

Stocking a healthy kitchen is the first step of any recipe.



Chickpea Pasta with Spinach & Peppers

Serves 4

- | | |
|---|--------------------------------------|
| 1 8oz. box chickpea pasta, or other pasta | 2 tablespoons extra-virgin olive oil |
| ¼ cup Cabot Plain Greek Yogurt | 1 red pepper, cored and sliced |
| 2 Tbsp. tahini | 1 small red onion, sliced |
| 1 Tbsp. lemon juice | 1 large clove garlic, chopped |
| ¾ tsp. salt | ¾ tsp dried oregano |
| | 5 oz. baby spinach |

COOK pasta according to package instructions. Drain well, reserving 1 cup cooking liquid.

WHISK Cabot Greek Yogurt, tahini, lemon juice and salt in a medium bowl. Set aside.

MEANWHILE, heat oil in a large skillet over medium-high heat. Add red pepper, onion, garlic and oregano and cook, stirring often until starting to soften and brown, 5 to 7 minutes. Add spinach, and cook, stirring until just wilted down and tender, 1 to 2 minutes.

ADD pasta and tahini sauce to the vegetable mixture and remove from the heat. Stir until the vegetables and pasta are coated, thinning with the reserved cooking liquid if desired.

NUTRITION ANALYSIS: Cal. 350, Total Fat 13g, Sat. Fat 2.5g, Sodium 470mg, Carb. 51g, Protein 12g

Healthy quick-fix and grab n' go snacks can provide nutrition missed at meals.



Red, White & Green

Serves 1

- | | |
|------------------------------------|---|
| 2 Tbsp. dry roasted salted edamame | 1 Cabot Seriously Sharp Cheddar Cheese Cracker Cuts |
| 2 Tbsp. dried cranberries | |

MIX all ingredients together for a quick and easy snack.

NUTRITION ANALYSIS: Cal. 150, Total Fat 8g, Sat. Fat 4g, Sodium 430mg, Carb. 15g, Protein 7g



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CONFIDENT KITCHEN

The essentials for preparing quick, healthy and delicious homemade meals.



Keeping your kitchen stocked with food staples and equipment is a key strategy to healthy cooking and eating.

Pantry

A well-stocked pantry helps make healthy meals a no-brainer and provides mix and match options for menu variety. Here are some must-haves:

CANNED AND JARRED GOODS

Beans (black, pinto, kidney, chickpeas)*
Tuna or salmon packed in water
Tomatoes, tomato sauce, and tomato paste*
Chicken, vegetable & beef broths*
Unsweetened applesauce

FATS

Canola oil
Olive oil
Nut or seed butters (peanut, almond, sunflower)
Nuts (peanuts, walnuts, almonds, pistachios)
CONDIMENTS
Salt
Pepper
Vinegar (cider, wine, balsamic)

Dried herbs & spices

Garlic
Onions

GRAINS

Whole wheat pastas
Brown rice
Quinoa
Whole wheat couscous
Barley
Oatmeal
Whole grain cereal
Whole wheat tortillas
Whole wheat flour

Refrigerator

Since foods that need to be refrigerated have a shorter shelf life, it's important to know what is really necessary so you don't waste money or food. Here are some smart staples:

PROTEIN

Eggs or egg substitute
Lean sandwich meats (turkey, ham, roast beef)*

PRODUCE

Fresh, cleaned fruit & vegetables
Dark leafy greens (Romaine lettuce, spinach, arugula)
Fresh herbs (mint, basil, cilantro, parsley)

CONDIMENTS/ BAKING GOODS

Ketchup*
Soy sauce*
Mustard
Lemon juice

DAIRY

Lowfat or fat-free milk
Cabot Cracker Cuts
Cabot Greek-Style lowfat yogurt
Cabot Light & Extra Light Cheddar Cheese
Cabot Shredded Cheese



*Choose low sodium option when available

Freezer

More than ever, the freezer is an essential tool for healthy eating in an "on-the-go" world. In addition to preserving extra homemade meals and leftovers, the freezer can be your go-to when time is limited or when you have missed that last grocery store trip. Keep on hand:

PROTEIN

Fish fillets
Chicken breasts
Extra lean ground meat or turkey

GRAINS

Whole wheat bread
Whole wheat English muffins
Whole wheat pizza dough

PRODUCE

Frozen vegetables
Frozen chopped fruit

Kitchen Tools

When it comes to healthy cooking, your kitchen equipment is just as important as the food you are preparing. You don't need a bunch of expensive gadgets – here are the basics:

Measuring cups
Measuring spoons
10-inch and/or 12-inch skillet
3 gallon stock pot
Large saucepan
Chef's knife
Paring knife
Vegetable peeler

Potato masher
Wooden spoons
Steamer basket
Plastic cutting boards (different colors for produce & raw meats)
Food storage containers

Zip closure bags
Immersion blender, blender, or food processor
Slow cooker
Strainer
Colander



Healthy Food Swaps

Let's face it – salt, sugar, and fat make food taste good. But there are healthier options and simple swaps that can keep your taste buds happy. Here are some suggested substitutions:

Reduce Sodium

INSTEAD OF	CHOOSE
Canned foods	Low sodium broths/soups, canned beans, tomato sauces, and condiments
Salt	Fresh herbs, spices, and minced garlic for added zing
Seasoned meats	Fresh and frozen poultry
High sodium condiments (soy sauce, bottled salad dressings, ketchup, mustard, jarred salsas, and pickles)	Low or no sodium alternatives

Reduce Sugar

INSTEAD OF	CHOOSE
Sugar	Spices like cinnamon, ginger, nutmeg, and allspice or smaller amounts of sugar, honey, brown sugar
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Sweetened cereal	Top unsweetened cereal with sliced, ripe fruit or chopped, unsweetened dried fruit
Fruit Juice, Soda	Water or sugar free beverage

Reduce Fat

INSTEAD OF	CHOOSE
Palm Oil	Heart-healthy oils like olive, canola, and peanut
Frying	Bake, broil, grill, steam
Butter (in baking)	½ canola oil and unsweetened applesauce
Sour cream	Plain Greek yogurt + squeeze of lemon
Ground beef	Lean, ground turkey
Butter (1 cup)	½ cup butter + ½ cup 2% or 10% plain yogurt
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth