

# PASTA: A PANTRY MUST-HAVE

## *Healthy Recipes You Can Make Tonight*

Keeping pantry staples like pasta on hand is always helpful, especially for those days when the fridge, freezer and cupboard are a bit bare – no need for pricey takeout or complicated recipes. It's easy to make a delicious, healthy meal in minutes that will satisfy the whole family. Take a look at some of the ideas below to see how pasta can fit into your meal planning.

Be sure to stock your pantry and refrigerator with your favorite staple ingredients so you always have a quick, healthy and affordable meal at your fingertips. With olive oil, salt, pepper and a vegetable, lean meat or legume of your choice, you can always whip up a delicious meal.



## QUICK PASTA PANTRY IDEAS

### Pasta with Pesto

Pasta + Pesto + Peas + Roasted Red Peppers (in the jar)

### Pasta Carbonara

Pasta + Eggs (or egg whites) + Lean Ham + Parmesan Cheese  
*(Bonus: Add some peas for color and veggies)*

### Weeknight Pasta Niçoise

Pasta + Tuna + Olives + Olive Oil

### Easy Cheese and Pepper Pasta

Spaghetti + Black Pepper + Grated Cheese + Olive Oil

## Quick Pasta with Fresh Tomatoes

Pasta + Cherry Tomatoes + Basil + Olive Oil + Garlic  
*(add chopped parsley for extra flavor and presentation)*

## Pasta with Chickpeas

Pasta + Chickpeas + Green Onion + Olive Oil + Garlic + Salt + Pepper  
*(substitute chickpeas for peas or beans for alternative flavors and dishes)*

## Pasta with Zucchini

Pasta + Zucchini Slices + Salt + Pepper + Olive Oil + Onion  
*(substitute zucchini for asparagus, peas, cauliflower, broccoli or any vegetable of your choice)*

## Greek Walnut Pasta

Pasta + Walnuts + Parsley + Garlic + Dried Red Pepper + Sautéed Onions + Feta Cheese

## Winter Butternut Squash Pasta

Pasta + Cooked Butternut Squash + Kale + Olive Oil + Sage

## Pasta with Chicken and Green Olives

Pasta + Cilantro + Chicken (leftover cooked chicken) + Sliced Green Olives + Tomato Sauce

## Pasta Salad

Pasta + Tomatoes + Zucchini + Black Beans + Corn + Olive Oil + Vinegar

## SAMPLE PANTRY STAPLES

Olive Oil  
Vinegar  
Olives  
Nuts

Pesto  
Roasted Red Peppers  
Canned Tuna  
Garlic

