

Healthy Meals in 20 Minutes or less

What to eat when you are too tired to cook

1. Mini Pizzas

Preheat oven to 400 degrees Fahrenheit. Place whole wheat pita bread- preferably uncut, English muffins, tortillas, sliced French bread or store-bought cauliflower crust (if watching your carbs) on a large baking sheet. Spread tomato or pizza sauce on the crust and top it with chopped veggies of your choice (tomatoes, broccoli, mushrooms, olives, peppers, green onions); you can add turkey pepperoni and sprinkle some shredded mozzarella cheese. Bake for 15 minutes or until cheese is melted. This is a great recipe to make with your children as everyone can use their creativity making their own pizza variety.

2. Baked Potato Bar

Clean and poke with a fork a white or sweet potato. Microwave for about 5 minutes. Cut it lengthwise and top with fat free yogurt or low-fat cottage cheese, salsa, green onions, cut up tomatoes, steamed broccoli florets and black beans (drained and rinsed) or other toppings of your choice.

3. Tossed Salad with Veggies and Protein

Create a meal around a salad. Fill a bowl or a plate with salad greens such as Spring Mix of lettuces, spinach, Romaine, green or red leafy greens. Toss in other vegetables (like, cherry tomatoes, cucumber, carrots, or peppers). Add salad dressing and some plant protein -cooked beans, lentils, or tofu, or some animal protein - like chicken, shrimp, tuna, ham, or other- and you have a delicious and healthy meal in no time!

4. Pasta with veggies and protein

Boil whole wheat spaghetti pasta according to package directions; top it with low salt spaghetti sauce or simply 2 tablespoons of olive oil, steamed frozen Italian vegetables, or chopped vegetables or your choice (mushrooms, zucchini, carrots, onions, peppers) and some healthy protein source such as cooked chicken (use a rotisserie chicken for convenience), cooked shrimp, tofu, or canned beans. Sprinkle with a couple teaspoons of dry Italian herb mix for more flavor.



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5. Quick soups:

- ❑ **Vegetarian chili** – add a can of tomatoes in chili sauce, fresh or frozen bell pepper, and onions to a pot of vegetable or chicken broth, and a can of black, or pinto, or red beans. Season with chili powder and cumin. Bring to boil and serve.

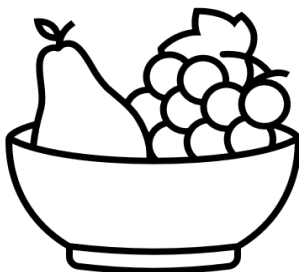
- ❑ **Vegetable soup**- add chopped up fresh, frozen, or canned vegetables to a pot of chicken or vegetable broth. Season with your choice of herbs and spices. Add canned beans, cooked shrimp, or any animal protein of your choice. Bring to boil and serve.

6. **Use a ready-made burger** (vegetarian, vegan turkey, or beef). Serve on a whole wheat bun with your choice of condiments. Complement the meal with a tossed salad.

7. **Egg dishes with veggies**- make a veggie scramble or an omelet filled with lower-fat cheese, and colorful vegetables of your choice (carrots, zucchini, tomatoes, onions, spinach, kale, etc.).

To make a burrito, wrap the scrambled eggs, cheese, and veggies into a whole wheat tortilla and warm it up on a skillet.

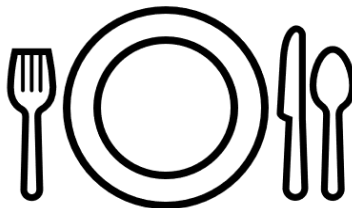
Feature fruit for dessert. Finish your meal with a crisp apple, juicy pear or peach, flavorful grapes, strawberries or any fruit or fruit mixture of your choice, fresh or frozen.



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Additional Healthy Recipes and 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/>
- ❑ Have a Plant – Fruits and Veggies For Better Health, over 160 quick and easy recipes
<https://fruitsandveggies.org/topics/cooking-style/quick-easy/>
- ❑ 20 Simple One-Sheet-Pan Recipes for Busy Weeknights, Sparkpeople
https://www.sparkpeople.com/blog/blog.asp?post=20_simple_onesheetpan_recipes_for_busy_weeknights
- ❑ 20 healthy Meals you can make in 20 minutes, EatingWell recipes
<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>
- ❑ Recipes from Physician Committee for Responsible Medicine https://www.pcrm.org/good-nutrition/plant-based-diets/recipes?recipe_keys=&page=0
- ❑ WebMD Recipes <https://www.webmd.com/food-recipes/healthy-recipe-finder>



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