



Nutrition *fact sheet*

HEALTHY 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 non-starchy vegetables in microwave.
4. Combine cooked ingredients with ¼ cup stir fry sauce and ¼ cup water.

Per serving: 460 calories, 8.5 grams total fat, 1 gram saturated fat, 4 grams dietary fiber, 615 mg sodium
2 oz. grain/starchy vegetables; 1 cup vegetables; 2.5 oz. protein

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.

Per serving: 400 calories, 17 grams total fat, 3.5 grams saturated fat, 6 grams dietary fiber, 130 mg sodium
2 oz. grain/starchy vegetables; 1 cup vegetables; 3.5 oz. protein

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 ½ cup chopped red pepper on pizza. Sprinkle with 1 cup part-skim mozzarella cheese.
3. Bake at 450 degrees, ~8-10 minutes or until crust is brown and cheese is melted.

Per serving: 350 calories, 10 grams total fat, 5 grams saturated fat, 8 grams dietary fiber, 730 mg sodium
2 oz. grain/starchy vegetables; 1/2 cup vegetables; 1 oz. protein; 1 cup dairy

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 each 6-inch whole wheat tortilla with ½ cup vegetables, 1/8 of protein source, 1 Tbsp. salsa and 2 Tbsp. reduced fat shredded cheese.

Per serving (with black beans): 390 calories, 7 grams total fat, 3.5 grams saturated fat, 14 grams dietary fiber, 1000 mg sodium. 3 oz. grain/starchy vegetables; 1 cup vegetables; 1 oz. protein; 1/2 cup dairy



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EASY EGGS

SERVES 4

1. Chop 4 cups non-starchy vegetables (such as onions, peppers, zucchini or spinach) in small pieces and sauté or steam (on stove or in microwave) until tender.
2. Beat 6 whole eggs and 4 egg whites 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 or mini-bagels. Top each side with 1 tsp light spread/margarine.

Per serving: 330 calories, 12 grams total fat, 3 grams saturated fat, 6 grams dietary fiber, 460 mg sodium
2 oz. grain/starchy vegetables; 1 cup vegetables; 2 oz. protein

CHILI IN CROCKPOT OR NOT

SERVES 6

1. Brown 1 pound lean ground beef or lean ground turkey breast (10% fat or less) 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. no salt added white beans (rinsed), 28 oz. no salt added chopped tomatoes, 16 oz. no salt added 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.

Per serving (with ground beef): 320 calories, 8 grams total fat, 3 grams saturated fat, 10 grams dietary fiber, 360 mg sodium. 1 oz. grain/starchy vegetables; 1 cup vegetables; 4 oz. protein

PASTA MARINARA WITH VEGGIES

SERVES 6

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 pot with cooked vegetables, thawed veggie crumbles and 26 oz. lower sodium pasta sauce.

Per serving: 390 calories, 5.5 grams total fat, 0.5 grams saturated fat, 15 grams dietary fiber, 747 mg sodium
2 oz. grain/starchy vegetables; 1 cup vegetables; 1.5 oz. protein