

PANTRY TO PLATE

A Stop & Shop Community Cookbook





WELCOME

The recipes in this cookbook use items commonly found in our school food pantries. From no-cook and microwave-friendly recipes to ones you can prepare in the oven or on the stovetop—we've got something for everyone. We've also included tips, ingredient substitutions, alternative cooking options and allergy-friendly swaps.

Together, we're feeding it forward and nourishing our tomorrow. Happy cooking!



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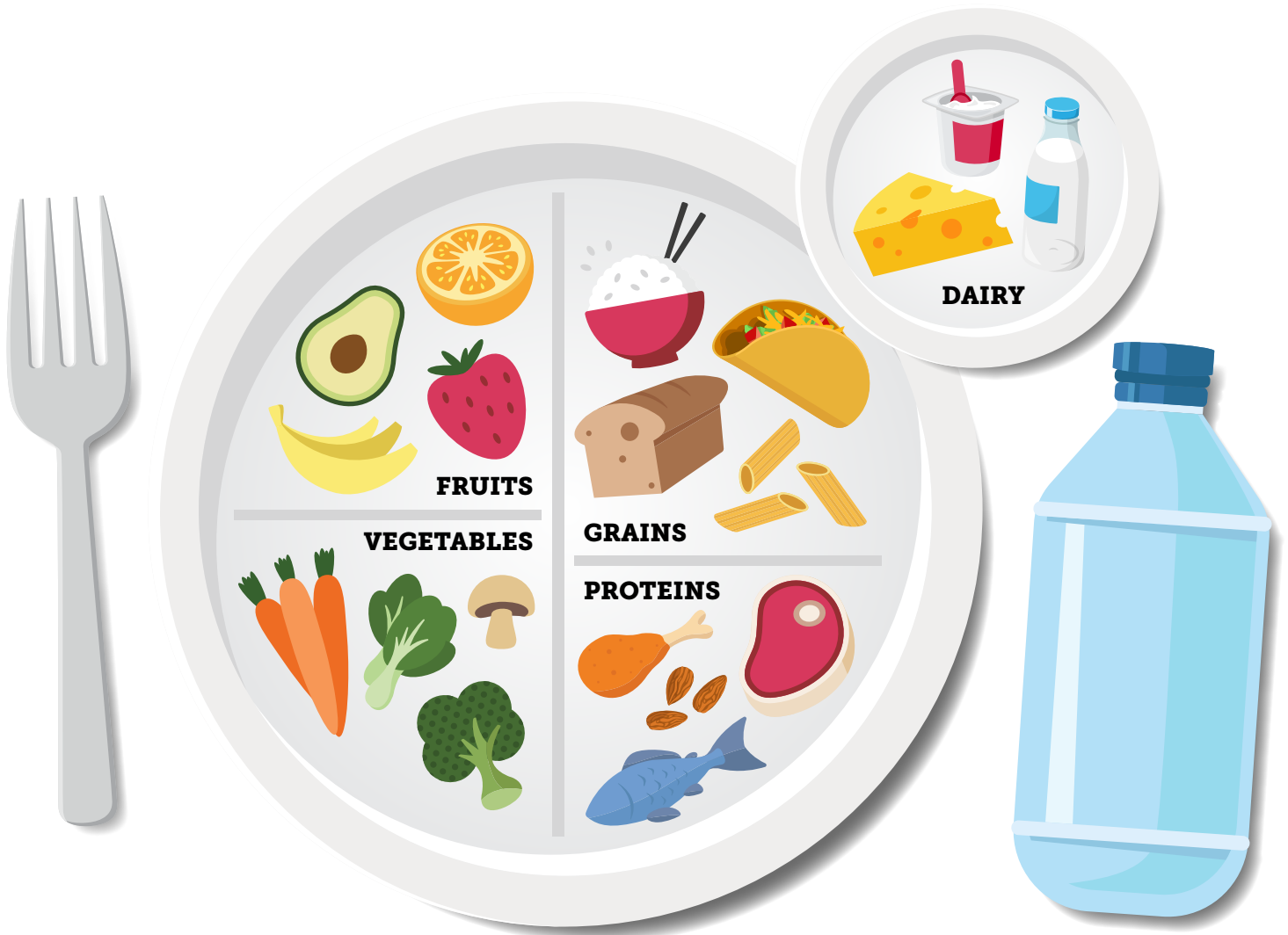
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Build a BALANCED PLATE

Build healthy habits, one plate at a time! Aim to eat foods from each of the five food groups every day.



Fruits and vegetables:

These foods give us vitamins and minerals that keep us feeling well. “Eat a rainbow” of colorful fruits and vegetables to get all to get all of these helpful nutrients.

Dairy:

These foods give us calcium, which helps build strong bones and teeth.

Grains:

These foods give us energy to play and fuel our brains! Try to choose whole grain options most often, such as whole wheat bread, pastas and tortillas.

Protein:

These foods help build muscle, which helps us move, grow and stay strong!

Hydration:

Drinking water is important for keeping us hydrated and delivering nutrients throughout our bodies..

Flavor tips:

- Add slices of citrus to water
- Freeze fruit with water in ice trays and use as ice cubes

Try these balanced GRAB & GO options!

The formula

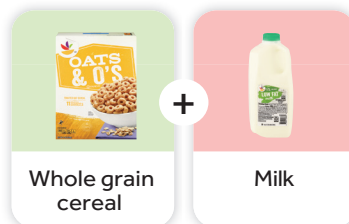
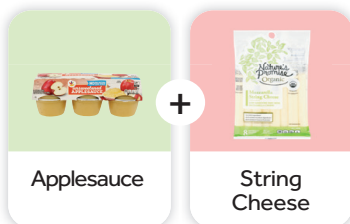
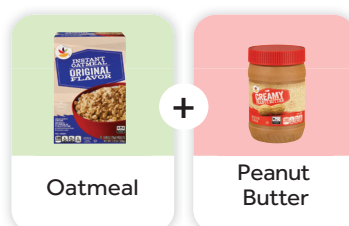
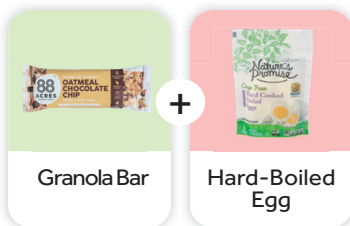
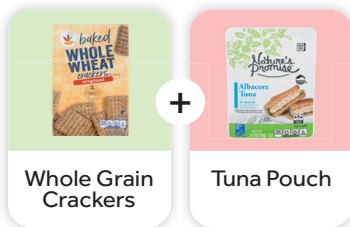
Fiber-rich carbs
(sustained energy)

+

Lean protein/fats
(keeps you feeling full)

=

**Nutritious,
satisfying meals**



To access additional free nutrition resources such as webinars, videos and downloadable handouts, head to stopandshop.com/nutrition

No Cook RECIPES

Overnight Blueberry-Cinnamon Oats

Serves: 2

Ready in: 12 hours



Ingredients:

- 1 cup old-fashioned oats
- 1 ½ cups fat-free milk or non-dairy milk, such as soy or almond milk
- ½ tsp. vanilla extract
- 1/8 tsp. cinnamon
- 2 tsp. honey
- 1 cup blueberries

Steps:

1. In a medium bowl, stir together the oats, milk, vanilla, cinnamon, and pinch of salt. Divide into 2 resealable jars and top with the honey and blueberries. Refrigerate overnight. Enjoy the next morning.
2. If you prefer to eat it warm, simply uncover and microwave 2–3 min., until oats are tender and mixture is heated through.

Tip: You can replace the blueberries with any fruit of your choosing. Bananas or canned diced peaches make delicious options.

Energy Bites

Serves: 20

Ready in: 15 minutes



Ingredients:

- 1 ¼ cup oats
- ¾ cup trail mix
- 2 tsp. cinnamon
- ½ cup peanut butter
- ¼ cup honey

Steps:

1. Mix the dry ingredients (oats, trail mix and cinnamon) together in a large bowl. Stir until the cinnamon coats the oats.
2. Add peanut butter to the dry ingredients and stir until combined. Repeat with the honey.
3. Cover and refrigerate the mixture for 20-30 minutes or until chilled.
4. Roll mixture into 1-inch balls.
5. Serve immediately or refrigerate in a sealed container for up to 1 week or freeze for up to 3 months.

Tip: To make this nut-free, use a sunflower seed butter in place of peanut butter and use a mixture of dried fruit and seeds, such as pumpkin and sunflower, instead of the trail mix.

No Cook RECIPES

Tuscan Style Tuna Salad

Serves: 4

Ready in: 15 minutes



Ingredients:

- 1 large head of romaine lettuce
- 2 tomatoes
- 1 small carrot, peeled
- ¼ small red onion
- ¼ cup pitted green olives, drained
- 2 cans solid white albacore tuna packed in water, drained (5 oz)
- 1 can chickpeas, drained and rinsed (15.5 oz)
- 1 tbsp. olive oil
- 3 tbsp. red wine vinegar

Steps:

1. Tear or chop the romaine leaves into bite-size pieces. Divide among 4 plates.
2. Chop the tomatoes. Finely chop the carrot, red onion, and olives. Drain the tuna.
3. In a medium bowl, stir together tomatoes, carrot, red onion, olives, tuna, chickpeas, oil, and vinegar.
4. To serve, divide tuna mixture among plates of romaine.

Tip: Not a seafood fan? Replace canned tuna with canned chicken.

Southwestern Bean Salad

Serves: 6

Ready in: 5 minutes



Ingredients:

- 0.5 oz. pkg. fresh cilantro
- 1 pint cherry tomatoes
- 2 cans corn (15.25 oz.) drained and rinsed
- 2 cans black beans (15.5 oz.) drained and rinsed
- 1 tbsp. chili powder

Steps:

1. Coarsely chop the cilantro. Halve the cherry tomatoes.
2. In a large bowl, combine chili powder, cilantro, tomatoes, corn, and beans.

Tip: You can easily mix in other produce items you have on hand. Options like chopped bell peppers, jalapeños, avocado and red onion are great additions.

No Cook RECIPES

Pumpkin Spice Smoothie

Serves: 2

Ready in: 5 minutes



Ingredients:

- 1 cup nonfat vanilla Greek yogurt
- ½ cup canned pumpkin
- ¼ cup old-fashioned oats
- 1 banana
- ¾ cup ice
- ¾ cup low-fat milk or non-dairy milk, such as soy or almond milk
- ½ tsp. vanilla extract
- ½ tsp. pumpkin pie spice, plus more to garnish, if desired

Steps:

1. Place all ingredients in a blender and purée until very smooth.
2. Pour into 2 glasses and garnish with a pinch of pumpkin pie spice, if desired.

Tip: Freeze the banana ahead of time for a thicker, colder smoothie.

Chickpea Salad Sandwich

Serves: 4

Ready in: 10 minutes



Ingredients:

- 2 tbsp. mayonnaise
- 1 tbsp. finely chopped dill pickles
- 1 tsp. Dijon mustard
- 1 can chickpeas, drained and rinsed (15.5 oz)
- 1 stalk celery, finely chopped
- 1 green onion, thinly sliced
- 1 tbsp. chopped parsley
- 8 slices whole-wheat bread, toasted
- Lettuce and tomato slices, to garnish (optional)

Steps:

1. In a large bowl, combine the mayonnaise, pickles, and mustard. Add the chickpeas and lightly crush with a potato masher or fork.
2. To bowl, add the celery, green onion, and parsley and stir to combine.
3. Divide chickpea salad among 4 slices of toasted bread. Top with the tomato slices and lettuce (if using), and remaining bread.

Tip: Don't have mayo? You can use Greek yogurt or mashed avocado instead. Add a pinch of curry powder or smoked paprika for extra flavor.

Hot MEALS

Rainbow Three-Bean Salad

Serves: 8

Ready in: 20 minutes



Ingredients:

- 1 bag steam-in-bag trimmed fresh green beans (12 oz)
- ½ cup olive oil
- 3 tbsp. red wine vinegar
- 1 tbsp. Dijon mustard
- 4 medium radishes
- 1 red bell pepper
- 1 orange bell pepper
- 3 tbsp. chopped red onion
- 1 can kidney beans, drained and rinsed (15.5 oz)
- 1 can chickpeas, drained and rinsed (15.5 oz)

Steps:

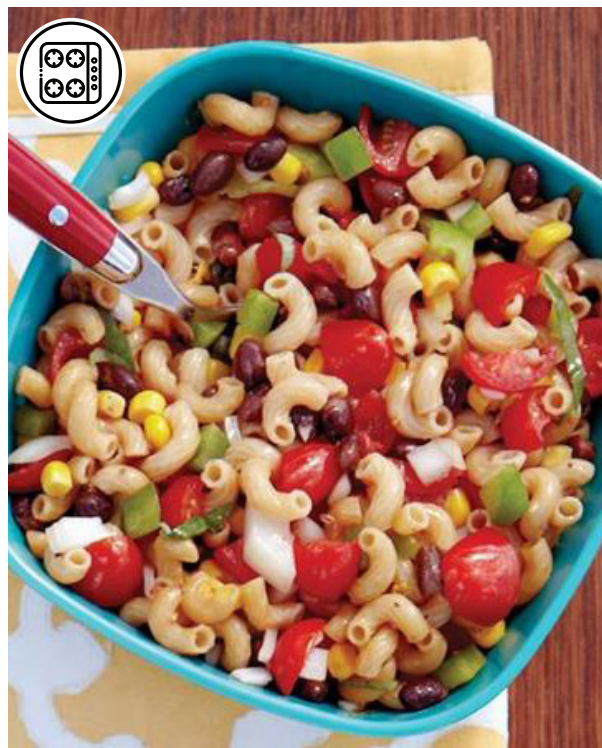
1. Cook the green beans in the microwave according to package directions. Drain and rinse with water to cool. Cut into 1-inch pieces.
2. Meanwhile, in a large bowl, whisk together the oil, vinegar, and mustard. Chop the radishes. Remove seeds from the bell peppers and chop.
3. To bowl with vinaigrette, add green beans, radishes, bell peppers, onion, kidney beans, and chickpeas. Toss to combine. Refrigerate at least 2 hours before serving.

Tip: For an easy no-cook version, replace the steam-in-bag green beans with 1 can of cut green beans (14.5-ounce).

Black Bean Pasta Salad

Serves: 8

Ready in: 30 minutes



Ingredients:

- 8 oz whole-wheat pasta
- 2 cups fresh tomato, chopped
- 1 can black beans, drained and rinsed (15.5 oz.)
- ½ cup chopped green pepper
- 1 small onion, chopped
- 1 cup corn kernels
- 1/8 tsp. pepper
- 1 tbsp. olive oil
- ½ tsp. fresh garlic, minced
- 2 tbsp. chopped fresh basil

Steps:

1. Cook pasta according to package directions.
2. Drain, rinse in cold water and transfer to a large bowl. Stir in the remaining ingredients.
3. Cover and refrigerate for 30 minutes before serving.

Tip: For a microwave-friendly meal, replace the whole wheat pasta with a microwaveable pasta.

Hot MEALS

One Bowl Breakfast Cookies

Serves: 24

Ready in: 35 minutes



Ingredients:

- 1 large ripe banana
- ½ cup applesauce
- ¼ cup canola oil
- ¼ cup maple syrup or honey
- ½ cup smooth peanut butter
- 1 large egg
- 1 tsp. vanilla extract
- 1 cup all-purpose flour
- 1 cup old fashioned oats
- ¼ cup ground flaxseed (optional)
- ½ tsp. baking soda
- ½ ground cinnamon
- ½ tsp. salt
- ½ cup raisins or dried cranberries
- ½ cup regular or mini chocolate chips

Steps:

1. Preheat oven to 350°F. Line 2 large baking sheets with parchment paper. In a large bowl, mash the banana with a fork. Stir in the applesauce, oil, maple syrup, peanut butter, egg, and vanilla until combined.
2. To bowl, add the flour, oats, flaxseed (if using), baking soda, cinnamon, and salt. Mix to combine. Fold in the raisins and chocolate chips. Let dough sit 5–10 min., so oats can absorb liquid.
3. Scoop dough, about 2 tbsp per cookie, onto prepared baking sheets. Using the back of a spoon, flatten each cookie slightly. Bake 10–12 min., until cookies are set. Let cool on baking sheets for 10 min. Transfer to wire racks and let cool completely. Store in an airtight container for up to 5 days.

Tip: You can add sunflower seeds, pumpkin seeds or chopped nuts for extra crunch.

Air Fryer Fish Croquettes

Serves: 6

Ready in: 20 minutes



Ingredients:

- 1 can (14.7 oz.) salmon or 3 cans (5 oz) tuna, drained
- 1 large egg
- ¼ cup mayonnaise
- ½ cup breadcrumbs
- ½ cup cornmeal
- ½ cup chopped red or green bell pepper
- ¼ cup chopped red onion
- 2 cloves garlic, minced
- Cooking spray
- ½ cup nonfat Greek yogurt
- ¼ tsp. cayenne pepper
- Lemon wedges, to serve (optional)

Steps:

1. Preheat the air fryer to 400°F. In a large bowl, combine the salmon or tuna, egg, mayonnaise, breadcrumbs, cornmeal, bell pepper, onion, and garlic. Season with salt and pepper. Stir until combined.
2. Using ½-cup measure, shape mixture into balls.
3. Cut a piece of parchment to fit into air fryer basket and coat with the cooking spray.
4. In batches, place croquettes into prepared basket and lightly coat tops with cooking spray. Cook 6–8 min., until tops are golden. Flip croquettes and cook another 2–4 min., until golden brown.
5. Meanwhile, in a small bowl, combine the yogurt and cayenne pepper. Serve balls with yogurt dipping sauce and lemon wedges, if desired.

Tip: If you don't have an air fryer, you can pan fry the croquette until golden brown.

Hot MEALS

Salmon Burgers

Serves: 6

Ready in: 20 minutes



Ingredients:

- ½ can cannellini beans, drained and rinsed (15.5 oz.)
- 1 can pink salmon (14.7 oz.)
- ½ cup Italian style breadcrumbs
- 1 large egg
- ¼ cup fresh dill
- 1 lemon
- 1 tbsp. olive oil
- 6 whole wheat hamburger buns
- Lettuce and tomato, optional

Steps:

1. To the bowl of a food processor, add the beans and puree until smooth.
2. Drain the salmon. To the food processor, add salmon, breadcrumbs, egg, and dill. Zest the lemon into the food processor. Pulse until mostly smooth.
3. Form mixture into 6 patties (around 3 inches each). Heat the oil in a large skillet over medium. Add patties and cook 4–5 min. on each side, until firm.
4. Serve on the buns with lettuce and tomato, if desired.

Tip: Don't have fresh dill? Use 1 tsp. dried dill or swap in parsley or chives for a different flavor profile.

Clean-Out-the-Pantry Vegetarian Chili

Serves: 6

Ready in: 40 minutes



Ingredients:

- 1 can black beans, drained and rinsed (15.5 oz.)
- 1 can kidney beans, drained and rinsed (15.5 oz.)
- 1 can pinto beans, drained and rinsed (15.5 oz.)
- 2 cans diced tomatoes (14.5 oz.)
- 1 can corn, drained and rinsed (15.25 oz.)
- 2 tbsp. chili powder
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- ½ tsp. garlic powder
- ½ cup raw couscous
- 2 cups water
- Sour cream, to serve (optional)

Steps:

1. To a large pot, add all the beans along with the diced tomatoes, corn, chili powder, oregano, cumin, garlic powder, and couscous.
2. To pot, stir in the water and bring to a boil on high. Reduce heat and let simmer 25–30 min., until thickened.
3. Serve with sour cream, if desired.

Tip: This can also be a “clean-out-the-fridge recipe” by adding in whatever chopped vegetables you have on hand. For example, you can sauté onions, garlic, bell peppers and mushrooms and add them to the pot. To make this recipe gluten-free, replace the couscous with quinoa or rice.

Hot MEALS

Cuban-Style Picadillo with Rice

Serves: 8

Ready in: 30 minutes



Ingredients:

- 1 tbsp. olive oil
- 1 pkg. frozen chopped onions and peppers, thawed (16 oz)
- 3 cloves garlic, minced
- 2 tsp. ground cumin
- 1 tsp. ground cinnamon
- 2 lbs. 93% lean ground beef
- 1 can tomato sauce (8 oz)
- ½ cup raisins
- ⅓ cup stuffed green olives, drained
- 1 pkg. microwavable brown rice (15.9 oz)

Steps:

1. In a large Dutch oven or skillet, heat the oil on medium-high. Add the onions and peppers. Cook 5 min., until softened. Add the garlic, cumin, and cinnamon and cook 30 sec., until fragrant. Add the ground beef and cook 7–8 min., until no longer pink. Spoon off excess fat, as needed.
2. Stir the tomato sauce, raisins, olives, and ½ cup water into the pot. Bring to a boil, then reduce to a simmer. Cook 10 min., stirring occasionally.
3. Meanwhile, microwave the rice according to package directions.
4. Serve picadillo over rice.

Tip: Stretch the meal and boost nutrition by adding 1 can of black beans to the beef mixture.

Whole Grain Penne with Tuna

Serves: 4

Ready in: 20 minutes



Ingredients:

- 1 lb. penne pasta
- 1 tbsp. olive oil
- 1 small red onion, finely chopped
- 1 yellow bell pepper, seeded and chopped
- 1 red bell pepper, seeded and chopped
- 1 can diced tomatoes (14.5 oz.)
- 1 can tuna, drained (5 oz.)
- ½ bag washed spinach (8 oz.)
- 1 tbsp. fresh oregano, chopped

Steps:

1. Cook the penne according to package directions. Drain.
2. Meanwhile, in a large skillet, heat the oil on medium. Add the onion and bell peppers. Cook 5 min., until tender, stirring occasionally.
3. Add the tomatoes and tuna. Cook another 5 min., until vegetables are tender, stirring occasionally. Remove from heat.
4. Add the cooked penne and stir in the spinach until wilted.
5. Garnish with the oregano.

Tip: Not a fan of canned tuna with pasta? You can replace the tuna with canned chicken.

Hot MEALS

Turkey and Corn Skillet Casserole

Serves: 4

Ready in: 30 minutes



Ingredients:

- 1 tbsp. olive oil
- 1 cup diced onion
- 1 lb. lean ground turkey
- 1 tbsp. chili powder
- 1 can diced tomatoes (14.5 oz), drained
- 1 cup canned corn
- 1 can pinto beans (15.5 oz.), drained and rinsed
- 1 cup shredded cheese

Steps:

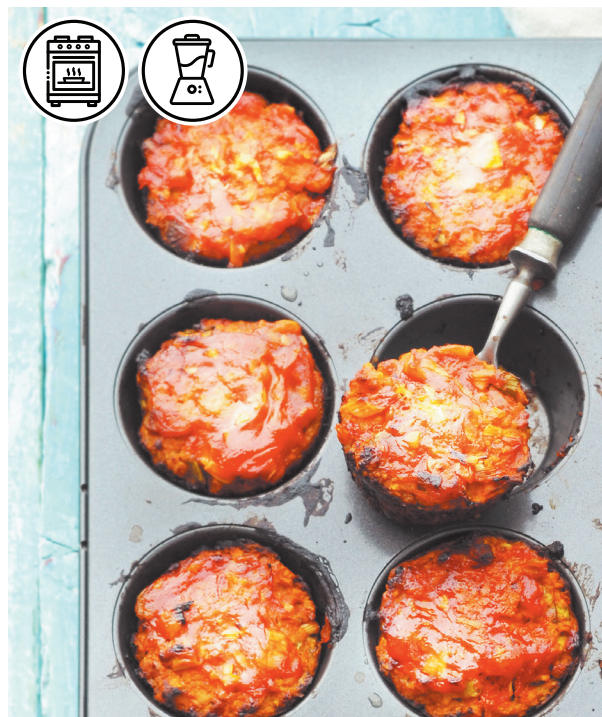
1. Preheat oven to 400°F. In a large ovenproof skillet, heat the oil on medium-high. Add the onion and cook 4 min., until golden, stirring often.
2. Add the turkey and cook 6–8 min., until browned, breaking up with back of wooden spoon. Stir in the chili powder and tomatoes.
3. Stir in the corn and beans. Remove skillet from heat. Sprinkle the cheese on top. Bake 15 min., until casserole is bubbling and cheese is melted.

Tip: No pinto beans? Black beans, or even kidney beans, work just as well. Save any leftovers in the fridge and repurpose as a hearty burrito filling.

Salsa Turkey Meatloaf Muffins

Serves: 4

Ready in: 55 minutes



Ingredients:

- 1 cup oats
- 1 large egg
- 1 bunch green onions
- 1 ½ cups salsa, divided
- 1 lb. lean ground turkey

Steps:

1. Preheat oven to 450° F. Pulse oats in a food processor or blender for 10–15 seconds to break oats into chunky flour.
2. Lightly beat the egg and chop the green onions.
3. In a large bowl, mix 1 cup of the salsa with the egg, oats, and green onions. Add the turkey and mix until just combined.
4. Grease the cups of a standard muffin tin, and fill each cup, using a spoon or ice cream scoop, about ¾ full with the turkey mixture. Top each meatloaf muffin with the remaining salsa.
5. Bake for 20 min. or until a toothpick/knife inserted into the center comes out clean.

Tip: Finely grated zucchini, chopped spinach and onions, or shredded carrots can be mixed into the turkey for added moisture and nutrition.

Hot MEALS

Banana-Oatmeal Breakfast Bars

Serves: 8

Ready in: 55 minutes



Ingredients:

- Cooking spray
- 2 overripe medium bananas, peeled and cut up
- 2 ½ cups old-fashioned oats
- 1 ½ tsp. baking powder
- 1 ½ tsp. ground cinnamon
- ½ tsp. salt
- ¾ cup low-fat milk or non-dairy milk, such as soy or almond milk
- 2 large eggs, beaten
- ¼ cup honey
- 1 tsp. vanilla extract

Steps:

1. Preheat oven to 350°F. Line an 8x8-inch baking pan with parchment paper and coat with the cooking spray.
2. In a medium bowl, mash the bananas until smooth (you should have about 1 cup).
3. In a large mixing bowl, combine the oats, baking powder, cinnamon, and salt. Stir in bananas, milk, eggs, honey, and vanilla until well combined. Transfer to prepared pan and spread in an even layer, pressing down firmly with spatula. Bake 40–45 min., until set in center and edges are browned.
4. Transfer pan to wire rack. Cool completely. Using the parchment paper, remove baked oatmeal from pan. Cut into 8 bars and tightly wrap individually.
5. Refrigerate up to 4 days or freeze up to 1 month. Serve at room temperature, toasted, or warmed in microwave.

Tip: For an easy balanced breakfast, serve these bars with a protein source, such as eggs, yogurt or a glass of milk.

Veggie Burrito Bowl

Serves: 4

Ready in: 15 minutes



Ingredients:

- 1 pkg microwavable brown rice (15.9 oz.)
- 1 can pinto beans (15.5 oz.), drained and rinsed
- 2 bell peppers, diced
- 1 ½ tsp. chili powder
- 1 romaine lettuce heart
- 1 lime
- ½ container guacamole (16 oz.)
- 1 cup salsa
- ½ cup fresh cilantro leaves

Steps:

1. Heat the rice according to package directions.
2. Thinly slice the romaine lettuce. When rice is done, cover and microwave beans 2–3 min., until hot. Cut the lime into wedges.
3. To assemble, divide rice among 4 bowls. Top with bean mixture and lettuce. Add guacamole and salsa on top. Garnish with cilantro leaves and lime wedges.

Tip: To keep you full longer, add a lean protein on top, such as chicken, ground turkey, shrimp, or fish.

Hot MEALS

Spanish-Style Stewed Spinach and Chickpeas

Serves: 4

Ready in: 20 minutes



Ingredients:

- 2 slices stale country white bread (may substitute with regular white bread)
- 2 tbsp. olive oil
- 1 tbsp. minced garlic
- ½ tsp. cumin
- ¼ tsp. crushed red pepper
- 1 tbsp. red wine vinegar
- 2 cans chickpeas, drained and rinsed (15.5 oz)
- 1 can tomato sauce (15 oz)
- ½ tsp. smoked paprika
- 1 pkg. frozen chopped spinach, thawed (16 oz)
- baguette, for serving

Steps:

1. Remove crusts from the bread. *If you are using fresh sliced bread, bake in a low-temperature oven (200-225°F) until dry, 15-20 minutes depending on thickness. Cut bread into 1-inch cubes.
2. In a large skillet, heat the oil on medium. Add the bread and toast for 5 min., until golden, stirring often.
3. Add the garlic, cumin, and crushed red pepper and cook 1 min.
4. In a food processor, combine the bread mixture with 3 tbsp water and red wine vinegar. Pulse until it forms a paste.
5. Transfer the paste to the same skillet and add the chickpeas, tomato sauce, and smoked paprika. Stir in the spinach and cook on medium 4-5 min., until hot. Add water, 1 tbsp at a time, if consistency is too thick.
6. Divide among 4 bowls and serve with baguette

Tip: When possible, use low-sodium canned chickpeas and tomato sauce. Draining and rinsing canned beans can also help lower the sodium content.

Stewed Pink Beans and Rice

Serves: 8

Ready in: 35 minutes



Ingredients:

- 3 ½ cups water, divided
- 2 cups white rice
- 6 tbsp. olive oil
- ½ tsp. salt
- ½ medium green bell pepper, roughly chopped
- 1 small onion, roughly chopped
- 2 cloves garlic
- ¼ cup loosely packed fresh cilantro
- ¼ tsp. dried oregano
- 2 cans pink beans (15.5 oz)
- 1 can tomato sauce (8 oz)

Steps:

1. In a large pot, heat 2½ cups water to a boil on medium-high. Stir in the rice, 2 tbsp oil, and salt. Return water to a boil. Reduce heat to simmer and cook, uncovered, 10-12 min., until water is absorbed.
2. Stir rice, scraping bottom of pot. Cover and continue to cook another 12 min., until rice is tender. Remove from heat and fluff with fork. Cover and let stand 5 min. before serving.
3. Meanwhile, to a food processor, add the bell pepper, onion, garlic, cilantro, and oregano. Pulse until vegetables become a paste.
4. In a medium pot, heat remaining 4 tbsp oil on medium. Add vegetable paste and cook 4-5 min., until fragrant, stirring occasionally.
5. Stir in the beans, tomato sauce, and remaining 1 cup water. Heat to a boil on high. Reduce heat to simmer and cook 15-25 min., until liquid thickens into a stew, stirring occasionally. Serve beans with rice.

Tip: No food processor? Just finely chop the vegetables by hand.

Hot MEALS

Bean and Veggie Minestrone

Serves: 4

Ready in: 25 minutes



Ingredients:

- 4 cups chicken or vegetable broth
- 3 cups water
- $\frac{3}{4}$ cup small-shaped pasta, such as ditalini, elbow or small shells
- 1 cup fresh diced carrots
- 1 cup frozen cut green beans
- 2 cups frozen chopped kale
- 1 can crushed tomatoes (28 oz)
- 1 can pink or white beans, drained and rinsed (15.5 oz)
- $\frac{1}{2}$ cup finely grated Parmesan cheese

Steps:

1. In a large pot, combine the broth and water. Heat to a boil on high. Add the pasta and boil 6–8 min., until pasta is almost al dente.
2. To pot, add the carrots, green beans, kale, tomatoes, and beans. Heat to a boil on high. Reduce heat and simmer 10 min., until vegetables are hot.
3. To serve, top with the Parmesan.

Tip: Use a whole grain pasta to add more filling fiber to the recipe. Use a low sodium broth to cut back on sodium.

Spicy Tuna Bowls with Brown Rice

Serves: 4

Ready in: 10 minutes



Ingredients:

- $\frac{1}{4}$ cup mayonnaise
- $\frac{1}{4}$ cup nonfat plain yogurt
- 1 tbsp. sriracha sauce
- 2 tsp. low-sodium soy sauce
- 1 tsp. sesame oil
- 3 cans tuna in oil, drained well (5 oz)
- 1 pkg. microwavable brown rice (15.9 oz)
- 1 cucumber, halved and thinly sliced (optional)
- 1 avocado, pitted and sliced (optional)
- 1 tsp. sesame seeds
- 1 (0.35 oz) pkg. roasted seaweed snacks, to serve

Steps:

1. In a medium bowl, combine the mayonnaise, yogurt, sriracha, soy sauce, and sesame oil. Add the tuna and mix until evenly coated.
2. Microwave the rice according to package directions.
3. Divide rice among 4 bowls. Top each bowl with spicy tuna. If using, add the sliced cucumber and avocado. Sprinkle the sesame seeds over bowls.
4. Serve with the seaweed snacks.

Tip: For a less spicy option, omit the sriracha sauce. Other tasty toppings include slides radishes, shredded red cabbage, edamame, and shredded carrots.

We hope you've enjoyed

PANTRY TO PLATE

A Stop & Shop Community Cookbook

Thank you for joining us on this journey from pantry to plate! Each recipe in this collection reflects our commitment to healthier living and better eating.

Whether you're cooking for one or feeding a crowd, we hope these dishes inspire you to explore new flavors, nourish your body and share meals that bring people together.

Here's to good food, good health and good company.
Together, we're feeding it forward!

