



# Pantry and Produce Staples Recipe eBook

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Hi,

I'm Dr. Annie, a naturopathic doctor with a passion for nutrition. The food you eat can powerfully impact your health - for better or worse. Eating a nutritious and balanced diet *most* of the time is a great way to care for your body. The great news is, it doesn't have to be difficult and it doesn't need to be expensive!

This recipe eBook contains some of my favourite meals, the ones my husband and I find ourselves eating often. They're full of flavour, quick to prepare, and easy on the wallet.

These nutrient-dense meals are made up largely of ingredients you likely already have at home - pantry and produce staples.

I hope you enjoy making and eating these meals as much as I do. Please share some pics if you like them!

*Dr. Annie*

*This eBook is not meant to replace individualized health assessment and treatment of specific health concerns. These recipes may not be for everyone (eg. those with allergies or specific health concerns). Please discuss with your healthcare provider.*



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# Breakfast

# Chia Pudding

Time

5min

+ overnight chill

Servings

3

Options

GF, VG, V



## Ingredients

- 3 tbsp chia seeds (white or black)
- 1 cup milk (cow or dairy-free milk of your choice)
- 1tsp cocoa powder (optional)
- 1tbsp maple syrup or honey (optional)

TOPPINGS (optional):

- granola
- berries
- banana slices
- nuts / seeds
- nut butter drizzle

## Instructions

1. Add chia seeds to container with lid (eg. mason jar)
2. Add milk of choice, cocoa powder (if making chocolate version), and sweetener (if desired, to taste)
3. Stir or shake to mix. Seal container and place in fridge to thicken overnight.
4. Top with desired toppings and enjoy!
5. Store leftovers in the fridge for up to 3-4 days.

# Anything Goes Green

## Smoothie

Time  
5min

Servings  
1

Options  
GF, VG, V

## Ingredients

- 2 handfuls greens of choice (kale, spinach, power greens mix)
- 1/2 cup frozen (or fresh) fruit of choice
  - berries (blood sugar-blanacing, anxitoxidant-rich)
  - pineapple (digestion-supporting, vitamin-C rich)
  - kiwi (fiber and vitamin-C-rich)
  - mango (vitamin-C, fiber, and anxitoxidant-rich)
- 1/2 banana (optional, for sweetness)
- 1 tbsp chia seeds (white or black)
- 1 tbsp ground flax seeds\*
- 2 heaping spoonfuls nut butter
- 1 cup milk of choice (almond is my favourite!)

### TOPPINGS (if desired):

- low-sugar granola
- berries
- banana slices
- nuts / seeds
- nut butter drizzle

## Instructions

1. Add all ingredients to blender.
2. Blend to desired consistency - adding more liquid if too thick, or extra ingredients if too thin.
3. Smoothies are best enjoyed immediately to maximize the nutritional content.

\*Flax seeds should be ground in small batches (1 week supply) and stored in the fridge or freezer to keep them fresh and maximize their healthy fat (omega 3 and 6) content.



# Avocado Toast

Time  
5min

Servings  
2

Options  
GF, VG, V

## Ingredients

- 1-2 slices toast of choice (my favourites are sourdough or [Life-Changing Loaf of Bread](#) by My New Roots)
- 1 ripe avocado
- 2tbsp hummus (my favourite is [Holy Homous](#) original, optional)
- 1tbsp hemp hearts
- salt and pepper (to taste)
- pinch chili flakes (optional)

## Instructions

1. Toast bread.
2. Spread hummus over each slice (if desired).
3. Top each slice with 1/2 the avocado (sliced or mashed).
4. Season with salt and pepper, and chili flakes if desired.
5. Add hemp hearts on top for omega 3 and 6 content and some added protein.



# **Lunch and Dinner**

# Minestrone

## Soup

Time  
45min

Servings  
6

Options  
GF, VG, V

## Ingredients

- 2 tbsp water
- ½ medium onion – diced
- 3 cloves garlic – minced
- 3 large carrots – peeled and sliced into thin rounds
- 1 ½ cups green beans – trimmed and chopped into 2cm long pieces
- 1 zucchini – quartered lengthwise then sliced into 1cm wide pieces
- 3 celery stalks – trimmed and chopped into thin slices
- 1 x 15oz can diced roasted tomatoes
- 6 cups broth
- 2tsp each dried basil and oregano
- Pinch chili flakes (optional)
- 1 tbsp coconut or brown sugar or maple syrup
- 1 x 15oz can beans (white or black) or chickpeas
- 2 cups pasta noodles (uncooked, gluten-free if desired)
- 1 bunch kale (washed, de-stemmed, and roughly chopped, or other sturdy greens)

## Instructions

1. Heat a large pot on the stove (medium heat). Once hot, add water, onion, and garlic. Cook until fragrant and onions changing colour (3 minutes).
2. Add carrots, green beans, and celery, and salt and pepper. Cook to soften slightly (3-4 minutes), stirring occasionally.
3. Add zucchini, fire-roasted tomatoes, vegetable broth, basil, oregano, chili flakes (optional), coconut sugar (or other sweetener), and beans or chickpeas. Stir to combine.
4. Increase heat to medium-high until simmering strongly, then reduce slightly to hold soup at a simmer (not boiling). Add pasta and stir. Cook for 12 minutes, keeping soup at a simmer and stirring occasionally.
5. Taste and adjust seasonings as needed.
6. Add kale and stir. Cook for another 3-4 minutes then turn heat off and let rest for a few minutes before serving.
7. Store leftovers in the fridge for up to 3-4 days or the freezer up to 1 month.

\$ Use [Better than Boullion](#) paste to make broth at home (vegan/vegetarian options available)

Substitutions:

- Veg: many vegetables can be substituted in this recipe – use what you have on hand
- Basil/Oregano: any Italian-type spices should work nicely (eg. rosemary, thyme)
- Beans/Legumes: potatoes (chopped into 3cm cubes) or lentils will likely work too
- Kale: any hearty green will work nicely (spinach, swiss chard, beet tops)

Optional additions:

- If you are a meat-lover or have one in your house, some chopped savoury sausage could blend in nicely. I've had success with chorizo in the past.



# Quinoa Salad

Time  
45min

Servings  
6

Options  
GF, VG, V



## Ingredients

- 1 cup quinoa (rinsed)
- 2 cups broth (or water, but it's less flavourful)
- 2tsp oil (avocado is best for cooking at high heat)
- 1 zucchini – quartered lengthwise then sliced into 1/2 to 1cm wide pieces
- 4 mushrooms – finely diced
- 1/4 red onion – finely diced
- 2 bell peppers – cubed
- handful olives – sliced into thin rounds
- 1 x 15oz can black beans or chickpeas (rinsed and drained)
- 1 bunch kale (washed, de-stemmed, and roughly chopped, or other sturdy greens)
- drizzle of dressing ([Primal Kitchen Ranch](#) is my favourite)

## Instructions

1. Cook quinoa in broth in a rice-cooker or on the stove (per package directions).
2. While quinoa is cooking, heat a large skillet on the stove (medium heat). Once hot, add oil then zucchini and mushroom pieces. Sauté until they've softened and some colour has developed.
3. Remove zucchini and mushrooms from heat and allow to cool.
4. Once quinoa is cooked, stir to fluff, then allow to cool.
5. In a large bowl, mix quinoa, vegetables, beans or chickpeas, and kale.
6. Top individual servings with dressing. Do not add dressing to large bowl - to maintain freshness.
7. Store in fridge for up to 3 days.

\$ Use [Better than Boullion](#) paste to make broth at home (vegan/vegetarian options available)

Substitutions:

- Veg: many vegetables can be substituted in this recipe – use what you have on hand
- Beans/Legumes: these can be omitted, or cooked lentils will likely work
- Kale: any hearty green will work nicely (spinach, swiss chard, beet tops)

# Kale + Chickpea

## Salad

Time  
1 hour

Servings  
4

Options  
GF, VG, V

## Ingredients

- 1 x 15oz can chickpeas (rinsed, drained, and dried)
- 1 tbsp oil (avocado is best for cooking at high heat)
- 1/2 tsp salt
- pepper (to taste)
- 2 tsp cumin
- 1 bunch kale (washed, de-stemmed, and roughly chopped, or other sturdy greens)
- drizzle of dressing ([Primal Kitchen Ranch](#) is my favourite)

### QUICK-PICKLED ONIONS:

- 1 red onion – thinly sliced
- 1 1/2 cups red wine vinegar (white or apple cider vinegar should work too)
- 1/4 cup water
- 2 tablespoons sugar
- 1 tablespoon salt

## Instructions

1. Start with pickled onions (if making them):
  - a. Slice red onion thinly and place in a jar.
  - b. Mix vinegar, water, sugar, and salt in a small saucepan. Bring to a boil then remove from heat and let cool 10 minutes.
  - c. Pour over red onions and let sit, refrigerating once cooled.
2. Preheat oven to 350C. Line baking sheet with parchment paper.
3. Drain, rinse and dry the chickpeas - the drier the better, peel off skins as much as possible.
4. Combine chickpeas with oil, salt, pepper and cumin.
5. Spread out over baking sheet and bake for 45min, turning halfway through.

Top kale with dressing, chickpeas, and pickled onions.

### Substitutions:

- Kale: any green will work nicely (spinach, arugula, etc.)



# Buffalo Cauliflower

**Steaks** Time 1h 15min

Servings  
4

Options  
GF, VG, V

## Ingredients

- 1 head of cauliflower
- 1/2 cup nondairy milk (unflavoured)
- 1/2 cup water
- 3/4 cup all-purpose flour (gluten-free flours work too)
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp cumin
- 1 tsp paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tbsp butter
- 1/2 cup Frank's RedHot sauce (or similar)
- 1/2 cup mayo
- 1 tbsp dried dill
- 1/4 red onion - finely chopped
- 1 tomato - sliced
- 2 handfuls arugula (or sub other greens)

OPTIONAL: 4 buns (if serving as a sandwich)

## Instructions

1. Preheat oven to 450°F and line a baking sheet with parchment.
2. Trim cauliflower head to remove green leaves, but leave most of the stem.
3. Cut the cauliflower head into 1" steaks. The outer pieces will likely break into smaller pieces, which can still be used.
4. In a bowl, mix the flour, milk, water, and spices, together. Pour this into a shallow baking dish that will fit your cauliflower steaks.
5. Dredge your cauliflower steaks in the batter, filling the crevices as best as you can.
6. Place the battered steaks onto the parchment lined pan. Bake for 25 minutes.
7. While the cauliflower steaks are baking, mix the mayo with dill and red onion, slice your tomato, and prep your greens.
8. Just before your timer goes, melt your butter and mix with the hot sauce. Apply the hot sauce and butter mix onto the cauliflower steaks, flipping to coat both sides. (A kitchen brush or spoon will work well.)
9. Return your cauliflower steaks to the oven for another 25 minutes.
10. Allow to cool for a few minutes before serving.
11. If eating as sandwiches: apply the dill mayo liberally to each side of your buns, lay down a cauliflower steak, and top with your lettuce and tomato slices. Otherwise, serve alongside a large salad, with the dill mayo for dipping.

# Vegetarian Chili

Time  
1 hour

Servings  
6

Options  
GF, VG, V



## Ingredients

- 2 tbsp olive oil
- 1 medium red onion – finely diced
- 4 cloves garlic – minced or pressed
- 3 large carrots – peeled and sliced into thin rounds
- 4 celery stalks – trimmed and chopped into thin slices
- 1 bell pepper – diced
- 6 mushrooms – finely diced
- 1/4 tsp salt
- black pepper (to taste)
- 2 tsp cumin
- 1/2 tsp paprika
- 1 tsp oregano
- 2 tbsp chili powder or 1/2 tsp mexican chili powder
- 2 x 15oz can diced roasted tomatoes (with juices)
- 1 x 15oz can black beans (rinsed and drained)
- 1 x 15oz can kidney beans (rinsed and drained)
- 2 cups vegetable broth
- 2 cups water

TOPPINGS: sliced avocado, fresh parsley, sliced jalapenos, sour cream, grated cheese, tortilla chip crumbles, etc.

## Instructions

1. Heat a large pot on the stove (medium heat). Once hot, add oil, onion, and garlic. Cook until fragrant and onions changing colour (3 minutes).
2. Add carrots, celery and bell pepper, salt and pepper. Cook to soften slightly (3-4 minutes), stirring occasionally.
3. Add roasted tomatoes, vegetable broth, water, and beans. Stir to combine.
4. Increase heat to medium-high until simmering then reduce slightly to hold soup at a simmer (not boiling). Cook for 30 minutes, stirring occasionally.
5. Taste chili and adjust seasonings as needed.
6. Turn heat off and let rest for a few minutes before serving.
7. Serve with desired toppings, alongside your favourite bread.
8. Store leftovers in the fridge for up to 3-4 days or the freezer up to 1 month.

\$ Use [Better than Boullion](#) paste to make broth at home (vegan/vegetarian options available)

Optional additions:

- You can add any ground meat (eg. beef or turkey) to this recipe if desired.



# Pesto Pasta

Time  
25-35min

Servings  
4

Options  
GF, VG, V

## Ingredients

- 2 cups dry pasta (gluten-free works too, chickpea is a great protein-rich option)
- 4-6 tbsp pesto (homemade or store-bought - I like [Le Grand](#))
- 2 tsp oil (avocado is best for cooking at high heat)
- 1 zucchini – quartered lengthwise then sliced into 1/2 to 1cm wide pieces
- 4-6 mushrooms – diced

### HOMEMADE PESTO:

- 3 cloves garlic – minced
- 2 cups fresh basil leaves
- 2 tbsp lemon juice
- 3 tbsp sunflower seeds or pine nuts
- 2-3 tbsp olive oil (or more as needed)
- 3-6 tbsp water (or more as needed)
- 1/4 tsp salt

## Instructions

1. Heat a large pot of salted water on the stove (high heat). Once boiling, add pasta and cook for recommended time (from package).
2. While pasta is cooking, prepare pesto if making from scratch.
  - a. Add basil, garlic, lemon juice, nuts/seeds, and salt to food processor and mix until a paste forms.
  - b. Drizzle olive oil in while mixing, scraping sides as needed.
  - c. Then add water 1 tbsp at a time until desired consistency is reached.
3. Heat a large skillet on the stove (medium heat). Once hot, add oil then zucchini and mushroom pieces. Saute until they've softened and some colour has developed. Remove zucchini and mushrooms from heat and allow to cool.
4. Drain pasta when at desired tenderness. Add zucchini and mushrooms, and toss with pesto to coat.
5. Serve alongside a salad and/or your protein of choice.
6. Store leftovers in the fridge for up to 3-4 days.

# Mexican Chicken Rice

## Bowls

Time  
1hour  
+30min

Servings  
4

Options  
GF, VG, V



## Ingredients

- 8tsp mexican spice mix (see below)
- 1/4 cup olive oil
- juice of 1 lime
- 2 chicken breasts - cut in half horizontally (to create 4 thinner chicken breasts)
- 1 tbsp butter or oil (avocado oil is best for cooking at high heat)
- 1/2 red onion – finely diced
- 2 bell peppers – diced
- 1 x 15oz can black beans – rinsed and drained
- 1 x 15oz can corn – rinsed and drained
- 1 cup rice
- 1 bunch kale – washed, de-stemmed, and roughly chopped (or other greens)
- 1 avocado – slices
- salsa
- fresh cilantro
- 1 lime for serving/garnish

### MEXICAN SPICE MIX:

- 1 tbsp chili powder
- 1 1/2 tsp cumin
- 1/2 tsp paprika
- 1/4 tsp oregano
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/8 tsp red pepper flakes
- 1 tsp salt
- 1 tsp black pepper
- 1 pinch cinnamon

## Instructions

1. Mix 2 tbsp mexican spice mix with 1/4 cup olive oil and juice of 1 lime.
2. Cut chicken breasts and marinate in the fridge for 1 hour+.
3. Heat a large pan on the stove (medium heat). Once hot, add butter or oil then chicken breasts. Cook until good colour develops and they are cooked through. Remove from heat and slice into bite-sized pieces then set-aside.
4. Put rice on to cook in water (per package instructions) - in rice cooker or on stovetop.
5. In the same pan as you cooked the chicken, heat the onion, peppers, beans and corn. Cook for 10min, until peppers are softened and other ingredients are heated through.
6. While you wait, prepare kale, and avocado, cilantro, and remaining lime,
7. Dish up starting with rice, kale, then veggie/bean mixture, and chicken breast. Top with avocado slices, salsa, cilantro, and lime wedge.
8. Store leftovers in the fridge for up to 3-4 days.

