

# Quick-and Healthy-Recipes



Good, nutritious meals don't have to take a lot of time. And you don't need a whole grocery list of ingredients to make something your kids (and you!) will enjoy eating.

Here are easy recipes you can use to get dinner on the table in a hurry. Pick your speed—fast for lunches or dinners that come together in 30 minutes and even faster for meals that take about 15 minutes.

Each recipe makes 4 servings.

## Fast: Chicken stir-fry

Mix, cut, heat, and stir—and dinner is on the table!

### Ingredients

- 1 lb. boneless, skinless chicken breasts
- 1 package Asian frozen vegetable mix
- 1 tbsp. olive oil
- 2 cups brown rice, cooked

### Sauce

- ½ tsp. cornstarch
- ¼ cup low-sodium chicken broth (or water)
- 3 tbsp. low-sodium soy sauce
- 1 tsp. sugar

Mix the sauce ingredients, and set aside. Cut the chicken into bite-sized pieces. Microwave



the vegetables until heated through. Heat the oil to medium high in a wok or large nonstick skillet. Add the chicken; stir until it's no longer pink. Then, toss in the veggies, and continue stirring. Gently pour in the sauce, and bring to a boil. Turn off the heat, and let sit 1–2 minutes. Serve over rice.

## Faster: "Fried" rice

Eggs replace the chicken in this tasty Asian-inspired dish.

### Ingredients

- 1 package frozen peas and carrots
- 1 tbsp. olive oil
- 3 eggs
- 2 cups brown rice, cooked

### Sauce

- 2 tbsp. low-sodium soy sauce
- 1 tsp. sesame oil

Microwave the vegetables until heated through. Bring the olive



oil to medium-high heat in a wok or large skillet. Whisk the eggs and cook them in the skillet, breaking them apart as you would scrambled eggs. When the eggs are nearly set, add the cooked rice, vegetables, and sauce. Heat for another minute, and serve.

## Fast: Cheesy calzones

Fill and fold for a yummy pizza-type dinner.

### Ingredients

- 1 lb. pizza dough
- 1½ cups low-fat ricotta cheese
- ½ cup low-fat mozzarella cheese, shredded
- ½ cup fresh spinach, torn into small pieces
- 1 egg, lightly beaten
- ½ tsp. dried oregano
- salt and pepper to taste
- 1 jar spaghetti sauce

Preheat the oven to 425°. Mix the cheeses, spinach, egg, and seasonings. Then, divide the dough into fourths. Form each section into a ball, and roll into a circle on a floured



surface. Top each circle with ¼ of the cheese filling. Fold the dough over, and squeeze the ends together. Prick the top of each calzone with a fork three times, and place on a cookie sheet sprayed with nonstick spray. Bake 15 minutes or until golden. Heat the sauce for dipping.

## Faster: Pita pizzas

The pita bread replaces the dough in this recipe—providing a ready-made crust.

### Ingredients

- whole-wheat pitas
- 1 jar spaghetti sauce
- cut-up vegetables
- such as green peppers, broccoli, zucchini
- low-fat mozzarella cheese, shredded

Preheat the oven to 375°. Split the pitas in half. Spread about ¼ cup sauce on each pita half, and place on a lightly greased cookie sheet. Top with vegetables and cheese. Bake 10 minutes until the cheese melts and the pita is crisp. Serve with the extra sauce.



## Fast: Turkey tacos

Who doesn't like tacos? Here's a quick turkey version.

### Ingredients

- 1 tbsp. olive oil
- 1 lb. ground turkey
- 1 packet low-sodium taco seasoning mix
- 1 package corn tortillas
- 1 cup shredded lettuce
- 1 cup salsa

Heat the oil in a large skillet, and add the ground turkey. Cook until the meat is no longer pink, and drain. Stir in the taco seasoning mix and  $\frac{3}{4}$  cup water. Remove from the stove, and cover to keep warm.

Then, heat the corn tortillas on a hot griddle or in the oven until they are crisp. For each tortilla, top with about 3 tbsp. ground turkey mix, a little lettuce, and a dollop of salsa.

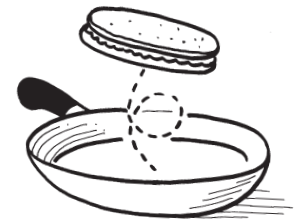


## Faster: Quesadillas

Swap turkey for black beans in this cheesy Mexican-style dish.

### Ingredients

- 4 large whole-wheat tortillas
  - 2 cups low-fat cheddar cheese, shredded
  - 1 can black beans, rinsed and drained
  - garlic powder
  - chili powder
  - salsa
- Top each tortilla with  $\frac{1}{2}$  cup cheese and 2 tbsp. black beans. Sprinkle on garlic



and chili powders (use more or less chili powder to control the spiciness). Fold each tortilla in half. Then, heat two skillets to medium high, and add the tortillas. Flip when the bottoms become crisp. Serve with salsa.

## Fast: Savory salmon

Put healthy fish on the table with this yummy recipe.

### Ingredients

- $\frac{1}{8}$  cup yellow mustard
- $\frac{1}{8}$  cup honey
- $\frac{1}{2}$  tsp. vinegar
- 1 lb. salmon fillets (or other firm fish)
- salt and pepper



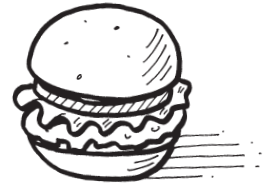
Preheat a grill or broiler. Mix the mustard, honey, and vinegar together, and brush onto the fish fillets. Add salt and pepper to taste. Grill (or place onto a foil-lined cookie sheet and broil 6 inches from the heat) for 8 minutes or until the fish is opaque. Serve with salad.

## Faster: Shrimp sandwiches

Use cooked shrimp to make a meal in a snap.

### Ingredients

- 1 lb. cooked shrimp
  - $\frac{1}{3}$  cup reduced-fat mayonnaise
  - $\frac{1}{4}$  tsp. hot sauce
  - 4 whole-wheat sandwich rolls
  - 1 cup shredded lettuce
  - 1 tomato, sliced
- Chop shrimp into pieces, and mix with mayonnaise and hot sauce.



Fill each roll with the shrimp mixture, and add lettuce and a tomato slice.

## Fun snacks

### Cinnamon Apple Pops

Here's a clever treat to take to the park.

#### Ingredients

- 1 tsp. cinnamon
- 1 tbsp. sugar
- 2 apples
- juice from  $\frac{1}{4}$  lemon
- 12 lollipop sticks (available at craft stores)



Mix the cinnamon and sugar together. Core the apples, and cut each one into 6 wedges. Place the pieces into a large zipper bag along with the lemon juice and the cinnamon and sugar. Seal tightly, and shake. Remove from the bag, and insert a lollipop stick in each apple piece. *Do-ahead note:* You can cover the apple pops in plastic wrap and refrigerate for up to one day.

### Cucumber Cups

Scoop and fill cucumber pieces for this tasty nibble.

#### Ingredients

- 2 large cucumbers
- 1 cup cooked corn kernels, cooled
- 4 oz. whipped cream cheese
- salt and pepper to taste



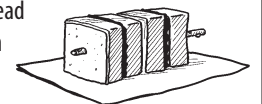
Cut each cucumber into 1-inch slices (if desired, remove the skins with a vegetable peeler). Use a melon baller or small spoon to scoop out the soft center of each slice, making sure not to go all the way through. Mix the corn and cream cheese, add salt and pepper, and fill each "cup" with the mixture. Chill for 15 minutes, and eat immediately.

### Pretzel Sandwich Skewers

Combine a ham sandwich with a pretzel for a bite to remember!

#### Ingredients

- 4 slices whole-wheat bread
- 4 slices low-sodium ham
- mustard
- 9 thin pretzel sticks



Make 2 ham sandwiches, using 2 slices of bread, 2 slices of ham, and a little mustard for each one. Cut the sandwiches into 1-inch squares (about 18 pieces total). Using a chopstick, gently push a hole in the center of each square. Then, thread two sandwich bites onto each pretzel.

*Editor's Note:* Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

# Nutrition Nuggets™

Resources for Educators, a division of CCH Incorporated ■ 128 N. Royal Avenue, Front Royal, VA 22630 ■ 800-394-5052

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