



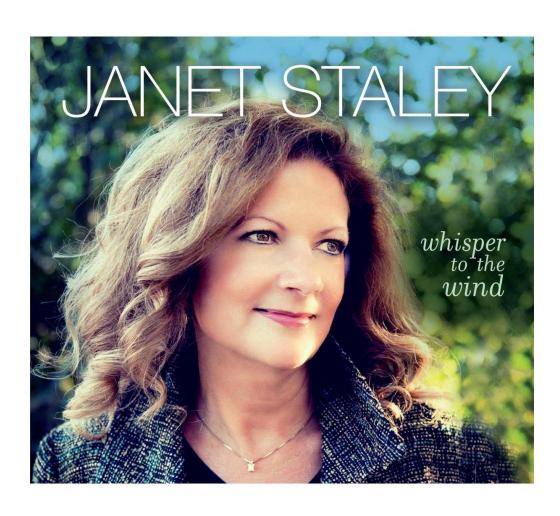
Prepared Staples for Many Meals

Omaha Food Fest, September 27, 2025

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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)

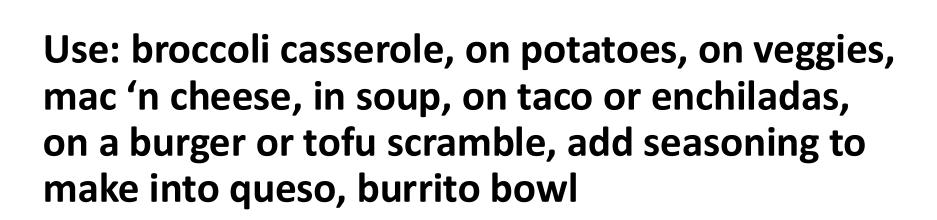
Uses besides soup:

- 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)



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

