



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Pantry and Freezer Stock-up Tips

Shopping mindfully and stocking your pantry and freezer full of ready-to-use ingredients is a great way to save money. When you're not sure what to plan for dinner, having that stock will help avoid costly restaurant prices and long delivery times.

Go to InSeasonzine.com for a variety of easy recipes that you can throw together from pantry and freezer staples!



STOCK-UP CHECKLIST

- | | |
|--|---|
| <input type="checkbox"/> Canned Vegetables | <input type="checkbox"/> Diced Tomatoes |
| <input type="checkbox"/> Beans | <input type="checkbox"/> Stock/Broth |
| <input type="checkbox"/> Brown Rice | <input type="checkbox"/> Spices & Seasonings |
| <input type="checkbox"/> Pasta | <input type="checkbox"/> Frozen Vegetables & Fruits |
| | <input type="checkbox"/> Frozen Pasta & Pierogies |

It's easy to create a restaurant-quality meal from pantry and freezer stock along with a few key weekly sale items.

Create this linguine with scallops and serve it with some steam-in-bag frozen vegetables for a quick weeknight dinner that won't break the bank!

Spicy Lemon-Basil Linguine with Bay Scallops

Ingredients:

- 1/2 (16 oz.) package linguine
- 1 Tbsp. olive oil
- 1 lb. bay scallops, thawed and patted dry
- 2 garlic cloves, minced
- 1 tsp. crushed red pepper flakes (optional)
- 3 Tbsps. fresh lemon juice
- 1/4 tsp. lemon zest
- Grated Parmesan cheese (optional)
- 2 Tbsps. thinly sliced fresh basil



Directions:

1. Prepare linguine as label directs; reserve 1/4 cup pasta cooking water. Drain linguine; return to saucepot and cover.
2. In large skillet, heat oil over medium-high heat. Add scallops, garlic, and crushed red pepper (optional); cook 1 minute, stirring frequently. Add lemon juice, lemon zest, linguine and reserved cooking water; cook 30 seconds, stirring occasionally.
3. Serve linguine sprinkled with cheese, if desired, and basil. Makes about 5 cups.