

## ***What's For Dinner?***

It can be challenging to come home from either school or work and think of something to make after a long day. Here are some simple ideas that can be modified based on what you have in your kitchen or pantry.

### **Fast Skillet Meals:** Mix it all up in a skillet for a super-fast meal

- Mexican skillet dinner: ground beef, salsa, Mexican spice blend, cooked brown or white rice, shredded cheese. Add some avocado, tomatoes, corn or bell peppers for some added fiber and color.
- Tacos: ground skinless chicken and black beans sautéed with salsa as the filling, top soft or hard tacos with Greek yogurt, shredded cheese, salsa and diced green onions
- Turkey hash: Ground turkey, diced sweet potato, onions, kale with rosemary and garlic.
- Stir fry: diced skinless chicken or tofu, olive oil, minced garlic, a bag of frozen Asian veggies and teriyaki sauce or soy sauce; serve with cooked brown or white rice.
  - Add ginger, powder or fresh
  - Mix soy sauce with corn starch to make a thick sauce. Add in peanut butter for a creamy and flavorful peanut sauce.

### **Enhanced Frozen Foods**

- Frozen pizza with a bagged salad
- Frozen pre-cooked chicken strips with a vacuum sealed pouch of precooked brown rice, quinoa or kasha (get from Trader Joe's) and a bag of frozen mixed vegetables
- Frozen burrito with salsa and sautéed zucchini and bell pepper strips (or a salad)
- Frozen chicken nuggets or tenders on top of spinach salad with honey mustard dressing and a side of whole wheat toast
- Frozen salmon or cod air fried along with steamed jasmine rice and sauteed green beans

### **Grilled or Baked Items**

- Shish Kebobs (meat/chicken and vegetables, marinated in lemon juice, olive oil, and garlic), served over brown rice
- Cover skinless chicken breasts with barbeque sauce, grill and serve with frozen green peas and a sweet potato "baked" in the microwave
- Grilled pork chops with apple sauce, cooked frozen or fresh broccoli and frozen oven fries ( or make your own by cubing white or sweet potato, toss with olive oil and bake at 450 until soft)
- Chicken, turkey or salmon burger grilled and served with fresh or frozen corn on the cob, coleslaw (from a bag) and watermelon

### **Canned Foods**

- Tuna or salmon mixed with white beans, olive oil, minced garlic, and Italian spice blend on top of salad greens with 100% whole grain crackers
- Tuna or salmon mixed into cooked quinoa or brown rice pilaf made with diced celery and carrots, almonds, raisins and olive oil
- Chicken salad made with mayonnaise, mustard, diced celery and walnuts and served on top of salad greens with 100% whole grain crackers
- Chickpeas made with avocado, mustard, diced pickles, carrots on top of toasted whole wheat bread with a side of cucumbers

### **Balanced Pasta and Potato Meals**

- 100% whole wheat or gluten free pasta, diced chicken sausage, frozen veggies, olive oil and minced garlic (throw veggies into the boiling water for 3 minutes; use jarred minced garlic)
- Small shell pasta tossed with canned lentils, jarred tomato sauce, frozen spinach and minced garlic

## Simple Dinner Ideas



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- Loaded potato: “bake” a potato in the microwave, top with cottage cheese and broccoli, or tuna, olive oil and oregano, or cheese, salsa and Greek yogurt; serve with a salad

### **Soups and Stews**

- A carton of chicken broth, a bag of frozen bell pepper strips, a can of black beans, a jar of salsa and your favorite spice blend
- In the Crock Pot place diced chicken, a bag of frozen broccoli, a can of white beans and a can of diced tomatoes; cover with vegetable or chicken broth

### **Fancy Salads**

- Spinach with toasted almonds or sunflower seeds, fresh or frozen strawberries, canned wild salmon and raspberry vinaigrette
- Mixed greens with diced cooked chicken (leftovers or canned) with orange segments, pumpkin seeds, cucumber slices and honey mustard dressing
- Romaine lettuce with canned black beans, salsa, shredded cheese, olives, avocado and tortilla chips
- Mixed greens with sliced deli turkey, a hardboiled egg, avocado and ranch dressing with 100% whole grain crackers