



QUICK DINNER TIPS & IDEAS

Crazy work week? Not sure what to make for dinner? Here are a few tips on creating a healthy meal with items already in your kitchen.

STEP 1: THINK BASIC!

Use a basic formula:

Lean protein + high-fiber carbohydrate source + non-starchy vegetables = balanced meal

- Proteins and fiber take longer for the stomach to fully digest making you feel fuller for longer.
- Fat has a similar effect because it is more calorie dense. The fat or oil in a meal may naturally be in the food items used, but can also be incorporated into any toppings, sauces or dressings.
- Vegetables are a great low-calorie food providing many nutrients along with fiber, and can take up more volume in the stomach.

STEP 2: KNOW YOUR SERVING SIZE

- Meat/protein = palm of your hand
- Fiber rich carbohydrate = ½ cup or the size of a baseball or ¼ of your plate
- Vegetables = unlimited amount usually half of your plate
- Healthy fat = use sparingly from 1 tsp to no more than 1 tbsp depending on its use as a garnish, cooking medium, or the source (i.e. nuts, avocado, oils, cheese)

ENJOY SOME OF OUR FAVORITE RECIPES

RECIPES	DIRECTIONS
<p>Easy Vegetarian Tacos (makes one serving)</p> <p>Per serving: 368 calories, 13 g fat (5 g saturated), 49 g carbs, 10 g sugar (0 g added sugar), 16 g fiber, 17 grams of protein</p>	<ul style="list-style-type: none"> • Protein and fiber-rich carb: ½ cup canned black beans (look for BPA-free package) • Fiber-rich carb: 2 whole corn tortillas • Vegetables: 2 cups shredded romaine, 1 cup chopped vegetables (I use onions, bell peppers, and tomatoes), 2 tbsp salsa • Healthy fats: 1 tsp olive oil, ¼ medium avocado, 2 tbsp shredded cheese <p>In a large skillet, heat olive oil over medium heat. Sauté chopped vegetables. Add black beans. Warm tortillas in the microwave between two damp paper towels. Smash avocado onto tortillas and top with some of the bean and vegetable mixture, plus cheese and salsa. Make a salad with the romaine, remaining bean and vegetable mixture, and remaining cheese and salsa.</p>
<p>Greek-Style Chicken Salad (makes one serving)</p> <p>Per serving: 421 calories, 13 g fat (3 g saturated), 49 g carbohydrate, 11 g sugar (0 g added sugar), 12 grams of fiber, 35 g protein</p>	<ul style="list-style-type: none"> • Protein: 3 oz cooked chicken breast • Fiber-rich carb: ½ cup cooked farro • Vegetables: 1 to 2 cups baby spinach, 1 cup chopped vegetables (I use cucumbers, tomatoes, and red onion) • Healthy fats: 2 tbsp chopped olives, 1 tbsp crumbled feta, 1 tsp olive oil • Extras: Lemon wedge, dried oregano <p>Toss spinach and chopped vegetables with olive oil, oregano, olives and feta. Drizzle with lemon juice. Cut chicken into bite-sized pieces. Top salad with chicken and cooked farro.</p>
<p>Simple Stir-Fry (makes one serving)</p> <p>Per serving: 463 calories, 22 g fat (3 g saturated), 51 g carbs, 13 g sugar (0 g added sugar), 9 g fiber, 21 g protein</p> <p>Helpful hint: The best way to sear tofu is to add it to hot oil in a hot pan, then let it sit for about 2 minutes per side without touching it at all. That way, you'll get maximum browning without breaking the tofu apart too much. It also helps to cook the tofu and vegetables separately and combine them at the end, since tofu is super delicate and will crumble if you toss it too much.</p>	<ul style="list-style-type: none"> • Protein: 4 oz extra-firm tofu • Fiber-rich carb: ½ cup cooked brown rice • Vegetables: 2 cups chopped vegetables (peppers, onions, snap peas, and broccoli) • Healthy fats: 1 tbsp olive oil • Extras: 1-2 tsp Sriracha or red pepper flakes <p>Heat half the oil in a large skillet. Add tofu and sear on all sides. Set tofu aside on a plate. Heat the remaining half the oil in the skillet. Add chopped vegetables and cook until soft. Add soy sauce and Sriracha or red pepper flakes, and stir together to coat. Add tofu and lightly toss everything together. Serve tofu and vegetables on top of cooked brown rice.</p>

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