



Appetite for Life

Three Minute
Pantry Meal
Recipes

Mediterranean Bistro Bowl

- 1 can Canellini Beans
- 1 can Tuna in Olive Oil
- 1 jar Roasted Red Peppers

Drain the beans and the peppers.
Chop the peppers into bite-sized pieces. Toss together with a bit of the oil from the tuna and oregano. Top with the flaked tuna.

Serve as is, with toasted bread, or over seasonal greens.



Spicy Peanut Noodles

1 packet of Ramen noodles (without the seasoning packet)

1 tablespoon Peanut Butter

1 teaspoon Soy Sauce

½ teaspoon Sriracha (or red pepper flakes.

Boil the noodles until cooked - about 3 minutes. While cooking, whisk together the peanut butter, soy sauce, and sriracha. Toss the hot noodles in the sauce.



Tuscan Chickpeas

- 1 can Chickpeas
- 1 small jar of *Marinara Sauce*
- 1 teaspoon *Garlic Powder*
- Parmesan Cheese* for garnish

Bring the chickpeas to a simmer in the marinara sauce seasoned with garlic. Serve topped with *Parmesan Cheese* as is or with a small green salad.



Pasta Pesto

1 serving of dried Pasta

1 jar of your favorite Pesto (Genovese, Sun-Dried Tomato, or even Olive Tapanade)

Cook the pasta until al dente. Drain and then stir in the pesto or tapanade. Serve as is, with crusty bread, or with a small side salad.



Black Bean Tostadas

- 2 small Corn Tortillas
- 1 can of Black Beans
- 1 jar of Salsa
- Shredded cheese

Mash some of the black beans into the salsa. Spread on the corn tortillas, and top with the shredded cheese. Warm in the toaster oven or in a skillet until the edges get crisp.



Egg Drop Bowl

- 1 bouillon Cube
- 1 tablespoon Soy Sauce
- ½ teaspoon Garlic Powder
- ½ teaspoon Ginger Powder
- 1 beaten Egg

Bring the bouillon cube in the appropriate amount of water, soy sauce, ginger and garlic powder to a simmer. Drizzle the egg into the broth. Cook 1 minute.

