



MAKING ENDS MEET

THE COMMUNITY CUPBOARD

**healthy recipe ideas using donated food
items from our pantry**

Introducing BU NutriGeeks

EASY TO
MAKE
RECIPES



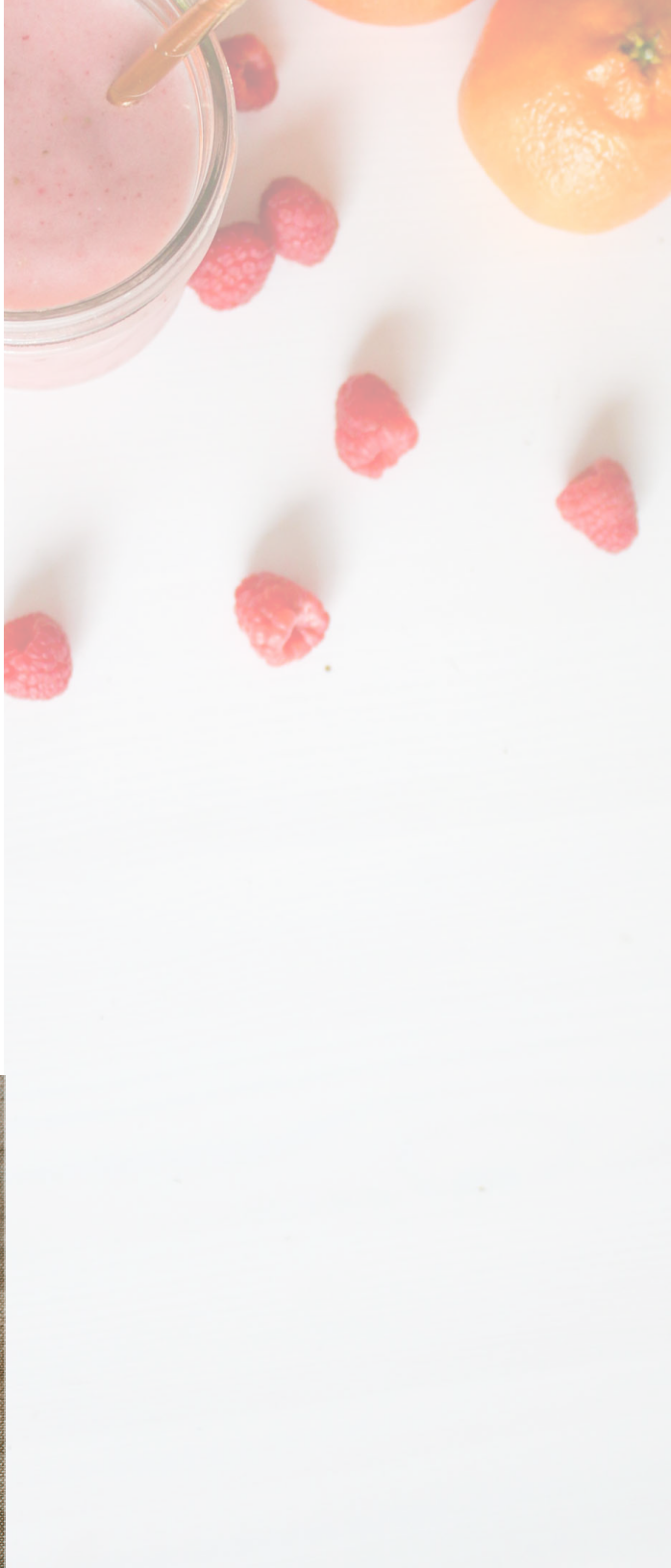
COMFORT STYLE PEANUT BUTTER OATMEAL

INGREDIENTS

one cup oatmeal
one cup of water (or milk—optional)
peanut butter or nut butter of choice
jelly or raisins
sugar and salt (optional)

INSTRUCTIONS

- 1.Place oatmeal in boiling HOT water to soak over night in a pot of your choice. (1:2 ratio)
- 2.The next morning turn on a small to medium flame under the pot and stir for 15 minutes.If too thick, add water, but carefully, to prevent it from getting too watery.
- 3.Once thick and creamy, add a pinch of salt and two pinches of sugar.
4. Transfer into bowl.
5. Add dollop of nut butter and either jelly/raisins.
- 6.Enjoy!



VEGGIE/CHICKEN TACOS

INSTRUCTIONS



Items not in cupboard: salsa, tortillas, onions, garlic, cheese, avocado, cilantro salt and pepper

- 1.Chop onions and garlic
2. On low/medium heat with olive oil brown onions and garlic- If using chicken, drain first and brown with onions and garlic
- 3.Drain and rinse corn and black beans -lightly salt and pepper, then brown in skillet with onion and garlic (and chicken if using)
- 4.Reduce heat to low and move everything to a bowl
5. Put one tortilla in skillet and warm
- 6.Melt cheese onto tortilla
- 7.Remove and top with mixture in bowl
- 8.Add avocado, salsa and cilantro to top it off and enjoy!

HEALTHY NO-BAKE ENERGY BALLS

INGREDIENTS

- 1 cup of instant oatmeal from BU community cupboard
- 3tbsp of peanut butter from BU community cupboard
- 2 bananas
- 1/2 cup semi-sweet chocolate chips

INSTRUCTIONS

- Start by placing banana, oats and peanut butter in a bowl. Mix them very well and form into balls.
- Step 2: Place chocolate chips in a heatproof bowl and only microwave for 30 seconds at a time, stirring after each time. Once chocolate is looking almost melted with just a few lumps, don't microwave it again just stir the chocolate until it is completely smooth.

If you don't have a microwave: In a medium saucepan, bring 1 cup of water to simmering over low heat. Place a glass bowl (metal works too, but use an oven mitt) on top of the pot so it rests above the simmering water, but doesn't touch it. Place chocolate chips in the bowl and allow the steam to heat the bowl and melt the chocolate.

- Stir occasionally until the chocolate chips are melted. remove the bowl from the pot.
- Use a spoon to add each ball at a time in the bowl with the melted chocolate. Cover balls with melted chocolate and then use a spoon to take them out and serve on a plate.
- Chill in the fridge and enjoy the next morning



BU NutriGeeks

"BU NutriGeeks" is a dietitian-led Youtube channel that provides evidence-based nutritional and educational information as well as tips on how to prepare easy, healthy and budget-friendly recipes with limited space and/or resources. The ultimate goal is to inspire our community to adopt a healthier and more sustainable lifestyle through a combination of informational tutorials, cooking demos led by nutritional experts, an interactive platform, and monthly grocery giveaways!

VISIT THIS CHANNEL TO WATCH BU
NUTRIGEEKS MAKE A RECIPE IN THIS
BROCHURE

https://www.youtube.com/channel/UCFQO5D_KgbljdkVp1VWY4EQ

ALFREDO PASTA WITH CHICKEN

INGREDIENTS

- 1 can of chicken from BU community cupboard
- 1/3 of pasta package from BU community cupboard
- 0.5 lbs of white mushrooms thickly sliced
- 2 bell peppers thinly sliced
- 1/2 small onion finely chopped
- 1 cloves garlic minced
- 2 cups half and half
- 1/4 cup parsley, finely chopped, plus more for garnish
- Salt & pepper
- 2 Tbsp extra virgin olive oil

INSTRUCTIONS

1. Cook pasta in a pot of salted water (3 qts water, 1/2 Tbsp salt,) according to package instructions then drain and set aside.
2. In a pan over medium/high, heat 1 Tbsp olive oil. Add onion and sauté 3 min until soft. Add sliced bell peppers, mushrooms and garlic and sauté until soft (5-7 min), stirring frequently.
3. Add half-n-half and the canned chicken and simmer over medium/high heat 5-8 min, or until beginning to thicken. Add 1/4 cup parsley and season sauce to taste (salt & pepper).
4. Add cooked pasta and stir to combine. Heat another minute until warmed through then turn off the heat, cover and let rest 10-15 minutes then stir and serve garnished with parsley.

TIPS TO MAKE YOUR FAVORITE MEALS *HEALTHIER*

Add peas to your macaroni and cheese! It is delicious and a great way to add protein to the pasta without needing meat.

Instead of putting tuna and mayonnaise on a sandwich, try eating your tuna with brown rice. It is healthy, satiating, and incredibly filling.

If the canned chili does not have beans, add a can of red or black beans to it for extra protein. This will make it more filling, more nutritious, and gives it the potential to last for two meals. Also, consider adding a can of corn!

Add peas to pasta, alfredo sauce, and canned chicken to lighten it up and add protein.

Oatmeal is one of the healthiest things you can eat for breakfast. Add a tablespoon of peanut/cashew/almond butter and a serving of raisins to give it protein and flavor. Raisins will give it that sweetness you crave without the need for adding syrup or granulated sugar, and nut butter will make it more filling. Honey and agave are also great for that sweetness if you have it on hand.

