

# Quick and Healthy Homemade Dinners

Made in 20 Minutes or Less!

- ✓ Whole wheat spaghetti pasta served with low salt spaghetti sauce, steamed frozen Italian vegetables or chopped vegetables or your choice (mushrooms, zucchini, carrots, onions, peppers) and some healthy protein source (cooked chicken, beef pork, fish, tofu or beans)
- ✓ Baked potato bar- microwaved white or sweet potato, cut lengthwise and topped with fat free yogurt, salsa, green onions, cut up tomatoes, steamed broccoli florets and black beans (drained and rinsed)
- ✓ Mini Pizzas- spread tomato or pizza sauce on whole wheat pita bread, English muffins, tortillas or sliced French bread. Top with chopped veggies of your choice (tomatoes, broccoli, mushrooms, olives, peppers, green onions); add turkey pepperoni and sprinkle some shredded mozzarella cheese

- ✓ Baked or rotisserie chicken with microwaved potato and green beans
- ✓ Baked or sautéed boneless chicken breast marinated in Italian dressing served over cooked brown rice and steamed mixed vegetables
- ✓ Leftover cooked chicken, pork, beef or fish used for sandwiches or wraps
- ✓ Leftover cooked chicken, pork, beef, fish with added vegetables and salsa to create Mexican-tacos, burritos, taco salad
- ✓ Use ready-made burger (vegetarian, turkey or beef). Serve on whole wheat bun with addition of a tossed salad.
- ✓ Egg dishes with veggies- make a veggie scramble or omelets filled with lower-fat cheese, vegetables or leftover meats. Make a breakfast burrito with eggs, cheese veggies and salsa



## Quick Soups:

- ✓ Vegetarian chili - add tomatoes in chili sauce, fresh or frozen bell pepper, onions to a pot of vegetable/chicken broth and can of black/pinto/red beans
- ✓ Vegetable soup- add chopped up fresh, frozen or canned vegetables to a pot of chicken or vegetable broth. Season with herbs and spices

# Healthy Recipes & Menus

- ❑ **5 Free Meal Planning Apps That Make Cooking During the Week Painless**  
<https://spoonuniversity.com/lifestyle/meal-planning-apps-that-make-cooking-easier>
- ❑ **7-Day Heart-Healthy Meal Plan: 1,200 Calories**  
<http://www.eatingwell.com/article/289245/7-day-heart-healthy-meal-plan-1200-calories/>
- ❑ **Healthy Menu & Shopping List – Fruits and Veggies More Matters**  
<https://www.fruitsandveggiesmorematters.org/healthy-menu-and-shopping-list-week-one>
- ❑ **Plant Based Dietitian- Menus and hundreds of recipes**  
<http://plantbaseddietitian.com/recipes>



- ❑ **The Harvard Medical School 6-Week Plan for Healthy Eating**  
<https://www.health.harvard.edu/special-health-reports/the-harvard-medical-school-6-week-plan-for-healthy-eating>
- ❑ **20 Simple One-Sheet-Pan Recipes for Busy Weeknights**  
[https://www.sparkpeople.com/blog/blog.asp?post=20\\_simple\\_onesheetpan\\_recipes\\_for\\_busy\\_weeknights](https://www.sparkpeople.com/blog/blog.asp?post=20_simple_onesheetpan_recipes_for_busy_weeknights)
- ❑ **20 healthy Meals you can make in 20 minutes**  
<http://www.eatingwell.com/recipes/22600/cooking-methods-styles/quick-easy/dinner/20-minute/meals/slideshow/20-healthy-meals-you-can-make-in-20-minutes/?recipeId=255186>
- ❑ **20 Plant Base Experts Favorite recipes**  
<http://plantbaseddietitian.com/20-plant-based-experts-favorite-recipes/>
- ❑ **WebMD Recipes**  
<https://www.webmd.com/food-recipes/healthy-recipe-finder>