

Quick and Easy Meals

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HEALTH



Inspired by you

Barriers to healthy cooking and eating

What are barriers you face to cooking healthy meals?

Write down examples:

Quick doesn't have to mean unhealthy

What are foods you can think of that require little preparation and are good for you?

Write down examples:

Saving Steps

- Prep ahead
 - Wash, trim and chop produce
 - Roast a week's worth of vegetables at the same time
- Simplify
 - Use frozen vegetables
 - Buy ready to use produce (ex: baby carrots, pre-washed spinach, sliced mushrooms, chopped garlic, diced onions)
- What do you do to save time and simplify?
 - _____
 - _____
 - _____

Meal Ideas



☐ “Stuffed” Sweet Potatoes!

1. Roast Sweet Potatoes at 375 until tender (~45 min)
2. Slice squash, onions and add to foil-lined sheet pan along with whole grape tomatoes and frozen broccoli, toss with olive oil. Season to taste. Roast at 375 until brown (~30 min).
3. Drain and rinse can of chickpeas or black beans.
4. Assembly: Slice sweet potato in half, top with roasted veggies, chickpeas and salsa.
5. Optional toppings: shredded cheese, plain greek yogurt
6. Substitutions: May roast any veggies you prefer, would also be great with chicken

Meal Ideas

- ❑ Salad with tuna, black pepper, lemon and olive oil
 1. Lettuce base – spring mix or spinach
 2. Top with tomatoes, carrots, radish and cucumber
 3. Open pouch of tuna and flake over veggies
 4. Crack black pepper over salad, squeeze fresh lemon juice over salad and drizzle with olive oil
 5. Also great with chicken and salmon!

Meal Ideas



- Nibbly plate
 - Raw veggies
 - Carrots, cucumber, broccoli, cauliflower, radish, tomatoes, etc.
 - “Ranch” yogurt dip (plain greek yogurt with Sunny Paris seasoning)
 - Sunny Paris is a salt-free herb blend of shallots, chives, peppercorn, dill, basil, tarragon, chervil and bay leaf
- Fresh fruit
 - Strawberries, blueberries, blackberries, oranges, grapes, etc.
- Protein
 - chickpeas, hummus, peanut butter, cottage cheese, hard boiled egg, sliced turkey, etc.

Other Meal Ideas

- ❑ Stir Fry
- ❑ Egg Scrambles (can be easier than omelets)
- ❑ Black bean tacos
- ❑ Chicken Salad made with plain yogurt or avocado
- ❑ Spinach salad topped with chicken, strawberries, blueberries and feta cheese

Share your go-to quick meals!

What meals do you make when you don't have much time to cook or clean up?

Write down examples:

Thank you!

Prairie Ridge

HEALTH



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By building caring relationships with those we serve,
we guide the journey to health and wellness.