



ATTENTIVE
HEALTH

meals-in-minutes

how to use your “powerful pantry”

breakfast

Don't get stuck eating the same breakfast day after day! Try one of these easy suggestions:

- ◎ **spread a whole wheat English muffin** or whole grain waffle with peanut butter and top with fruit
- ◎ **spread cottage cheese** on a piece of raisin bread, top with a dollop of crushed pineapple and broil
- ◎ **use instant oatmeal or make cream of wheat** and then stir in reduced-calorie jam and slivered almonds
- ◎ **fruity oatmeal:** make old-fashioned oatmeal & halfway through cooking time add ¼ cup chunky applesauce, 2 tablespoons of raisins and chopped walnuts, a dash of cinnamon & stir in ¼ cup vanilla-flavored soy milk
- ◎ **breakfast tortilla:** cook a soy sausage patty according to directions and crumble; mix with egg beaters, diced red pepper, low-fat cheese and salsa & cook over low-medium heat in a skillet, then wrap into a tortilla
- ◎ **healthier pancakes:** make low-fat pancake mix but add a few handfuls of bran cereal and fruit before cooking
- ◎ **breakfast patty:** mix ground turkey, one or two slices of torn wheat bread, sage, a diced apple and a dash of black pepper together; form mixture into patties, broil until cooked through
- ◎ **baked french toast:** mix egg beaters and milk together; add some vanilla extract and cinnamon; dip thick slices of whole-grain bread into mixture, coating both sides. place into a baking dish and add peach slices to dish; bake for 15 minutes at 450°, flipping halfway through baking time
- ◎ **quick quiche:** mix 1 cup egg beaters and ½ cup evaporated skim milk together, add diced bell pepper, fresh broccoli, reduced-fat swiss cheese and/or low sodium ham. Pour into a 9" frozen pie shell which has been set out to soften, spread with 1 tablespoon yellow mustard. bake for 30 minutes at 350° or until egg is set

lunch

- ◎ **fruit and nut chicken salad:** mix a can of chicken with low-fat mayonnaise, a diced granny smith apple or a small handful of raisins, 2 tablespoons chopped walnuts and a dash of black pepper; serve on a ciabatta roll
- ◎ **veggie pita:** marinate sliced cucumber, broccoli pieces, sliced onion, diced tomato and sliced red or green peppers in honey mustard; serve vegetable/mustard mixture in a whole grain pita pocket
- ◎ **more pita possibilities:** mix your favorite variety of lettuce with chopped red onion, black or green olives and feta cheese; drizzle with olive oil and red wine vinegar, serve in a whole-wheat pita
- ◎ **beans & rice:** mix cooked long-grain brown rice, canned black beans (drained & rinsed) with salsa; serve chilled
- ◎ **pasta salad:** combine cooked rotini pasta with cooked chicken breast; an assortment of your favorite vegetables, reduced fat cheese cubes and Italian dressing; serve chilled
- ◎ **pasta & salmon salad:** mix cooked pasta with canned salmon and grape tomatoes; drizzle with basic vinaigrette or low-fat Italian dressing
- ◎ **bean dip:** mash a can of drained, rinsed chickpeas with a jar of sun-dried tomatoes (drained and chopped) and ½ cup low-fat mayonnaise; spread on a whole-wheat tortilla, lined with fresh lettuce leaves; sprinkle part-skim mozzarella cheese and roll
- ◎ **tortellini salad:** mix cooked cheese tortellini with peas; stir in a dressing made from fat-free mayonnaise, mustard and skim milk; chill well & serve cold
- ◎ **try taboule:** hydrate 1 cup bulgur wheat in 1 cup boiling water for 5-10 minutes – drain off excess water then mix in cherry tomatoes, diced cucumber, diced onion, a splash of lemon juice & olive oil and fresh mint, optional crumbled feta garnish

breakfast nights

- ⦿ cereals, eggs, pepper & egg sandwich, frittata, whole grain waffles or pancakes served with fresh fruit

leftover night

- ⦿ take all of the meat and vegetables that are left over from the night before
- ⦿ heat in a pan with little olive oil
- ⦿ crack 1 – 1 ½ eggs per person and scramble them up with some milk, sour cream or yogurt
- ⦿ dump the eggs over the leftovers
- ⦿ bake at 350° for 20-25 minutes
- ⦿ serve with toast and salad

raid the freezer: make your own combinations or try this suggestion:

- ⦿ prepare frozen tortellini or ravioli, add frozen peas during last two minutes of cooking
- ⦿ toss with olive oil and a little parmesan cheese

peanut butter and jelly fixings bar

- ⦿ put out all of the ingredients for the peanut butter and jelly and serve with steamed edamame, a salad or fresh fruit.

calzones and stromboli: stock pizza dough, cheese and tomato sauce for quick pizza, calzones or stromboli

- ⦿ spread out pizza dough
- ⦿ layer cold cuts, vegetables and cheese
- ⦿ roll it up into a calzone or stromboli
- ⦿ bake at 375° for 30 minutes
- ⦿ warm up some marinara or pizza sauce and serve with the calzone or stromboli for dipping

salad night: make a big salad with a bag of prewashed lettuce and any fresh vegetables you have in the house. Serve with whole grain bread, roll or crackers. Open the cupboard and refrigerator; add anything that may be salad worthy:

- ⦿ tuna fish
- ⦿ olives
- ⦿ canned beans
- ⦿ roasted peppers
- ⦿ artichokes
- ⦿ sliced or shredded cheese
- ⦿ sliced or chopped hard boiled eggs
- ⦿ sliced cold cuts

quesadillas: great way to use leftover meat

- ⦿ buy more chicken, meat, fish, tofu or shrimp than your family will eat in a given night, so that you have extra for another night
- ⦿ use the leftovers to make a quesadilla
- ⦿ spread leftovers, vegetables and low fat cheese on whole grain tortilla, top with another tortilla
- ⦿ toast it in the oven, toaster oven, or grill on sprayed skillet
- ⦿ cut into wedges
- ⦿ serve with sour cream and salsa

buy precooked meats: precooked chicken strips, rotisserie chicken or ham

- ⦿ add to salad, soups or make sandwiches on whole grain bread – add lettuce, onion, tomato, etc.
- ⦿ use the carcass of a rotisserie chicken to make soup for the next day by boiling the carcass with fresh vegetables. Add some pasta, barley or rice

broth and soup: keep boxes of soup on hand

- ⦿ add vegetables, leftover meats, cheese, noodles, salsa, etc.
- ⦿ serve with whole grain crackers or bread

grilled or toasted cheese sandwiches: takes just a few minutes to make a quick and satisfying meal; serve with some fruit, vegetables or a salad

portable snacks

- ⦿ fresh or dried fruit
- ⦿ fresh or dried vegetables
- ⦿ edamame
- ⦿ hummus / salsa / guacamole
- ⦿ tuna salad kits
- ⦿ trail mix
- ⦿ small cartons yogurt
- ⦿ string cheese
- ⦿ nuts / seeds
- ⦿ whole grain crackers
- ⦿ baked chips
- ⦿ thermos of soup or frozen soup
- ⦿ KIND or LARA bars

convenience items for easy meal preparation

for entrees

- ⦿ Chicken of the Sea Wild-Caught Alaskan Pink Salmon Pouch, (make as you would tuna salad)
- ⦿ Ocean Beauty Herb Crusted Salmon Burgers, frozen
- ⦿ Boca Ground Burger, frozen (use in taco soup or chili)
- ⦿ Tabatchnick frozen soups: Minestrone, Yankee, Southwest or Black Bean, Vegetarian Chili

whole grain options

- ⦿ Minute Instant Brown Rice
- ⦿ Minute Ready-to-Serve Brown and Wild Rice
- ⦿ Near East Taboule Wheat Salad
- ⦿ Wolff's Kasha, whole granulation buckwheat

breads and crackers

- ⦿ Alvarado St. Bakery bread
- ⦿ Ak-mak crackers
- ⦿ Ry Krisps
- ⦿ Wasa Crisp 'n Light

cereals

- ⦿ Post Shredded Wheat 'n Bran
- ⦿ Kashi Heart to Heart, 7 Grain Whole Grain Flakes
- ⦿ Attune Foods Uncle Sam Toasted Whole-Wheat Flakes & Flaxseed, Original and Honey Almond
- ⦿ General Mills Wheat Chex

