



QUARANTINE PANTRY

Ingredients:

3-4 Tbsp olive oil
2 cups chopped onion
2 cloves crushed garlic
2 cups chopped sweet potato
1/2 cup chopped celery root
1 cup chopped bell pepper
1 large tomato, chopped
15oz can chickpeas, rinsed
3 cups vegetable stock
2 teaspoons paprika
1 teaspoon turmeric
1 tsp basil
1 bay leaf
1 Tbsp low sodium soy sauce
dash of cinnamon and cayenne

Warming Chickpea Soup

Serves 4-6

Directions:

In a large saucepan or stock pot, saute onions, garlic, sweet potato, and celery root with olive oil for 5 min.

Add seasonings and stock, simmer, covered for 15 minutes.

Add remaining vegetables and chickpeas. simmer for another 10 minutes or until the vegetables are tender.

*ADAPTED FROM THE MOOSEWOOD COOKBOOK

Whole Wheat Crackers

Serves 6-8

Ingredients:

3 cups whole wheat flour
2 teaspoons sugar
1 teaspoons salt
4 Tablespoons olive oil
1 cup water

For Topping:

1-2 teaspoons of each: sesame seeds, fennel, poppy seeds, and 1 teaspoon salt

Directions:

Preheat oven to 450 degrees F.

Sprinkle baking sheet with flour, set aside.

Mix flour, salt, sugar. Add oil and water.

Shape dough and divide into two equal parts.

Roll dough into a rectangle (cracker thin).

Sprinkle dough with topping, cut into cracker size shapes.

Bake 12-15 minutes

Warming Chickpea Soup

Nutrition Facts

servings per container

Serving size (573g)

Amount per serving

Calories 410

% Daily Value*

Total Fat 19g 24%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 530mg 23%

Total Carbohydrate 53g 19%

Dietary Fiber 10g 36%

Total Sugars 19g

Includes 0g Added Sugars 0%

Protein 10g

Vitamin D 0mcg 0%

Calcium 115mg 8%

Iron 3mg 15%

Potassium 835mg 20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Whole Wheat Crackers

Nutrition Facts

servings per container

Serving size (83g)

Amount per serving

Calories 220

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 13%

Total Carbohydrate 33g 12%

Dietary Fiber 5g 18%

Total Sugars 1g

Includes 1g Added Sugars 2%

Protein 6g

Vitamin D 0mcg 0%

Calcium 16mg 2%

Iron 2mg 10%

Potassium 164mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.