

PantryPress



Oatmeal with Grilled Peaches

Serves: 2

Ingredients

- ½ cup rolled oats
- 1 cup water
- 1 teaspoon olive oil
- ½ (15oz) can peaches, rinsed and drained
- ½ Tablespoon brown sugar
- 2 Tablespoons peanut butter (optional)
- ¼ teaspoon cinnamon or nutmeg (optional)

Directions

1. Cook oatmeal according to package.
2. Heat grill or stovetop pan to medium-high heat. Add oil.
3. Rinse and drain canned peaches. Place peaches on pan and cook until both sides are grilled, about 4 minutes.
4. Stir brown sugar into the oatmeal and top with grilled peaches.
5. Top with scoop of peanut butter. Sprinkle with nutmeg or cinnamon. (optional)

Nutrition Info

177 Calories
4g Fat
35g Carbohydrates
3g Protein
9 mg Sodium

Making Healthy Meals with Foods from Your Pantry

Eating a balanced diet helps your body stay strong and gives you energy for school, work, and daily activities. Many pantry staples are nutritious, affordable, and easy to use in meals at home.

A balanced meal usually includes fruits or vegetables, grains, and protein. These foods can come from cans, boxes, or the freezer. Shelf-stable foods will last longer in your pantry, giving you more time to use up the food you have.

Fruits & Vegetables

Fruits and vegetables are important because they provide vitamins, minerals and fiber. Look for canned or frozen options like green beans, corn, carrots, peaches, or pears. Frozen berries can be used on oatmeal or yogurt at breakfast time and roasted veggies make a tasty side dish at dinner. Vegetables are a great option because they can easily be added to soups, rice, or pasta. **Pantry Tip:** Canned fruits and vegetables should be rinsed with water to lower the amount of salt and sugar. Keep an eye out for low sodium options and varieties without heavy syrups.

Grains

Grains give your body energy and help you feel full longer. Items like oatmeal, rice, and pasta are common pantry staples. When possible, choose whole grains such as whole wheat pasta, brown rice, and oatmeal. These foods help with digestion and provide steady energy throughout the day. **Pantry Tip:** Oatmeal can also be used for baking or tossed in a blender to make your own whole grain oat flour.

Protein

Protein helps build muscles and keeps you satisfied after meals. Choose shelf-stable foods such as dry or canned beans, lentils, tuna, chicken, or peanut butter.

- Beans can be mixed with rice or added to soups or even top a salad
- Canned tuna or chicken pairs well with grains and vegetables in a rice bowl or skillet meal
- Peanut butter can be spread on toast, served with bananas, or added to oatmeal for extra protein

Stay Hydrated

What you drink matters. Water is the best choice to help your body stay hydrated, plus it's free! Carry a water bottle that can be refilled at water fountains and sinks, whenever possible. Another option to consider is shelf-stable milk or powdered milk, these items can help keep bones strong and will last longer than milk stored in the fridge. Remember, healthy eating does not have to be perfect. Using the foods you have and making small, smart choices can help you feel better and stay energized every day.

Related Links:

<https://www.cdc.gov/nutrition/features/healthy-eating-tips.html>

<https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/meal-planning/staple-ingredients-for-quick-healthy-meals>

Marion County Public Health Department

NUTRITION SERVICES



Indiana
Department
of
Health

