



Photos by Lindsay and Pam VanKampen

EAT WELL, CARE WELL. QUICK AND EASY MEALS

QUICK AND EASY CAN BE DELICIOUS AND NUTRITIOUS

In our fast-paced world filled with obligations and opportunities, it can be easy to opt for dining out rather than fixing our own food. But, eating homemade meals can be beneficial and much simpler than you think! While it is equally possible to choose healthy meals at restaurants, and add harmful ingredients to meals at home, most professionals agree that eating at home gives the consumer the power to choose better ingredients. According to food and nutrition consultant Judy Barbe, MS, RDN, "Because you have more control over what you're eating when you choose to prepare it yourself, it's more likely that it will contain fewer calories than restaurant meals". Eating at home doesn't have to be a huge ordeal either! There are thousands of recipes that are quick, easy, and most importantly; healthy. They are waiting for you to discover and try them! Below are two recipes that are perfect for someone looking for a quick and easy meal. Be sure to try them and experiment with the spices for new and interesting flavors!

WEEKLY CHALLENGES

TRY ONE OF THE RECIPES PROVIDED

EAT HOMECOOKED MEALS FOR AT LEAST 6 DAYS

KEEP YOUR GROCERY LIST SIMPLE

TRY YOGA OR BREATHING EXERCISES FOR RELAXATION

DID YOU KNOW?

EACH ADDITIONAL MEAL OR SNACK EATEN AWAY FROM HOME ADDS AN AVERAGE OF 134 CALORIES THAT DAY, COMPARED WITH THE SAME MEALS OR SNACKS PREPARED AT HOME

-USDA Economic Research Service-

Baked Herbed Salmon

Makes 4 servings in only 25 minutes! 6 steps and 45% of your daily protein needs.

This recipe is brought to you from: <http://www.yummly.co/#recipe/Baked-Herbed-Salmon-1064708>

INGREDIENTS:

- 4 salmon fillets, thawed per packaging
- 1 teaspoon dried dill weed
- 1 teaspoon dried rosemary
- ½ teaspoon dried parsley
- ½ teaspoon salt (optional)
- ¼ teaspoon pepper
- lemon

DIRECTIONS:

1. Preheat oven to 400 degrees. Prepare cookie sheet by lining with parchment paper or aluminum foil.
2. Mix dill weed, rosemary, parsley, salt and pepper together in a little bowl.
3. Place salmon on cookie sheet.
4. Sprinkle each salmon with herbs.
5. Bake for 20 minutes or until internal temperature of the salmon reaches 145 degrees.
6. Top with lemon juice and serve with favorite sides!
ENJOY!



Photo courtesy of Pixabay

Salmon is not only a wonderful source of protein, but also contains Omega-3's, Vitamin D, Vitamin A, Vitamin B-12, Selenium, Zinc, Phosphorus, Calcium, and Iron! (Organicfacts.net). That's a lot of punch for one tasty serving of salmon! All of the above nutrients contribute to brain, heart, eye, and tissue health and repair. Not only that, but it tastes great in a variety of easy dishes! If you have leftover, add it to a veggie filled lettuce salad with some dried, fresh or frozen fruit, a little cheese, some nuts or seeds and you have another quick, healthy meal.

Quick & Easy Bean Burger

Makes 3 servings in only 20 minutes! Provides 40% of your daily fiber needs!

This recipe adapted from <http://www.yummly.co/#recipe/Quick-Easy-Bean-Burger-1557457>

INGREDIENTS:

- 15 oz can of black beans (or bean of choice, rinsed and drained)
- 2 tablespoons flour (if needed)
- 2 TBSP Salsa
- 1 tsp. lime juice (optional)
- Your choice of: 1/4 cups frozen corn, minced onion, shredded carrot, diced green pepper, shredded cheese, or cooked quinoa (optional)
- seasoning (your choice: garlic, chili powder, cumin, taco seasoning, etc. to your taste)

DIRECTIONS:

1. Heat a large skillet over medium-high heat.
2. Coat skillet with non-stick spray.
3. In a large bowl, mash beans with fork.
4. Add in flour, and seasonings. Mix well.
5. Stir in corn and other veggies/cheese, if using.
6. Form into three patties, and add to skillet.
7. Cook for 2-3 minutes, or until browned.
8. Flip and cook an additional 1-2 minutes.
9. You can also broil for 3-5 minutes instead of pan frying.
10. Serve on a bun or lettuce leaf.



Photo courtesy of Pixabay



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Beans! Beans! The magical fruit! While not actually a fruit, these legumes sure are magical. The American Heart Association says, "Beans are high in minerals and fiber without the saturated fat found in some animal proteins. Eating beans as part of a heart healthy diet and lifestyle may help improve your blood cholesterol, a leading cause of heart disease". Beans are great animal protein substitutes, and can be integrated into your diet in a variety of ways!