



The Ten Ingredient Plant-Powered Pantry Kit

An excerpt from *The Plant-Powered Diet*
by Sharon Palmer, RD, The Plant-Powered Dietitian

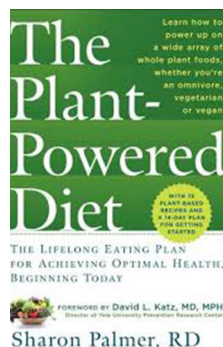
Do you think cooking is really difficult? If so, you're not alone. But healthy cooking doesn't have to be arduous. You don't have to follow complicated recipes in order to prepare tasty meals. Have you ever wanted to be one of those cooks who simply opens the refrigerator door and whips up a fabulous meal in minutes based on the ingredients found in the kitchen? I'll show you how to be just that sort of home chef! If you have these ten items in your kitchen, along with fresh vegetables in season (or frozen vegetables) and some tofu (or seafood or chicken for you omnivores), you can create any number of meals – and I promise they will be quick, easy and delicious.



1. Garlic (fresh is best)
2. Extra virgin olive oil (EVOO) (including flavored oils such as basil, lemon, garlic)
3. Fresh lemons
4. Black pepper and red pepper flakes
5. Low-sodium herbal seasoning
6. Dried herbs and spices
7. Whole grains (quinoa, brown rice, barley, and farro) and whole grain pasta
8. Beans, peas, and lentils (dried or canned, no salt added)
9. Canned tomatoes (no salt added)
10. Vinegars (balsamic, red wine, sherry, rice and/or flavored)

Try the combinations on the following page and use them for inspiration for your own creations.

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TURN THIS



INTO THIS

EVOO, garlic, lemon juice, spinach, canned navy beans, whole grain pasta

Cook and drain the pasta, toss with spinach, drained beans, garlic, EVOO, and lemon juice.

Italian Spinach and White Bean Whole Wheat Pasta

EVOO, garlic, ginger, lemon juice, low-sodium herbal seasoning, frozen mixed vegetables, tofu, cooked brown rice

Stir-fry the EVOO, garlic, lemon juice, herbal seasoning, frozen mixed vegetables and tofu. Serve over brown rice.

Lemon Ginger Vegetable Stir-Fry with Brown Rice

Onions and garlic, canned kidney beans, canned tomatoes, chili powder

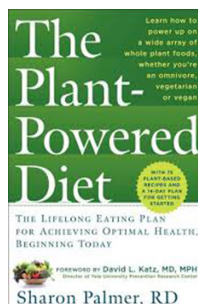
Saute onions and garlic in heavy pot; add drained beans, tomatoes, and chili powder; cook until onions are tender.

Vegetarian Chili Bean Pot

Garlic, lemon juice, EVOO, low-sodium herbal seasoning, lettuce, canned chickpeas, fresh vegetables, (i.e., broccoli, carrots, cucumbers, snow peas, tomatoes)

Whisk together the garlic, lemon juice, EVOO, and low-sodium herbal seasoning; arrange the lettuce, chickpeas, and assorted vegetables on a platter; drizzle with vinaigrette.

Chickpea Vegetable Salad with Lemon Herb Vinaigrette



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