

Quick and Easy Meal Ideas

Provided by:  **lauramangum**rd,ld
eat right. be fit. live well.

I gathered this list to help assist you to quickly navigate a good & healthy meal. Simple... with very little ingredients. I also added a few of my favorites that are a huge hit with everyone so you don't have to sacrifice flavor. Enjoy!

~ Laura

Stir Fry - just throw some chicken or lean beef into the wok, along with a bag of frozen stir-fry veggies and you have a great meal! If you use frozen veggies that come with a sauce pack, I recommend using about half the pack. Consider adding brown rice for some whole grains.

Taco Salad – an old favorite and a treat for the whole family – use extra lean ground beef, lettuce, tomato, lowfat cheese, salsa and also throw in some beans for some extra soluble fiber!

Quesadillas – another quick and easy option – use whole-wheat tortillas, low fat cheese, and fat free refried beans for a super high fiber meal!

Blackened Salmon – many people get intimidated when it comes to preparing fish, but it makes for a quick and tasty meal! Try sautéing the salmon (or white fish) in a little olive oil and adding some Cajun spices. Serve with a side of sweet potatoes and a veggie.

Chicken Salad – serve grilled chicken over a bed of leafy greens and toss in a variety of veggies, along with some garbanzo or kidney beans. Add some vinaigrette dressing and you have a great meal complete with three food groups, lots of color, and some heart healthy monounsaturated fat!

Pork Loin – another lean meat that is quick and easy to prepare! Choose a marinated pork loin and bake it according to instructions. Serve with cous cous and a veggie blend.

Crock-Pot Blend – throw some black beans, corn and chicken tenders, and with stewed tomatoes or Rotel into a crock-pot and in a few hours you will have a colorful meal ready to serve! You can serve over brown rice or some baked tortilla chips and top with some lowfat cheddar cheese.

Spinach Ziti – cook whole wheat ziti and pour into casserole dish; add medium container of cottage cheese, large container of pasta sauce, 1 box frozen chopped spinach (thawed), 1 bag lowfat mozzarella and mix. Bake for an hour at 350 and you have three food groups in one!



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Italian Turkey Sausage & Spinach - Heat 1 TBSP olive oil in large skillet. Add 1 pound Italian turkey sausage (casings removed). Cook, breaking it up, until no longer pink. Add 1 bunch spinach, season with 1/4 tsp each salt and pepper. Cook, tossing for 1 minute. Add 2 cups marinara, simmer until heated thoroughly. Serve with pasta.

Fish Tacos – 1 ½ lb white fish or salmon, 1 tsp olive oil, 1 chili pepper, chopped; 1 onion, chopped; 2 cloves garlic, crushed; 1 cup chicken broth, 2 large tomatoes, ½ tsp cumin, 1 lime, tortillas. Saute chili pepper, onion, garlic, and season with salt and pepper. Mix broth and tomatoes in skillet. Season with cumin, Bring to boil and then decrease heat. Place fish in mixture and sprinkle with lime juice. Cook 15-20 minutes until fish is flaky. Add mixture to tortilla. Add lettuce or cabbage as topper, if preferred.

Breakfast for dinner – try a veggie omelette made with 1-3 eggs and a variety of veggies, including tomatoes, onions, peppers, olives, and spinach.

Lemon Pepper Tuna – season tuna fillets with lemon pepper and grill or broil, basting each side once with olive oil until thoroughly cooked. Add 1 c. sautéed mushrooms (sautéed in 1-2 tsp olive oil) on top of tuna.

Pot Roast – to make a leaner version of roast, use the shoulder cut. Cook in the crock pot with water and 1 package of dried onion soup mix for 6-8 hours. 2 hours prior to completion add carrots and a few new potatoes.

Cumin- Rubbed Salmon – 4 salmon fillets, ½ tsp ground cumin, ¼ tsp chili powder, ¼ tsp salt, 1/8 tsp paprika. Preheat oven to 350. Stir together spices and sprinkle on top of fish. Press the mixture into the fish so it will adhere. Bake for 18-20 minutes or until fish flakes easily with the fork. Provides anti-inflammatory omega 3 fats for heart health.

Teriyaki Burger – Grass fed ground beef, 1 slice 2% cheddar cheese, 1 tomato, lettuce, teriyaki marinade (Lawry's), 1 tsp lowfat mayo, 1 pineapple ring, whole wheat bun- grill or pan sauté pineapple, cook burger in microwave. Heat up cheese and place on burger. Add marinade to top of burger and spread mayo on one side of bun. Place burger on one side of bun and add pineapple, lettuce, and tomato on top. You have a delicious teriyaki burger for a lot fewer calories than the compatible Red Robin Bonzai Burger's 1054 calories and 63 grams of fat.



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Chicken with Peppers & Olives

- 1 whole chicken, cut into pieces
- 2 tablespoons fresh rosemary
- 2-4 tablespoons extra virgin olive oil
- 1 medium onion
- 1 yellow bell pepper and 1 red bell pepper
- 1 cup white wine
- 1 can diced tomatoes
- 3/4-1 cup kalamata olives, pitted
- salt and pepper to taste

First, cut up the whole chicken into pieces. You can have your butcher do this if desired. Pat the chicken dry with paper towels. Salt and pepper the chicken on both sides. Heat 2 tablespoons of olive oil in a large pot over medium-medium high heat. Add 2 tablespoons minced fresh rosemary. Brown the chicken on both sides in the pot with the rosemary and olive oil. Do not cook the chicken completely only brown. It will cook the rest of the way in the sauce.

Next slice the medium onion, red pepper and yellow pepper. Add more olive oil to the pot if needed. Saute the onion and peppers until tender about 5 minutes.

Add wine, diced tomatoes, and kalamata olives. Bring to a slight boil and add the chicken back into the pot. Reduce the heat and simmer for 20 minutes. Take out the and cook the dark meat another 10 minutes until chicken is done. Salt and Pepper is desired and serve.



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Turkey Black Bean Chilli

- 1 lb. Ground Turkey
- 2 Tbs. Olive oil
- 1 onion, diced
- 2 jalapeños, seeded and diced
- 3 cloves garlic
- 3 cans black beans, undrained
- 1 (28 oz) can crushed tomatoes
- 1 1/2 tablespoons chilli powder
- 1 tablespoon dried oregano
- 1 tablespoon dried basil leaves
- 1 tablespoon red wine vinegar
- salt and pepper to taste

Heat the oil in a large heavy pot over medium heat; cook onion, jalapeño, and garlic until onions are translucent. Add turkey and cook, stirring, until meat is brown. Stir in beans, tomatoes, chili powder, oregano, basil and vinegar. Reduce heat to low, cover and simmer 60 minutes or more, until flavors are well blended.



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Risotto Stuffed Chicken with a Sundried Tomato & Kalamata Olive Sauce

1 1/2 cups arborio rice

2 tbs. organic butter or you can just use olive oil

1/4 cup onion

3 cups organic chicken broth, bring to a boil

1 add a splash of white wine

Preheat oven to 350 degrees.

First sauté the onions in the butter until tender. Add the rice and sauté until almost milky texture. Bring 3 cups of chicken broth to a boil. Add to the rice and onion mixture. Cover and place pot in the oven for 15-20 minutes or until all chicken broth is absorbed.

Mushroom & Turkey Bacon Egg Scramble

Extra Virgin Olive Oil

Applegate turkey Bacon

Mushroom

salt and pepper to taste

First fry up the turkey bacon in some olive oil until browned. Pull from the skillet and set aside. When cool cut into pieces. Sauté the mushrooms in the same skillet with more olive oil if needed season with salt and pepper. While they are cooking scramble 2 or 3 eggs with some salt and pepper. Add the turkey bacon and eggs to the pan and cook until the eggs are done. You can always add spinach, red pepper, or any vegetable you would like!

I love turkey bacon especially when you cook it with a little olive oil helps it brown since it does not have very much fat in it.



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Stuffed Chicken

4 chicken breasts

3 cloves garlic

extra virgin olive oil

1/2 - 3/4 cup chopped kalamata olives, pitted

sundried tomatoes (I used a small jar)

1/2 cups chicken broth

1/2 cup white wine

Braggs Liquid Aminos and balsamic vinegar for marinating

salt and pepper to taste

Marinate the chicken overnight in balsamic vinegar, Braggs liquid aminos, salt and pepper. Preheat oven to 350 degrees.

Cut a slit in the chicken breast on the side just a little in order to stuff with the risotto. Heat a couple of tablespoons of olive oil in a pan over low heat. Once the chicken breasts are stuffed sear them on both sides in the pan only for a couple minutes each side. Place pan in the preheated oven for 15-20 minutes or until chicken breasts are cooked all the way through.

For the sauce:

Chop the Sundried Tomatoes, Kalamata olives and the garlic. Sauté in the pan for about 5 minutes. Add white wine and chicken broth and reduce down for about 10 minutes. Add the sauce on top of all the chicken breasts and serve!



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Turkey Sloppy Joes

2 tablespoons extra virgin olive oil
2 pounds ground turkey
1 onion, chopped
1 Anaheim pepper, chopped and seeded
1 bell pepper, seeded and chopped
3 to 4 garlic, chopped
kosher salt and freshly ground black pepper
1 tablespoon paprika or smoked sweet paprika
1-inch piece fresh ginger, grated or minced
1 teaspoon allspice
1/2 teaspoon ground cinnamon
freshly grated nutmeg
2 tablespoons chopped fresh thyme leaves

Sauce:

2 tablespoons apple cider vinegar
2 tablespoons organic brown sugar
1 tablespoon Worcestershire sauce
Juice of 1 lime
1 cup tomato sauce
toast millet and flax bread or Ezekiel
chopped pickles, for garnish

Heat the oil in a large skillet over medium to medium-high heat. Brown the meat in the skillet first. Add the onions, chile, bell pepper, garlic and salt and pepper, to taste. Stir in the paprika, ginger, allspice, cinnamon, nutmeg, thyme. Stir occasionally for 8 to 10 minutes.

In a small bowl combine the vinegar, sugar, Worcestershire sauce, lime juice, and tomato sauce. Stir the sauce into the turkey mixture. Simmer for a few minutes. Serve on Ezekiel bread.



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Ginger Broccoli Stirfry

¼ cup orange juice

2 tablespoon soy sauce (or Bragg's amino acids)

1 medium carrot, sliced

1 cup fresh broccoli florets

1 cup fresh green beans

2 tablespoon olive oil

1 cup sweet potato, cubed

1 cup thinly sliced red onion

1 garlic clove, minced

½ teaspoon dried rosemary, crushed

¼ ground ginger

1/8 teaspoon crushed red pepper flakes

In small bowl, combine orange juice and soy sauce; set aside. In a large wok, stir fry carrot, broccoli, and beans in olive oil for 8 minutes. Add sweet potato and onion; stir fry until vegetables are crisp tender. Stir the soy sauce mixture; add to the wok with garlic, rosemary, ginger and pepper flakes if desired. Bring to a boil, stir, and simmer.



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Stuffed Peppers

6 medium tomatoes, peeled and chopped

1 medium onion, chopped

3 ribs of celery, diced

2 cup cut okra, cut

1 8 oz can tomato sauce

1 cup water

2 teaspoon salt

½ teaspoon pepper

4 medium green peppers

1 lb lean ground turkey

1 cup brown rice, cooked

1 teaspoon dried basil

In a large saucepan or dutch oven, combine tomatoes, onion, celery, okra, tomato sauce, water, 1 tsp salt and ¼ tsp pepper. Bring to a boil. Reduce heat and simmer 10 – 15 minutes. Meanwhile, cut tops off of green peppers and remove seeds; set aside.

Cook ground turkey and add basil while cooking.

In a bowl, combine ground turkey, rice, basil and remaining salt and pepper; mix well. Fill peppers with turkey mixture. Carefully place peppers in tomato sauce mixture. Spoon some sauce over tops of peppers. Cover and simmer for 30 minutes until peppers are tender.

Easily adapts to a vegetarian meal – just omit meat, and mix tomato mixture and rice together and stuff pepper.



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Baked Honey – Mustard Chicken Thighs

2 lg garlic cloves, chopped

½ cup grainy mustard

7 tablespoon raw honey

½ teaspoon dried thyme

cayenne pepper, pinch

2 lb chicken thighs (about 12)

2 green bell peppers

2 red bell peppers

olive oil

2 tablespoon sliced toasted almonds

2 tablespoon chopped parsley

In small bowl, mix first 5 ingredients. In large zip lock bag, mix 2/3 mustard mixture with chicken thighs. Refrigerate for 8 hours or overnight.

Line baking sheet with foil. Place peppers on sheet and broil until tops are black. Flip onions and repeat process. Put peppers in bowl. When cool, remove black skin and discard. Thinly slice peppers and set aside.

Next day: Cover sheet with foil and spray cooking spray. Remove chicken from marinade. Broil on high until tops are golden and chicken is cooked through, 3 – 5 minutes. Remove and let cool. In baking dish, add peppers and top with chicken. Pour reserved mustard mixture over top of chicken. Bake for 20-25 minutes and sprinkle with almonds and parsley.

123 calories for 1 thigh and peppers, 5 g carb, 4 g fat, 16 g protein.



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Crock Pot Chicken

1 lg chicken, free range
2 teaspoon paprika
1 teaspoon salt
1 teaspoon onion powder
1 teaspoon thyme
½ teaspoon garlic powder
¼ teaspoon cayenne powder
¼ teaspoon pepper
1 onion

Remove giblets and rub spices all over chicken (even inside the cavity). Combine spices in bowl. Chop onion and place it in the bottom of the crockpot. Put chicken on top of onions, cover, and cook. No need to add any liquid.

Cook for 4-6 hours (depending on size of chicken).

Try making stock with leftover bones!!

Salmon with Cilantro Pesto

1/2 cup loosely packed fresh cilantro
3 tablespoons fat-free, low-sodium chicken broth
2 tablespoons sliced almonds
2 tablespoons shredded or grated Parmesan cheese
1 teaspoon garlic
1 teaspoon lemon pepper
2 - 4 wild caught salmon filets (about 4 oz each), rinsed and patted dry

Preheat oven to 400 degrees F. Line a baking sheet with aluminium foil. 2 tablespoons of coconut oil on the foil, and heated it for 1 minute in the oven until it was liquefied. In a food processor or blender, combine the pesto ingredients, leaving them slightly chunky. Place the fillets about 2 inches apart on the baking sheet. Spread the pesto evenly over the top of the fillets.

Bake for 10 to 12 minutes, or until the fish flakes easily when tested with a fork.

