

Have dinner on the table in about 15 minutes with these quick meal ideas:

- **Pasta**
 - 100% whole grain noodles (thinner noodles cook faster)
 - Prep veggies & protein while pasta water is boiling
 - Protein: cook ground poultry or meat, shrimp, prepared meatballs, tuna, beans
 - Veggies: Raw salad on the side, sautéed vegetables, or toss frozen veggies into the boiling pasta water for the last few minutes of cooking
 - Toss in sauce/seasoning: bottled marinara sauce, pesto sauce or olive oil & garlic
- **Tacos:**
 - Tortillas: corn or 100% whole grain flour
 - Choose a protein: Beans, chicken strips, fish, ground turkey or ground beef cooked in taco seasoning
 - Top with veggies (tomato, lettuce, cabbage, avocado, radish, etc.) and salsa/hot sauce
- **Bowl**
 - Quick cook brown rice (or use leftovers) or quinoa
 - Add protein: edamame, red/black/pinto beans, chicken, beef strips, tofu, shrimp, boiled egg
 - Add veggies: peppers, greens, broccoli, carrots, sweet potato, corn, bok choy
 - Season: teriyaki, soy sauce, taco seasoning
- **Stir fry**
 - Quick cook or precooked brown rice, or whole grain noodles
 - Protein: shrimp, tofu, chicken or beef strips, marinated in teriyaki or other seasoning sauce (note: sauces are high in sodium) and cooked in a skillet.
 - Add a frozen veggie stir fry mix, or stir fry fresh vegetables (buy pre-cut to save time).
- **Eggs for dinner**
 - Eggs: scramble, omelet, boiled
 - Add frozen or fresh cut/chopped vegetables
 - Season with herbs, salt/pepper, cheese as desired
 - Serve with whole grain bread or wrap, or add leftover pasta or rice into scrambled eggs.
- **Burgers**
 - 100% Whole grain buns
 - Lean beef burger, ground turkey, black bean or veggie burger
 - Top with lettuce, tomato, avocado, other veggies
 - Add a salad on the side, or serve with baked sweet potato “fries”
- **Soup**
 - Sauté garlic, onion, vegetables. Add broth and chopped vegetables
 - Add quinoa, small whole grain pasta
 - Add lentils, canned beans, or cooked chicken or shrimp
 - Spice it up with fresh or dried herbs