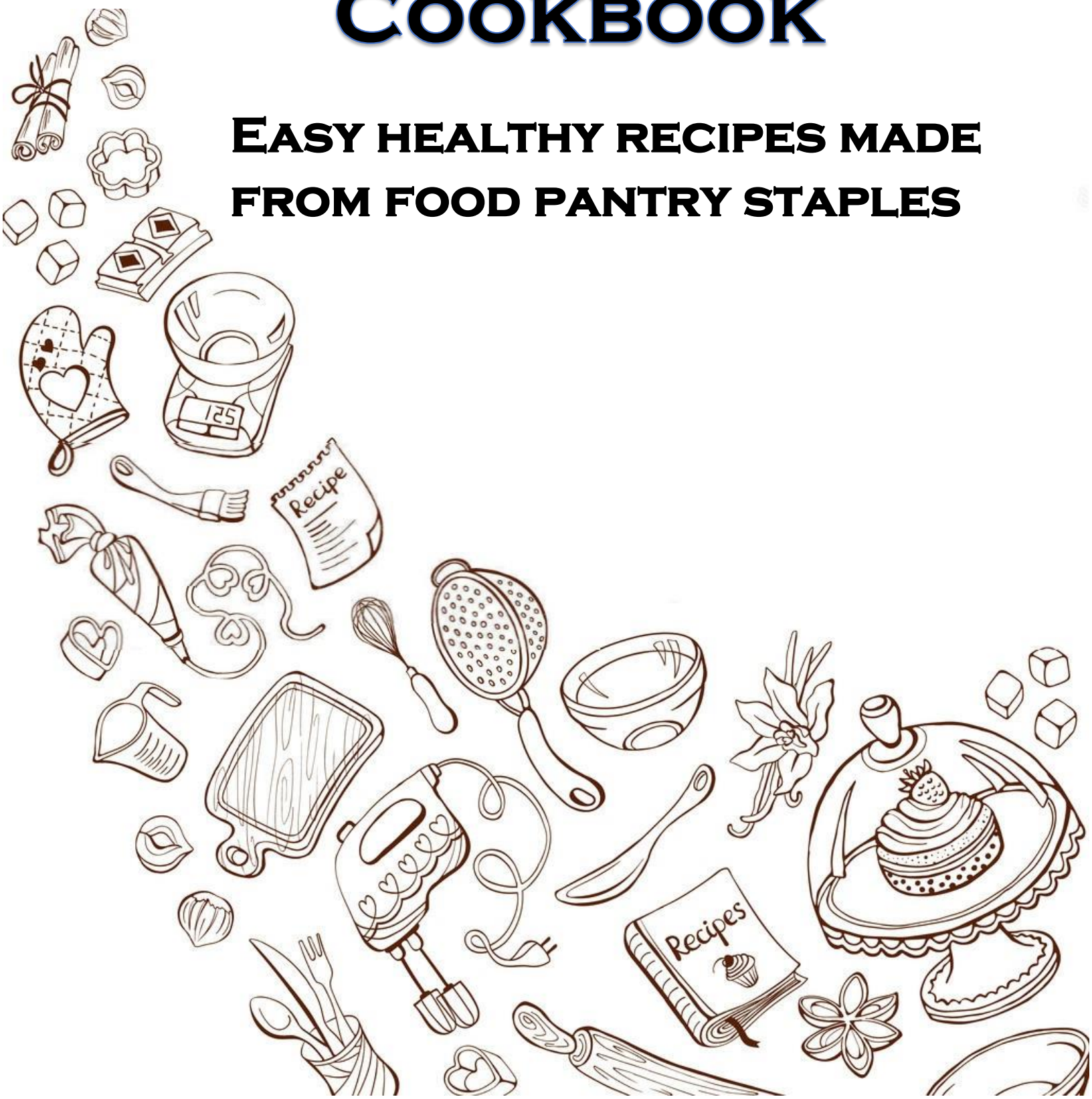


NINA'S NON-PERISHABLE COOKBOOK

**EASY HEALTHY RECIPES MADE
FROM FOOD PANTRY STAPLES**





My name is Nina Moss and I am a senior at Ridgefield High School.



This cookbook is the result of my Girl

Scout Gold Award. The Gold Award is the highest award a Girl Scout can earn, teaching girls about leadership and volunteering through the completion of an 80 hour service project. I have been a Girl Scout in troop 50338 since I was six years old. For my project I created this cookbook filled with easy, healthy recipes that are composed of

foods that can be found in a food pantry. I researched, adapted where necessary, and created a list of recipes covering all meals of the day. I met with several dietitians to enhance the health benefits wherever possible. My goal was to create a book that can help people prepare easy and healthy meals for their families. Bon appétit!

— *Nina*

Adapted from:
allrecipies.com
food.com
veganheaven.org
cooks.com
detoxinista.com
health.com

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For all of these recipes, add whichever sweetener you like the most! Honey, white or brown sugar, artificial sweetener, agave/ maple syrup, etc. all work in these

OATMEAL

EACH RECIPE SERVES 1



Peach Oatmeal

PEACH OATMEAL

Ingredients:

- ✓ ¼ cup oats
- ✓ 1/3 cup water
- ✓ ¼ cup canned sliced peaches in juice (5 peach slices and 1/8 cup of juice)
- ✓ 1/8 teaspoon cinnamon
- ✓ 1/8 teaspoon vanilla extract
- ✓ 1 teaspoon sweetener of choice



Peanut Butter and Jelly Oatmeal

Directions:

1. Measure and cut peaches into small pieces
2. In a bowl add oats, water, and peaches with juice
3. Microwave for 2 minutes then stir. Continue microwaving in 1 minute increments until cooked (each microwave is different, mine took about 6 minutes in total)
4. Once cooked, take out of microwave and add cinnamon, vanilla extract, and sweetener
5. Mix well and enjoy!

Make sure you watch the microwave while your oatmeal is cooking to make sure it doesn't overflow!

PEANUT BUTTER AND JELLY OATMEAL

Ingredients:

- ✓ ½ cup oats
- ✓ ½ cup milk
- ✓ 1 tablespoon jam or jelly of choice
- ✓ 1 tablespoon peanut butter

Directions:

1. In a bowl add oats and milk
2. Microwave for 2 minutes
 - ✓ Or in a medium sauce pan bring the milk to a boil. Add oats, reduce heat to low, and simmer for 5 minutes
3. Once cooked, take out of microwave and add peanut butter and jelly
4. Mix well and enjoy!

PUMPKIN OATMEAL

Ingredients:

- ✓ ½ cup oats
- ✓ ½ cup milk
- ✓ ¼ cup canned pumpkin puree
- ✓ ¼ teaspoon pumpkin pie spice
- ✓ 1 teaspoon cinnamon sugar
- ✓ 2 teaspoons sweetener



Pumpkin Oatmeal

Directions:

1. In a bowl add oats and milk
2. Microwave for 2 minutes (watch to make sure it doesn't overflow!), stir then microwave for another minute
3. Once cooked, take out of microwave and add pumpkin puree, pumpkin pie spice, cinnamon sugar, and sweetener
4. Mix well and enjoy!



Chocolate Oatmeal

CHOCOLATE OATMEAL

Ingredients:

- ✓ ⅓ cup oats
- ✓ ½ cup water
- ✓ 1 teaspoon cocoa powder
- ✓ 2 teaspoons sweetener

Add ingredients: The chocolate oatmeal is delicious with bananas or any of your favorite fruits! Nuts and raisins are also a wonderful and healthy addition.

Directions:

1. In a bowl mix oats and cocoa powder (making sure lumps of cocoa powder are broken up)
2. Add water and microwave for 2 minutes (watch to make sure it doesn't overflow!); microwave more to reach desired consistency if necessary
3. Once cooked, take out of microwave and add sweetener
4. Mix well and enjoy!

BANANA MUFFINS

SERVES 9

Ingredients:

- ✓ 2 mashed ripe bananas
- ✓ 2 tablespoons canola oil
- ✓ 1 egg
- ✓ ½ cup milk
- ✓ ¾ teaspoon vanilla extract
- ✓ ⅔ cup flour
- ✓ ½ cup oats
- ✓ ¼ cup sugar
- ✓ 1 ¾ teaspoon baking powder
- ✓ ½ teaspoon cinnamon



Directions:

1. Preheat oven to 375° F and grease 9 muffin cups. Fill the last 3 muffin cups with water so the pan doesn't burn in the oven
2. Mash bananas and mix with oil, egg, milk, and vanilla
3. Add the flour, oats, sugar, baking powder, and cinnamon and mix until just combined
4. Spoon ⅓ cup of batter into each cup
5. Bake for 20 minutes or until toothpick comes out clean

TUNA AND GREEN BEAN PASTA SALAD

SERVES 6-8

Ingredients:

- ✓ 1 box (12 oz) pasta
- ✓ 1 can (10 oz) tuna
- ✓ 1 can (15 oz) green beans
- ✓ 1 ½ cups mayonnaise
- ✓ Salt and pepper to taste



Directions:

1. Cook and drain pasta of your choice
2. Drain and rinse the green beans (cut to desired size if necessary)
3. Drain, rinse, and separate tuna chunks
4. Add the green beans, tuna, and mayonnaise to the pasta, using only enough mayonnaise to make the salad creamy
5. Add desired amount of salt and pepper
6. Stir well
7. Chill for an hour before serving

Ingredient replacement:
Canned tuna can always be replaced with canned chicken!
Green Beans can be replaced with any of your favorite vegetables!

PUMPKIN SOUP

SERVES 6

Ingredients:

- ✓ 2 tablespoons unsalted butter
- ✓ 1 small onion (¼ cup) finely chopped
- ✓ 2 tablespoons all-purpose flour
- ✓ 4 cups (two 14.5 oz cans) chicken broth
- ✓ 1 can (15 oz) pumpkin puree (mashed sweet potato or squash works as well)
- ✓ ½ cup applesauce
- ✓ 1 teaspoon ground ginger
- ✓ 1 cup cream or milk
- ✓ Salt and pepper to taste



Directions:

1. Finely chop the onion
2. Melt butter in a saucepan over medium heat. Add the onion and cook until tender and beginning to brown, stirring occasionally
3. Add the flour to the saucepan and stir for 1 minute
4. Pour in the chicken broth, pumpkin puree, applesauce, and ginger. Heat to a boil and then reduce heat to low
5. Cover and cook for 20 minutes
6. Stir in milk and cook until the soup reaches a boil
7. Remove from heat and season to taste

VEGETARIAN CHILI

SERVES 4-6

Ingredients:

- ✓ 1 can (15 oz) tomato sauce
- ✓ 1 can (15 oz) beans
- ✓ 1 can (15 oz) green beans
- ✓ 1 can (15 oz) corn
- ✓ 1 package (1 ¼ oz) chili seasoning
- ✓ 1 tablespoon water

Ingredient replacement: The corn and green beans can be replaced with any of your favorite vegetable (add softer vegetables at the end)

Directions:

1. Drain and thoroughly rinse the beans, green beans, and corn
2. Put the beans, corn, chili seasoning, and water in the pot
3. Stir for 1 minute at medium-high temperature
4. Add the tomato sauce
5. Stir for 3 minutes
6. Add green beans
7. Stir and let simmer on medium low heat for 2 minutes or until warmed through
8. Serve with shredded cheese, sour cream, and/or crushed crackers if available and desired

Any canned beans can be used in this recipe



CHICKEN PASTA PRIMAVERA

SERVES 4-6

Ingredients:

- ✓ 1 ½ cups pasta
- ✓ 1 (10.75 oz) can cream of mushroom soup
- ✓ ¾ cup milk
- ✓ ¼ cup parmesan cheese
- ✓ ⅛ teaspoon ground black pepper
- ✓ ⅛ teaspoon garlic powder
- ✓ 1 can (15 oz) vegetable of choice
- ✓ 1 can (10 oz) chicken



Directions:

1. Cook pasta until al dente according to the instructions on the box
2. In a medium saucepan, mix together cream of mushroom soup, milk, parmesan cheese, pepper, and garlic powder
3. Bring sauce to a boil and then reduce to low and simmer for 10 minutes stirring occasionally
4. Drain and rinse canned vegetables and pour them into the sauce
5. Drain, rinse, and shred the chicken and add to the sauce
6. Stir in drained pasta and heat through

SPAGHETTI AND BEAN BALLS

SERVES 4

Ingredients:

- ✓ 1 (15 oz) can of beans
- ✓ 1/2 tablespoon olive oil
- ✓ 1 large garlic clove or 1/8 teaspoon garlic powder
- ✓ 1/2 medium onion, chopped
- ✓ 1 teaspoon oregano
- ✓ 1 teaspoon basil
- ✓ 1 tablespoon tomato paste
- ✓ 1 teaspoon soy sauce
- ✓ 1/2 cup rolled oats
- ✓ Salt and pepper to taste
- ✓ 1 1/2 cup spaghetti sauce (or more to your liking)
- ✓ 1 (16 oz / 1 lb) box spaghetti



Directions:

1. Cook pasta in boiling water until cooked, then drain
2. While pasta is cooking, rinse and drain the beans, then put them in a medium bowl and mash
3. In a medium pan, heat oil and sauté onions until cooked, about 3 minutes
4. Add the minced garlic and cook for another minute
5. Add the onion and garlic, oregano, basil, tomato paste, soy sauce, and oats into the mashed beans
6. Season with salt and pepper to taste
7. Roll mixture into balls, roughly the size of golf balls
8. In a medium pan, heat some olive oil over medium heat and gently roast the bean balls on each side until they are golden
9. Reduce to low heat and pour in spaghetti sauce
10. Cover and let simmer for 2-3 minutes until sauce is heated through
11. Pour sauce and beanballs into the pasta and mix

SHEPHERD'S PIE

SERVES 4-6

Ingredients:

- ✓ 1 (15 oz) can of beans
- ✓ 1 (15 oz) can of corn
- ✓ 1 (15 oz) can of peas and carrots
- ✓ 2 small cans of gravy (10.5 oz)
- ✓ 4 cups of instant boxed mashed potatoes (about 7.5 oz)
- ✓ Garlic powder to taste
- ✓ ¼ cup parmesan cheese for topping



Directions:

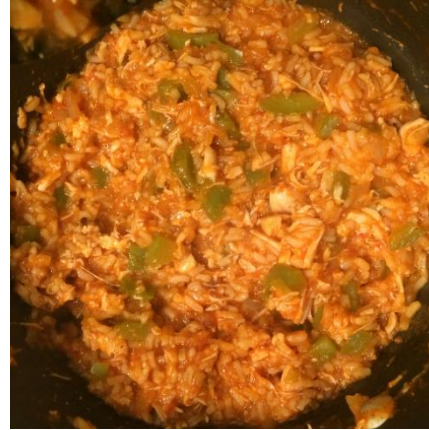
1. Preheat the oven to 350° F
2. Drain and rinse the vegetables
3. Place beans and garlic powder in a saucepan at medium heat for 2 minutes
4. Pour in the gravy and allow to warm on the stove for another 2 minutes
5. Pour in the vegetables and mix
6. Pour gravy, bean, and vegetable mixture into the casserole dish
7. Prepare potatoes in the microwave according to the directions on the box
8. Place a layer of mashed potatoes on the top of the casserole dish
9. Sprinkle a layer of parmesan cheese on top of the potatoes
10. Bake for 20-30 minutes (you know it is ready when the gravy starts boiling up the sides of the dish)

CHICKEN JAMBALAYA

SERVES 3-4

Ingredients:

- ✓ 1 tablespoon olive oil
- ✓ ½ pepper, diced
- ✓ ¼ - ½ medium onion, diced
- ✓ 1 can (10 oz) chicken
- ✓ 3 teaspoons taco seasoning
- ✓ 1 can (16 oz) chicken broth
- ✓ 1 can (8 oz) diced or crushed tomatoes
- ✓ 1 cup instant rice



Ingredient replacement: The fresh pepper can be replaced with a can of your favorite canned vegetable

Directions:

1. Heat oil in a pot over medium-high heat and sauté pepper and onion for about 5 minutes
2. Drain, rinse, and shred the canned chicken
3. Stir chicken and taco seasoning into the vegetable mixture
4. Pour chicken broth and tomatoes into the pot and bring to a boil
5. Add the instant rice and stir
6. Bring the mixture to a boil, then reduce heat to medium-low, cover and simmer for 5 minutes.
7. Remove cover, stir, and continue to simmer until the rice has absorbed the liquid and is tender, about 5 minutes more.

CAKE

EACH RECIPE SERVES 12

This recipe can also be used with angel food cake mix

PINEAPPLE VANILLA CAKE

Ingredients:

- ✓ 1 (16 oz) package vanilla cake mix
- ✓ 1 (20 oz) can crushed pineapple with 100 % juice



Pineapple vanilla cake

Directions:

1. Preheat oven to 350° F
2. Spray a 9 x 13 inch pan with vegetable oil spray (or grease with butter)
3. In a large bowl, combine cake mix with the whole can of pineapple (with juice).
4. Mix until well blended.
5. Pour batter into prepared 9 x 13 inch pan.
6. Bake for 25 minutes or until golden brown.

Let cool



Healthy Box Cake

HEALTHY BOX CAKE

Ingredients:

- ✓ 1 box cake mix
- ✓ Amount of called for oil → replace with applesauce (1:1 ratio)
- ✓ Amount of called for water
- ✓ Amount of called for eggs

Any box cake can be used, I used fudge marble cake

Directions:

1. Preheat the oven to 325° F or 350° F (depending on your pan: see box)
2. Whisk the egg in a large bowl
3. Add the applesauce and water to the egg and stir
4. Add in the cake mix and mix thoroughly
5. Pour into greased pan
6. Bake for the suggested time on the box according to your pan size

PEANUT BUTTER RICE KRISPIE TREATS

SERVES 9

Ingredients:

- ✓ 2 cups rice krispie cereal
- ✓ ¼ cup honey
- ✓ ¼ cup creamy peanut
butter



Directions:

1. Line a 9 x 9 inch square pan with parchment paper and set aside
2. In a small saucepan over medium heat, bring the honey to a boil and allow it to boil for one minute. Remove the boiled honey from the heat, then stir in the peanut butter until smooth
3. Place the cereal in a large bowl, then pour the peanut butter and honey mixture over the top
4. Stir well, until all of the cereal is well coated
5. Press the mixture firmly into the prepared pan
6. Cool completely before slicing and serving

PUMPKIN PEANUT BUTTER OATMEAL BARS

SERVES 8

Ingredients:

- ✓ ¼ cup smooth peanut butter
- ✓ ½ cup pumpkin puree
- ✓ 1 cup oats
- ✓ ½ cup light brown sugar, packed
- ✓ ¼ cup granulated sugar
- ✓ 1 ½ teaspoon pumpkin pie spice
- ✓ ½ teaspoon cinnamon
- ✓ 1 ½ teaspoon vanilla extract



Directions:

1. Preheat oven to 350° F and grease an 8 x 8 or 9 x 9 inch pan
2. Combine all ingredients into a mixing bowl and stir by hand
3. Spread batter (it will be pretty moist) into pan
4. Bake 25-27 minutes or until toothpick inserted in center comes out clean. The bars may still look underdone, but that's ok because they will continue to set up as they cool
5. Allow to cool well before slicing