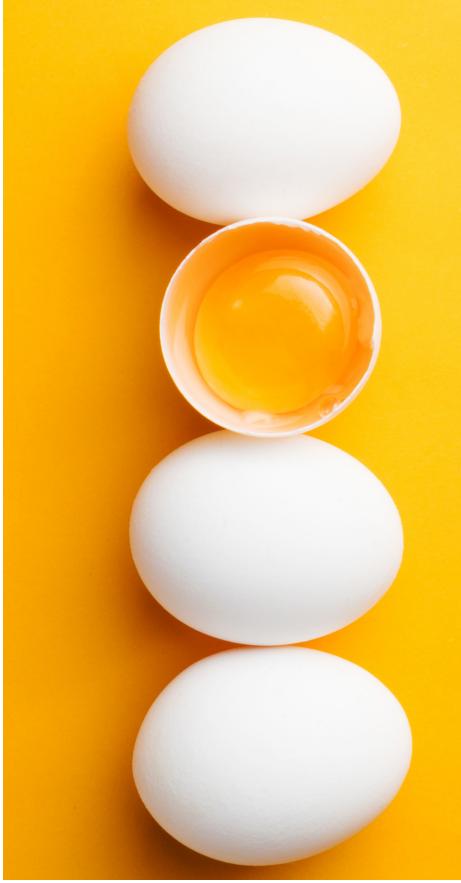




# TOP 10 PANTRY ESSENTIALS

---

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