

- Prepare pita crisps (see tip box below).
- Place nacho topping, kidney beans and diced tomatoes into a medium sized saucepan. Bring to the boil, stirring occasionally and then turn down to a simmer.
- Simmer for 5 -10 minutes or until the kidney beans are soft.
- Using a stick mixer, gently blend the mixture until it becomes slightly lumpy. This helps to break down some of the larger kidney beans and creates a smoother texture.
- Spoon nacho topping into individual trays and place pita crisps around the edges. Add a dollop of natural yoghurt and a sprinkle of reduced fat cheese and serve.

Tip

To prepare the pita crisps cut the pita breads into triangles, lay flat on a baking tray and bake at 180°C for 10 minutes or until golden brown and crispy.

Stay tuned for next month's fact sheet for yummy warm winter recipes!

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