

EASY MEAL IDEAS



Do you want home-cooked meals without spending all day in the kitchen? Here are some simple recipes that use garden fresh vegetables to make fast, delicious meals.

Tortilla Wrap-Up

- Spread 1-2 Tbsp light cream cheese or light salad dressing on a tortilla. Roll up with fresh veggies (like shredded carrots, lettuce and chopped tomatoes), 2 slices of deli turkey and/or 2 Tbsp shredded low-fat cheese.

Easy Stir Fry

- Sauté 2 cups bite-size vegetables a small amount of oil or non-stick pan until tender. Add 1 cup cooked lean beef or chicken. Serve over cooked rice. Flavor with soy sauce or your favorite seasonings.

Quick Bean Fajitas

- Spread $\frac{1}{4}$ cup refried beans and 2 Tbsp low-fat cheese on a tortilla. Heat in the microwave until cheese melts. Top with chopped lettuce, tomatoes and/or onions. Roll up tortilla and serve with salsa or low-fat sour cream.

Garden Fresh Pasta

- Add 1 cup of vegetables, such as diced tomatoes, mushrooms, steamed broccoli and/or spinach to 3 cups cooked pasta (spaghetti, macaroni, etc.) Top with 1 cup tomato sauce.

Over →

Hearty Chicken Noodle Soup

• Combine 1 large can of low-salt chicken broth with 1 cup water. Bring to a boil. Add ½ cup of dry pasta, 1 cup mixed chopped vegetables (carrots, onions, potatoes, celery), and ½ cup diced, cooked chicken. Simmer for 20 minutes or until pasta and vegetables are tender. Season to taste with salt and pepper.

Pizza Pockets

• Roll out 1 tube refrigerated pizza dough into a 12" x 8" rectangle and cut into 6 (4" x 4") squares. Top each square with 2 Tbsp pizza sauce, veggies (tomatoes, onions, mushrooms, peppers) and/or cooked lean meat, and 2 Tbsp mozzarella cheese. Fold dough over to form a triangle and seal edges with a fork. Bake at 425° F for 12 minutes.

Taco Salad

• Top 1 ½ cups chopped lettuce with ½ cup cooked, lean ground beef (seasoned with cumin or chili powder, salt, pepper) and ½ cup kidney beans. Add your favorite toppings such as chopped tomatoes, onions, low-fat cheese and low-fat sour cream.

Zesty Beans and Rice

• Cook 2 cups of rice until tender. Add 1 can of drained, rinsed black beans or black-eyed peas. Stir-in 1 cup of salsa and heat through. Serve with sautéed green or yellow squash.

Supreme Baked Potatoes

• Microwave 4 large potatoes 8-12 minutes or until tender. Cut potatoes in half lengthwise and fluff insides with a fork. Top each half with 1-2 Tbsp light ranch dressing, steamed broccoli, and 1-2 Tbsp shredded low-fat cheese. Bake at 400° F for 10 min.



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