



Cooking for Life Newsletter

Spring Cleaning!

Spring 2010

Spring Produce:

Early Spring

Baby lettuce
Broccoli
Fava beans
Fennel
Peas
Potatoes
Radishes
Snow/Snap Peas

Mid Spring

Asparagus
Artichokes
Arugula
Carrots
Chives
Collards
Garlic
Green onions
Lemons
Mango
Pineapple
Rhubarb
Spinach
Turnips
Watercress

Late Spring

Apricots
Blueberries
Boysenberries
Chard
Cherries
Plums
Pluots
Raspberries
Strawberries

The flowers are blooming, the sun is shining and it is time to clean out **your cabinets!** Keeping an organized and well-stocked pantry may seem timely and expensive at first, but it is an important resource for home cooking and a great way to save money. Having the basics on hand cuts down on trips to the store, and keeping it organized prevents unnecessary purchases. Try these tips for cleaning out your cabinets this spring.

The Basics: Try to keep these items on hand for quick preparation at meal times:

- | | | | |
|--------------------|----------------------|--------------------|-----------------------|
| -all purpose flour | -canned tomatoes | -peanut butter | -tuna |
| -assorted spices | -canola or olive oil | -raisins | -whole wheat flour |
| -baking powder | -garlic | -salsa | -whole wheat pasta |
| -baking soda | -honey | -salt and pepper | -vanilla |
| -beans | -jelly or jam | -soy sauce | -vegetables (no salt) |
| -bouillon or broth | -oatmeal | -sugar | -vinegar |
| -brown rice | -pasta sauce | -whole wheat flour | |

Get Organized: Keep a list of pantry-ready meals on hand (perhaps even taped to the inside of your cupboard door) for quick mealtime fixes. Ideas include: **Pasta and sauce, peanut noodles, rice and beans and tuna casserole.**

Get the most nutrition out of your pantry by choosing high nutrient versions of the food you keep in stock:

- Choose whole grain versions of bread, rice, and other grains.
- Look for low-sodium canned options.
- Try plain oatmeal instead of sugary cereals.
- Take advantage of the growing season by adding your favorite pantry items to fresh fruits and vegetables. Try the recipe on the back!

Cleaning from the pantry:

- Mix baking soda and warm water for a natural, all-purpose cleaner
- Sprinkle salt on surfaces that need a little extra scrub.
- White vinegar and water make a great glass cleaner. Try using an old newspaper instead of paper towels or rags.
- Lemon juice or vinegar can be used to treat mold, mildew, stains, and grease streaks. Spray a little on, let sit for a few minutes, then wipe (or scrub) away.



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Carrot, Tomato, and Spinach Quinoa Pilaf

Cooking time: 25 minutes

Serves 5

Ingredients:

- 2 tsp. canola oil*
- 1/2 onion, chopped
- 1 cup quinoa*
- 2 cups water
- 2 tbsp. vegetarian chicken-flavored bouillon granules*
- 1 tsp. ground black pepper*
- 1 tsp. thyme*
- 1 carrot, chopped
- 1 tomato, chopped or 1 cup canned tomatoes, diced*
- 1 cup baby spinach



Directions:

1. Heat the olive oil in a sauce pan over medium heat; add onion and cook and stir until onion is translucent, about 5 minutes.
2. Lower the heat, stir in quinoa and toast, stirring constantly for 2 minutes.
3. Stir in the water, bouillon, black pepper, and thyme; raise heat to high and bring to a boil. Cover, reduce heat to low, and simmer for 5 minutes.
4. Stir in the carrots. Cover and simmer until all water is absorbed, about 10 more minutes.
5. Turn off the heat, add the tomatoes and spinach, and stir until the spinach is wilted and the tomatoes have given off their moisture, about 2 minutes.

Recipe from allrecipes.com

* indicates pantry item