Healthy Meals in a Hurry: Recipes for Quick and Healthy Meals

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Recommended Citation
Wyland, Denise; Sweers, Renee J.; and Litchfield, Ruth E., "Healthy Meals in a Hurry: Recipes for Quick and Healthy Meals" (2013). Human Sciences Extension and Outreach Publications. 9.
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Healthy Meals in a Hurry

SOUP RECIPES

EASY TORTILLA SOUP  Makes 4 1-cup servings
2 cups water
2 chicken bouillon cubes
1 14.5-ounce can diced tomatoes
1 cup frozen or canned corn
1 tablespoon minced dried onion (or 2 tablespoons raw diced onion)
½ teaspoon garlic powder
½ cup shredded cheese
4 flour tortillas, cut in 1-inch strips

Put all* ingredients EXCEPT cheese and tortilla strips in saucepan. Heat until mixture comes to a boil, and then reduce heat. Add tortilla strips and simmer about 15 to 20 minutes. Top each serving with 2 tablespoons cheese.

Serve with low fat or nonfat milk and fresh or canned fruit (packed in light syrup or its own juices).
*Optional additions: 1 15-ounce can black or red beans, drained; 1 to 2 cups chopped or frozen vegetables (carrots, celery, green pepper, or zucchini); 1 cup chopped cooked chicken or turkey.

BEAN AND HAM SOUP  Makes 8 1-cup servings
1 48-ounce jar mixed beans
1 chopped onion (or ¼ cup dried minced onion)
2 stalks celery chopped (or 2 tablespoons dried celery flakes)
1 carrot, peeled and sliced (or 6 to 8 baby carrots, sliced)
1 cup cubed cooked ham
(use leftover cooked ham, purchased cooked, cubed ham, or turkey ham)

Put all ingredients in the slow cooker. Cook on high for 4 hours or on low for 8 to 10 hours.

Serve with low fat or nonfat milk, canned fruit (packed in light syrup or its own juices), and corn meal muffin or whole wheat bread.
Refrigerate leftovers for up to four days in covered container for a later meal.

SLOW COOKER CHILI  Makes 10 1-cup servings
1 pound lean ground beef
2 15-ounce cans stewed tomatoes
1 15-ounce can chili beans
1 15-ounce light red kidney beans
1 chopped onion (or ¼ cup dried minced onion)
2 teaspoons chili powder
1 tablespoon sugar

Brown, drain, and rinse ground beef. Put all ingredients in the slow cooker. Cook on high for 4 hours or on low for 8 to 10 hours.

Serve with low fat or nonfat milk, carrot/celery sticks, crackers, and cheese.
Refrigerate leftovers in covered container.

IOWA STATE UNIVERSITY
Extension and Outreach
TORTILLADISHES

"ANYTIME" TORTILLAS Makes 4 servings
4 eggs
¼ cup nonfat dry milk powder
4 whole wheat tortillas, warmed
2 ounces reduced fat cheese, shredded (about ½ cup)
Salsa

Lightly coat skillet with nonstick spray; pre-heat over medium heat. In mixing bowl beat together the eggs and dry milk; pour into skillet. Cook and stir until eggs become firm. Spread one-fourth of egg mixture in the center of each tortilla. Top with cheese and salsa. *
Fold or roll tortilla and serve with peaches and milk for breakfast, or with cooked broccoli, carrot sticks, and milk for lunch or dinner. *Optional additions: Finely chopped red onion, green pepper, and/or tomato.

VEGGIE TORTILLA Makes 1 serving
2 6- to 8-inch tortillas
2 to 3 tablespoons shredded cheese
½ cup chopped or shredded vegetables (such as carrots, onion, celery, spinach, lettuce, cabbage, broccoli, tomatoes)
Salsa

Sprinkle cheese over one tortilla. Add vegetables. Cover with second tortilla and place in a skillet. Heat 1 to 2 minutes over medium high heat; flip and heat 1 to 2 minutes more until heated through. Cut into wedges and serve with salsa.

APPLE CHEESE TORTILLA Makes 1 serving
2 6- to 8-inch tortillas
Thinly sliced apples or 3 to 4 tablespoons applesauce
¼ cup Monterey Jack cheese
2 tablespoons raisins (optional)
Ground cinnamon (optional)

Arrange apple slices on one tortilla (or spread applesauce to cover). Sprinkle with cheese. Add raisins and/or cinnamon, if desired. Cover with second tortilla and place in a skillet. Heat 1 to 2 minutes over medium high heat; flip and heat 1 to 2 minutes more. Cut into wedges and serve.

GARDEN TORTILLA Makes 1 serving
Cover a 10-inch flour tortilla with rinsed, raw spinach (shredded, torn, or whole leaves). Add shredded carrot, sliced or chopped tomato, pepper strips, and any other raw chopped vegetables. If desired, add 2 tablespoons shredded cheese and 1 thin slice deli turkey. Roll up and eat with ranch dressing and/or salsa. Variation: Spread refried beans over tortilla before adding vegetables.

QUICK TORTILLA PIZZA Makes 1 serving
Spread a thin layer of pizza sauce over a 6-inch tortilla. Add a variety of raw vegetables (sliced mushrooms, pepper strips, chopped onion, chopped tomato, shredded carrot, etc.). Add 3 tablespoons shredded mozzarella or other cheese. Heat in a skillet over medium heat or bake at 375°F until cheese is melted. Variation: Add cooked meat, such as chopped ham or pepperoni.

NUTRITION FACTS ANYTIME TORTILLAS
Serving Size 1 filled tortilla
Serving Per Container 4
Amount Per Serving
Calories 270 Calories from Fat 80
% Daily Value
Total Fat 9g 14%
Saturated Fat 2.5g 13%
Trans Fat 0g
Total Carbohydrate 27g 9%
Dietary Fiber 2g 8%
Protein 16g

NUTRITION FACTS VEGGIE TORTILLA
Serving Size 1 tortilla sandwich
Serving Per Container 1
Amount Per Serving
Calories 280 Calories from Fat 100
% Daily Value
Total Fat 11g 17%
Saturated Fat 5g 25%
Trans Fat 0g
Total Carbohydrate 35g 12%
Dietary Fiber 3g 12%
Protein 10g

NUTRITION FACTS APPLE CHEESE TORTILLA
Serving Size 1 tortilla sandwich
Serving Per Container 1
Amount Per Serving
Calories 390 Calories from Fat 120
% Daily Value
Total Fat 13g 20%
Saturated Fat 7g 35%
Trans Fat 0g
Total Carbohydrate 56g 19%
Dietary Fiber 4g 16%
Protein 13g

NUTRITION FACTS GARDEN TORTILLA
Serving Size 153g
Amount Per Serving
Calories 310 Calories from Fat 90
% Daily Value
Total Fat 10g 15%
Saturated Fat 4.5g 23%
Trans Fat 0g
Total Carbohydrate 40g 13%
Dietary Fiber 3g 12%
Protein 13g

NUTRITION FACTS QUICK TORTILLA PIZZA
Serving Size 1 pizza
Serving Per Container 1
Amount Per Serving
Calories 170 Calories from Fat 50
% Daily Value
Total Fat 6g 9%
Saturated Fat 2.5g 13%
Trans Fat 0g
Total Carbohydrate 22g 7%
Dietary Fiber 3g 12%
Protein 10g
CHICKEN & TURKEY DISHES

TURKEY POT PIE  Makes 6 to 8 servings
2 packages frozen pie crust
2 cups cooked and cubed turkey (or cooked chicken or canned chicken)
1 cup cooked mixed vegetables (leftover, frozen, or canned)
1 cup leftover gravy, heated (or make from packet mix)

Thaw pie crusts according to package directions. Preheat oven to 375°F.
Place one pie crust into an 8- or 9-inch pie pan. Place cubed turkey into pie crust. Drain vegetables and mix with gravy. Pour over turkey. Cover with second pie crust. Pinch the edges of the pie crusts together. Cut 2 or 3 air vents in top crust. Bake for 20 minutes. Serve with low fat or fat-free milk, raw vegetables or lettuce salad, bread stick or roll, and instant vanilla pudding with sliced bananas.

CHICKEN AND RICE DINNER  Makes 4 servings
4 boneless, skinless chicken breast halves
1 teaspoon cooking oil
1 can (10.75-ounce) condensed cream of chicken soup
¼ teaspoon pepper
¼ teaspoon paprika
1½ cups water
2 cups instant brown rice
2 cups fresh or frozen broccoli flowerets or vegetable mix

Rinse chicken pieces and pat dry. Heat oil in nonstick skillet on medium high heat. Add chicken; brown lightly on each side. Cover and cook 4 minutes on each side or until cooked through. Remove chicken. In skillet combine soup, water, pepper, and paprika. Stir in rice and broccoli or vegetables. Place chicken on top. Cover and cook on low heat for 5 minutes. Serve with low fat or fat-free milk, bread sticks, and grapes.

SPICY CHICKEN  Makes 4 servings*
4 skinless chicken breast halves (about 1 pound)
½ cup bottled salsa

Rinse chicken pieces and pat dry. Remove any remaining skin and fat. Coat baking dish lightly with nonstick spray. Place chicken in baking dish; pour salsa over chicken. Cover tightly with aluminum foil and bake at 400°F for 20 minutes. Chicken is done when a meat thermometer in the chicken reaches 165°F. Serve with a tossed salad or vegetables, rice, fruit, and low fat or fat-free milk.* Double or triple the recipe, then refrigerate or freeze the extra for later meals.

SAFE FOOD HANDLING REMINDERS

• Keep counters, dishes, and hands clean.
• Use paper towels or replace handtowels frequently.
• After handling raw meat or poultry, wash hands and all utensils in hot soapy water.
• Thaw foods in the refrigerator—not at room temperature.
• Cook meats and poultry to the proper internal temperatures.
• Cool foods quickly.
• Do not hold foods at room temperature longer than 2 hours.

MEAL SHORTCUTS

SLOW-COOKER OATMEAL
Place 4 cups water and 2 cups rolled oats in slow cooker before going to bed. Stir gently; set slow cooker on low. Next morning, just stir and serve. Serve with low fat or fat-free milk, toast, and fresh fruit.

READY-TO-USE GROUND BEEF
1. In a large saucepan, cook and stir 2 or more pounds lean (90/10 or 85/15) ground beef over medium heat until crumbly and no longer pink, about 6 to 8 minutes.
2. Pour off the drippings.
3. Place crumbled beef in a strainer or colander over a bowl.
4. Pour 1 quart hot tap water over the beef and let drain several minutes.
5. Divide into 2-cup (1-pound) quantities and package in heavy freezer bags for later use.
FRUIT & VEGGIE DISHES

FRUIT PARFAIT  Makes 4 servings, 1 cup each
2 cups low-fat vanilla yogurt
2 cups cut-up fresh fruit (such as banana, grapes, blueberries), or unsweetened canned fruit, drained (such as peaches)

1. Wash fresh fruit and cut up or drain canned fruit.
2. Put ¼ cup of the fruit into the bottom of 4 glasses. Top each with ¼ cup of the vanilla yogurt. To each cup add another ¼ cup of the fruit and top with ¼ cup of yogurt.
3. Serve. (Or cover and chill in the refrigerator until ready to serve.)

IDEA: Prepare the night before for a quick breakfast. Good source of calcium.

PIZZA ON A POTATO  Makes 1 serving
1 potato, scrubbed clean
2 tablespoons pizza or tomato sauce
¼ to ½ cup frozen vegetable mix
¼ cup shredded cheese (mozzarella or Monterey Jack)

1. Puncture potato with fork several times. Bake or microwave potato until it is soft and cooked through.
2. While potato is baking, place frozen vegetables in a colander; run warm water over them until thawed; drain well.
3. Split baked potato in half lengthwise and place in a small baking dish.
4. Spread pizza or tomato sauce on each half of the cooked potato. Top with drained vegetables.
5. Sprinkle shredded cheese over vegetables.
6. Microwave until cheese is bubbly.
(Or bake at 375°F for 5 to 10 minutes until cheese is melted.)

*NUTRITION FACTS  FRUIT PARFAIT
Serving Size 183g
AMOUNT PER SERVING
Calories 110  Calories from Fat 15
% Daily Value*
Total Fat 1.5g  2%
Saturated Fat 1g  5%
Trans Fat 0g
Total Carbohydrate 18g  6%
Dietary Fiber 1g  4%
Protein 6g

*NUTRITION FACTS  PIZZA ON A POTATO
Serving Size 421g
AMOUNT PER SERVING
Calories 420  Calories from Fat 70
% Daily Value*
Total Fat 7g  11%
Saturated Fat 3.5g  18%
Trans Fat 0g
Total Carbohydrate 76g  25%
Dietary Fiber 0g  36%
Protein 16g

SAMPLE MENUS

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N3457 Revised January 2013