

# #QUARANTINE KITCHEN

## Nutritious & Budget-Friendly (Mostly) Meatless Meals

So much information in the news lately has emphasized possible food shortages or food supply chain disruptions. Having meal options that include meatless entrees (or entrees made with canned meat or fish) are good to have available for nutritious and budget-friendly suggestions. Try some of the ideas below and check out our “mostly meatless” recipe section for more possibilities!

### Breakfast Ideas

- Top low-fat, fat-free, or soy yogurt with seasonal fruit and chopped nuts.
- Mix oatmeal with fresh fruit and chopped nuts.
- Serve whole grain cereal with nonfat or low-fat milk and fresh, seasonal fruit. If you don't drink cow's milk, use soy, rice, or almond milk that is fortified with calcium and vitamin D. Look for sales on these milk alternatives.
- Toast whole wheat bread and top with peanut butter and jam or low-fat cottage cheese.
- Make a smoothie by blending fresh seasonal fruit or frozen fruit with low-fat or nonfat milk, a milk alternative, or low-fat yogurt.

### Lunch and Supper Ideas

- Make a pot of soup with leftover vegetables, potatoes, beans, or lentils.
- Use whole wheat or corn tortillas to make burritos stuffed with rice, beans, low-fat cheese, and seasonal vegetables.
- Stir-fry vegetables and tofu and serve over brown rice or noodles.
- Top whole grain pasta with homemade tomato sauce, low-fat cheese, and seasonal vegetables.
- Make a sandwich of hummus, whole-wheat pita bread, and raw or grilled vegetables.

### Snack Ideas

- Top a baked potato or sweet potato with salsa, baked beans, or vegetarian chili.
- Air pop a batch of popcorn or pop in covered pan with a small amount of oil.
- Spread peanut butter or hummus on raw vegetables.
- Make your own trail mix with unsalted nuts, whole grain cereal, and dried fruit.
- Build a fruit parfait with layers of low-fat, fat-free, or soy yogurt and seasonal fruit; sprinkle with chopped nuts.



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