

So You're Stuck at Home—What Will You Eat?

A Guide to Self-Quarantine Meals

Due to the COVID-19 outbreak, many of us are stuck at home, some with limited or no income. We need to feed ourselves and our families, so shopping on a budget is important but we don't need to sacrifice our nutritional health. **This shopping list is meant to help identify the foods to prioritize, how they can be stored, and how to get the biggest nutritional bang for your buck.**

PRODUCE

Eating a variety of fruits and vegetables is essential for maintaining good health, so regardless of perishability, produce is important. Focus on these ingredients first when planning meals and aim for a variety of colors. The turgor—or crunchiness—of fresh vegetables can be prolonged by keeping them in storage containers or wrapped in plastic or foil. **If they do get a little soft, submerge them in a bowl of cold water for 5 to 10 minutes** to help them crisp up again. Even if they are not crisp enough, they are still perfectly good for soups, stews, and casseroles. If fruits become soft more quickly than anticipated, cut them up and put them in oatmeal, pancakes, or other baked goods. They can be frozen for a few months until they're used.



Some fruits and vegetables that tend to last longer are winter squash (butternut, acorn, or hubbard), root vegetables (like carrots, beets and parsnips), onions, fermented vegetables, dried fruits, and canned fruits and vegetables. If buying canned, look for lower sodium vegetables and fruits that are packed in their own juices or water. If these aren't available, you can always rinse the fruits and vegetables before eating.

GRAINS & STARCHES

Starches include grains—such as rice, quinoa, oats and barley— as well as breads and crackers, potatoes, beans, and pastas. Bread can be frozen; just reheat in a toaster or under the oven broiler. Potatoes are the most perishable of these starches, with the size and the skin thickness determining its perishability. In general, russet and sweet potatoes have the longest shelf life. All other dry starches listed here can be kept at room temperature and stored for long enough to get us through this outbreak. **Dried beans and grains are two of the most affordable items that provide the greatest variety of essential nutrients and meal satisfaction.** They can be cooked by following the directions on the package. Heads up: dried beans need to be soaked in the refrigerator before they can be cooked.



PROTEINS & HEALTHY FATS

Believe it or not, it's easy to get enough protein and healthy fats when shopping and prepping meals ahead. Frozen fish and animal proteins, canned fish, eggs, cheese, yogurt, canned or dried beans and lentils, and nuts and nut butters are excellent sources of protein. Fish, nuts and nut butters are also great sources of healthy fats, in addition to ground flaxseed that can be mixed into many breakfast options, and olive oil which can be used for cooking, drizzling or bread-dipping.

When it comes to perishability, we have lots of options here. Meats can be frozen (just be sure to thaw them safely in the refrigerator or, if cooking right away, under running water or in the microwave). Nuts, nut butters, canned and dried legumes, and canned fish have a very long shelf life. Eggs, cheese, and yogurts will be the most perishable of these items and will last a couple weeks, so focus on using these first.

SUN-DRIED TOMATO, WHITE BEAN & ARTICHOKE PASTA

Yield: 8 servings

16 oz fusilli pasta, or other short cut pasta
1 cup basil pesto, jarred or homemade
14 oz white beans, rinsed and drained
14 oz artichoke hearts, drained and roughly chopped
6 oz sun-dried tomatoes, drained and roughly chopped
2 cups arugula
½ cup shredded Parmesan cheese
Salt and black pepper, to taste
3 Tablespoons fresh basil, chopped
2 Tablespoons pine nuts for garnish

1. Bring a large pot of salted water to boil. Cook pasta until al dente. If making pasta salad, drain and rinse the pasta with cold water and transfer to a large bowl.
2. Add pesto to the pasta and stir until pasta is well-coated. Gently stir in the white beans, artichoke hearts, sun-dried tomatoes, arugula, and Parmesan cheese. Season with small amount of salt and black pepper. Garnish with fresh basil and pine nuts.
3. To make hot pasta, place beans, artichoke hearts, and sun-dried tomatoes in saute pan and heat over medium-low while pasta is boiling. When pasta is al dente, add to pan and toss with pesto, arugula, Parmesan cheese, salt and pepper. Garnish with basil and pine nuts.

Per serving: Calories 551, Total Fat 21g, Sat Fat 4g, Cholesterol 7mg, Sodium 639mg, Carbohydrates 72g, Fiber 9g, Sugar 11g, Protein 20g

Recipe from www.twopeasandtheirpod.com

MAKE-AHEAD OATMEAL CUPS

Yield: 12 cups

8 cups water	Cinnamon or pumpkin pie spice
2 cups steel cut oats	Honey
Butter for greasing	Brown sugar
Fresh fruits of choice	Canned fruit
Nuts of choice	Dried fruit of choice
Coconut flakes	

1. In a large Dutch oven, boil water, then add oats, stir and allow to simmer until thickened and almost all the water has evaporated. Allow oats to remain runny since they will soak up the water as they freeze. You may also use milk if you prefer a thicker oatmeal.
2. Grease two 6-well muffin tins. Scoop out oats with an ice cream scoop, adding 2 scoops per well. Top each with the toppings of choice. Cover with foil and freeze.
3. To rewarm, place muffin tin in a 13 x 9 casserole with 2 inches of warm water. After 5-8 minutes loosen with a sharp knife and pop out the cups, place in a bowl, add a small amount of water and microwave for 2 to 3 minutes until oats loosen and are hot. Fluff with a fork and serve.
4. When serving, drizzle with honey or brown sugar.

Per serving (before adding toppings): Calories 150, Total Fat 5g, Saturated Fat 1.5g, Unsaturated Fat 1.5g, Cholesterol 3mg, Sodium 15mg, Carbohydrates 28g, Fiber 4g, Sugar 1g, Protein 5g

Recipe from www.entertainingwithbeth.com

EASY CHICKEN CHILI

Yield: 4 servings

½ Tablespoon extra virgin olive oil
1.5 pounds boneless skinless chicken breast, diced
1 package (0.85 oz) Chicken Taco Seasoning Mix, such as Old El Paso brand
5 green onions, thinly sliced
2 cans (15 oz each) cannellini beans
1 can (4.5 oz) green chiles, such as Old El Paso brand
3 cups reduced-sodium chicken broth
3 6-inch corn tortillas, for tortilla strip topping

1. In a large, heavy-bottomed pan, heat oil over medium-high heat. Cook chicken until browned, stirring occasionally, about 5 minutes.
2. Add taco seasoning mix, continue to cook for 1-2 minutes, stirring. Add green onions and cook for an additional 1-2 minutes or until green onions are softened.
3. Add beans, broth, and green chiles and bring to a boil. Reduce to a simmer and cook until slightly thickened and chicken is cooked through. Can continue to simmer and thicken to allow flavors to develop.
4. To make tortilla strips, preheat oven to 400°F. Cut tortillas into small strips. Toss with oil, spread on baking sheet and bake for 5 minutes, stirring once, or until golden brown.

Per Serving: Calories 428, Total Fat 8g, Saturated Fat 2g, Unsaturated Fat 5g, Cholesterol 145mg, Sodium 650mg, Carbohydrates 23g, Fiber 7g, Sugar 2g, Protein 63g

Recipe from www.rachelcooks.com

ONE-PAN LEMON PEPPER CHICKEN & ASPARAGUS

Yield: 4 servings

1 lb asparagus, trimmed
¼ cup olive oil
1 teaspoon salt, divided
1 teaspoon pepper, divided
1 teaspoon dried oregano
1 clove garlic, minced
1.25 lbs chicken breast
1 lemon, half for the juice, half for slices

1. Preheat oven to 400°F.
2. Place asparagus in a mixing bowl and thoroughly coat with olive oil, ½ tsp salt, ½ tsp pepper, and garlic.
3. Place asparagus in bottom of 9x13 baking pan. Place chicken breasts on top of asparagus and season with remaining salt and pepper, oregano and lemon juice. Garnish with lemon slices, if available.
4. Bake for 20-30 minutes or until the internal temperature of the chicken reaches 165°F.

Per serving: Calories 241, Total Fat 9g, Saturated Fat 1.5g, Sodium 473mg, Carbohydrates 5g, Fiber 3g, Sugar 2g, Protein 35g

Recipe from www.tasty.co