



MHealthy Nutrition:
**NUTRIENT FILLED
MEALS IN 20
MINUTES OR LESS**



CHICKEN & RICE STIR FRY

SERVES 4

1. Saute 1 lb. boneless, skinless chicken breast chunks in 1 Tbsp. olive oil for 5-8 min. or until cooked through.
2. Cook enough brown rice to give you 4 cups cooked.
3. Steam 4 cups frozen vegetables in microwave.
4. Combine cooked ingredients with $\frac{1}{4}$ cup stir fry sauce and $\frac{1}{4}$ cup water.

FISH & POTATOES

SERVES 4

1. Brush 1lb. salmon with olive oil and sprinkle with paprika. Season as desired. Broil 4 inches from the broiler for 10 minutes per inch of thickness.
2. Microwave 4 sweet potatoes and top with 1 tsp. brown sugar (microwave 4-5 minutes for 1 and 2-3 more minutes for each additional potato; turn over halfway through; let stand 5 minutes to complete cooking).
3. Steam 4 cups chopped broccoli. Season with non-salt spices.

HOMEMADE PIZZA

SERVES 4

1. Pour 4 oz. pizza sauce on whole wheat ready-made thin pizza crust.
2. Spread 1 cup cooked chicken breast, 4 oz. rinsed/canned mushrooms and $\frac{1}{2}$ cup chopped red pepper on pizza. Sprinkle with 1 cup mozzarella cheese.
3. Bake at 450 degrees, 8-10 minutes or until crust is brown and cheese is melted.

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BURRITOS

SERVES 4 (2 burritos each)

1. Steam (on stove or in microwave) 4 cups fresh or frozen peppers and onions or use raw vegetables.
2. Warm protein source: 1 pound pre-cooked chicken, 12 oz. veggie crumbles or 2 cups lower sodium black beans, rinsed.
3. Fill 6-inch whole wheat tortilla with $\frac{1}{2}$ cup vegetables, $\frac{1}{8}$ of protein source, 1 Tbsp. salsa and 2 Tbsp. shredded cheese.

EASY EGGS

SERVES 4

1. Chop 4 cups vegetables (such as onions, peppers, zucchini or spinach) in small pieces and sauté or steam (on stove or in microwave) until tender.
2. Beat 8 whole eggs in a bowl. Mix eggs with vegetables in non-stick frying pan and cook until eggs are not runny.
3. Toast 4 -100% whole grain English muffins, bagels or slices of bread for toast and put desired spread on top.

CHILI IN CROCKPOT OR NOT

SERVES 4

1. Brown 1 pound lean ground beef or lean ground turkey breast until cooked.
2. Chop 3 cups total onion, carrots and colored bell peppers (or use frozen).
3. If cooking in crockpot, mix cooked ground beef, chopped onion, carrots and peppers, 14 oz. chili beans, 14 oz. white beans (rinsed), 28 oz. chopped tomatoes, 16 oz. tomato sauce, and 2-3 Tbsp. chili powder. Cook on low 6-8 hours or on high for 3-4 hours.
4. If cooking to eat immediately, sauté onion and peppers in non-stick stock pot and add all ingredients as listed above. Cook on medium heat until warm.

PASTA MARINARA WITH VEGGIES

SERVES 4

1. Cook 12 oz. whole grain pasta as directed on box.
2. While pasta is cooking, steam (in stove or microwave) 6 cups of your favorite fresh or frozen vegetables such as broccoli, carrots, mushrooms, spinach, peppers, onions, or cauliflower.
3. Thaw 12 oz. veggie crumbles in microwave.
4. Once cooked, drain pasta and put back into the pot with cooked vegetables, thawed veggie crumbles and 26 oz. pasta sauce.