



Prepared Staples for Many Meals

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Melissa Sherlock
Sherlock TruHealth

In Memory



Staples we will cover

Lentils

Cheesy Sauce

Brown Rice

Potatoes

Sweet Potatoes

Hummus

Pasta



Easiest Lentil Soup

4 ingredients

Lentils, steamed or canned or cooked

1 or 2 cans fire-roasted tomatoes

1 carton low sodium veggie broth

1 carton mirepoix (onion/carrot/celery)

Uses besides soup:

- on sweet potato
- in a stuffed tomato,
- add to chili
- in a shepherd's pie
- Sloppy Joe's



Cheesy Sauce



Potato, carrot, onion

Cashews

Nutritional yeast

Lemon juice

Salt, garlic powder, paprika, (cayenne)

**Use: broccoli casserole, on potatoes, on veggies,
mac 'n cheese, in soup, on taco or enchiladas,
on a burger or tofu scramble, add seasoning to
make into queso, burrito bowl**

Cheesy Broccoli Rice Casserole

- **Cooked brown rice**
- **Steamed broccoli florets**
- **Cheesy sauce**

Add-ins: beans, other veggies
Toppings: whole wheat bread crumbs, sliced almonds, Italian seasoning, vegan parm (ground cashews, nutritional yeast, garlic powder)



Cheesy Sauce



Cooked Brown Rice

So many uses:

- **Stirfry, fried rice**
- **Chipotle bowl**
- **Non-sushi rice bowl**
- **Stuff a burrito**
- **Cilantro lime rice**
- **In soup**
- **With baked tofu and peanut sauce**



No-sushi Rice Bowl

- Brown rice
- Carrot
- Cucumber
- Avocado
- Edamame
- Bell pepper
- Nori, sesame seed, soy sauce, wasabi
- Other: green onion, red cabbage, spinach



Cooked Potatoes

Cooking methods, always oil-free:

- **Roasted**
- **Mashed**
- **Fries in air fryer**
- **Baked**
- **Boiled**
- **Red, Yellow, Russet, Sweet**



Cooked Potatoes

Uses:

- Baked
- Mashed
- Fries in air fryer
- Potato soup
- Potato Salad
- Boiled as a snack
- In burritos
- Roasted with other veggies as a side



Green Beans & Potatoes

- **Trimmed cook green beans**
- **Boiled potatoes**
- **Optional: add other beans like cannellini**
- **Toppings: cheesy sauce, pico de gallo, fat-free salad dressing, a little balsamic vinegar, drizzle of hummus thinned with non-dairy milk**



Hummus

Uses:

- Sandwich
- Mediterranean wrap/pita
- Snack with raw veggies
- Salad dressing (with milk, lemon juice)
- On a bagel or toast
- Creamy mushroom pasta
- Baked potato topping



Types of Pasta

- Whole wheat
- Chickpea
- Brown rice
- Edamame
- Black bean
- GF blends



Pasta Uses:

- Pasta with red sauce & roasted veggies or meaty sauces
- Layered casserole like lasagna
- Creamy mushroom kale pasta
- Pesto Pasta
- Pasta salads



Creamy Mushroom Kale Pasta

- **Any kind of pasta**
- **Veggie Broth**
- **Onions, garlic**
- **Shredded kale**
- **Hummus**
- **Seasonings of your choice (Italian, paprika, garlic powder, cayenne)**
- **Optional: green peas, spinach, other veggies**



Simple Stuffed Sweet Potato

- Baked sweet potato
- Favorite Hummus
- Steamed or roasted broccoli
- Optional: seasonings, balsamic glaze, cheesy sauce



Fruit with every meal!



Resistant Starch, cooked and cooled healthy carbs

- Potatoes, Rice, Pasta
- Slows digestion, slower glucose release
- Increases butyrate levels in gut
- Good for the microbiome

Other Staples

- Beans, beans, beans
- Quinoa, other whole grains
- Tofu

