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EAT WELL, CARE WELL.

FAST HEALTHY MEAL IDEAS

It's been one of *those* days...you realize that dinner-time is just 30 minutes away and you have nothing planned. Can you relate? I have been there and want to offer some suggestions.

- **Parfait Lunch:** 6 -8 oz. Greek yogurt cup, ¼ cup granola or trail mix, ¼ cup raisins/dried fruit, piece of fresh fruit.
- **Everything on the Green:** Leftover salad, shredded cheese, leftover chicken, beef, pork, tuna or beans, fresh veggies that you have on hand, dried cranberries, lemon or lime juice, salsa or salad dressing. Add whole wheat bread or crackers and milk.
- **Egg Yum:** Bagel or wrap, fried egg, cheese, avocado or cream cheese if you wish, you can also add olives, fresh spinach, lettuce or tomato. Milk or juice of your choice.
- **Vegetarian Lunch:** Hummus, peanut or nut butter, 1 oz pretzels or tortilla chips, 2 stalks celery, high-fiber cereal bar or granola bar, piece of fruit.
- **Quick Egg Salad:** Eggs are a great quick meal. Make the egg salad as you like and eat with whole grain bread, crackers or on a bed of greens. Add milk and some fruit.

Here are a few websites that offer quick, healthy meal ideas:

- <https://www.yummly.com/> Search by 15 minutes or less
- <http://www.eatingwell.com/> Search by 15 minutes
- <https://www.choosemyplate.gov/myplatekitchen>

WEEKLY
CHALLENGES

CHECK OUT THE
WEBSITES LISTED

TRY 1-2 OF THESE
QUICK MEAL IDEAS

TAKE THE MOMENTS
YOU SAVED DOING
SOMETHING
RELAXING

TRY THE RECIPE ON
THE NEXT PAGE

Avocado & White Bean Sandwich

Serves: 1-2

Prep Time: 15 min

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January 2020

Nutrition Bite

Beans mash up into a smooth protein-packed spread. You can use beans of your choice.

Notes

This protein packed, simple recipe can be eaten with a fork or over salad greens or spinach or placed on toast.

Ingredients

2 Avocados

1 15 oz can white beans, rinsed & drained

2 TBSP Lemon Juice

1 TBSP Olive Oil

1 Clove Garlic or 1 tsp minced

Thyme, black pepper and salt-free garlic herb blend to taste

Instructions

Mash all ingredients together in a medium bowl to desired consistency.

You can add jarred roasted peppers, fresh veggies and greens and cheese if you like to make a yummy sandwich or eat with whole wheat crackers. Toasting the bread gives this sandwich a nice texture contrast.

Nutrient Information:

567 Calories

22 g Protein

15 g Fiber

941 mg Sodium

839 mg Potassium

30 g Fat (Sat. 9 grams)

28 mg Cholesterol

55 g Carbs

3 g added sugar



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Recipe adapted from Eatingwell