



# TOP 10 PANTRY ESSENTIALS

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What to stock in your  
fridge, freezer, and pantry  
for last-minute  
family dinners ... and more





# TOP-10 PANTRY ESSENTIALS

And healthy family recipes to go with them!

## 1 **SOFT CORN TORTILLAS**

Enchilada Casserole with Frozen Spinach and a Can of Bean Chili

## 2 **SHREDDED REDUCED-FAT CHEESE**

Cauliflower Mac and Cheese

## 3 **FROZEN VEGETABLES**

Creamy Broccoli Soup Makeover

## 4 **FROZEN FRUIT**

Purple Power Smoothie Bowls

## 5 **CANNED SALMON**

Corny Salmon Cakes

## 6 **EGGS**

Quick Zucchini Quiche

## 7 **NUT BUTTERS**

Pantry Peanut Butter and Chickpea Soup

## 8 **CANNED BEANS**

Super Speedy Bean and Tuna Salad

## 9 **PASTA**

Macaroni Minestrone Soup

## 10 **PASTA SAUCE**

Garden Turkey Meatballs and Spaghetti