

- **Mackerel Creole:** Combine together in microwave dish:
1/2 cup canned mackerel, 1 cup stewed tomatoes, 1 tablespoon tomato paste, 1/4 cup canned or frozen corn and 1 chopped green onion per person. Heat and stir until mixture is hot. Season with Tabasco sauce, fine herbs, salt and pepper. Serve over minute rice with a glass of cold milk. Mix together any leftover creole and rice with chicken broth and simmer gently to make a hearty seafood soup for lunch the next day.
- **Supper in an Envelope:** Skip the dishes! Place an uncooked lean beef pattie, chicken leg or pork chop on a square foot of aluminum foil. Add a peeled potato, cut in quarters, and the vegetable of your choice. Sprinkle with onion soup base. Add a few shakes of water or wine. Fold up foil and seal tightly. Bake at 300°F for 50 minutes.
- **Revive the Roast:** Remove all packaging materials from the outside of the meat or fowl to be roasted. Check inside roasting fowl and remove giblets as well. Rinse meat or bird under cold running water and place in roasting pan. Pour a 1/2 a cup of broth into pan and cover. Roast at 300°F until the meat thermometer reading shows your roast is well cooked. Remove roast from oven, cool and slice. Divide meat into serving sizes that suit your needs and freeze portions in tightly sealed plastic bags. Be sure to remember to put a freshly-scrubbed potato or yam and another vegetable in the oven with your roast for an easy supper on roasting day.

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Healthy meals that you can make in less than 10 minutes

Simple breakfasts that are good for you!

- High fiber cereal with low fat milk: try adding sliced fruit, nuts and seeds or mix two cereals together for a brand new taste.
- Bagel, cheese and fresh fruit.
- Boiled egg, toast and ½ cup of fruit juice.
- Fruit smoothie made with blended milk, yogurt and frozen fruit.
- Scrambled eggs from fresh eggs or an egg substitute with whole-grain toast, fruit or ½ cup juice.
- Yogurt, fresh fruit, and a toasted English muffin with peanut butter.
- Hot cooked cereal with banana slices and milk.

Lunch or Light Supper Ideas

- Soup and an egg salad or a low-sodium tuna sandwich.
- Chef salad (salad greens and other veggies plus hard cooked egg, cheese, ham and turkey) and whole wheat crackers.
- Open face melt: toasted bagel or bread with meat, cheese, poultry or seafood and veggies topped with melted cheese.
- Pickled eggs, rye crackers, raw vegetables and yogurt dip.
- Fajita roll-up: soft whole-wheat tortillas layered with lettuce, shredded vegetables, cheese and/or cooked meat, poultry or seafood rolled up and warmed in microwave oven and then sliced into bite sized rolls.
- Cold pasta salad with cooked cubes of meat, fish or poultry and freshly chopped or grated vegetables.
- Leftover chicken or turkey, tomato slices and lettuce on whole-wheat bread, and a glass of milk.
- Seasoned stewed tomatoes with toast and melted cheese.
- Beans on toast, tomato slices, and low-sodium vegetable juice.
- Cottage or Quark cheese with fresh fruit/vegetables and a whole-grain bun.
- Broiled English muffin spread with pizza sauce topped with veggies and melted mozzarella cheese.

Snacks that nourish

- A handful of unsalted almonds, soy nuts, peanuts, walnuts or sunflower seeds.
- Whole-grain crackers and peanut butter.
- Cherry tomatoes, red peppers, and celery or carrot sticks with or without dip.
- Whole-wheat Melba toast topped with canned salmon or low-sodium tuna.
- Air-popped popcorn sprinkled with parmesan cheese.
- Fresh fruit or fruit salad and oatmeal cookies.
- Cheese melted onto a whole-grain English muffin.

- High-fibre granola bars with at least 4 grams of fibre per bar.
- Unsweetened, fiber-rich breakfast cereal by the handful or in a bowl with milk.
- Unsweetened apple sauce with sliced almonds.
- Yogurt and fresh fruit (berries, sliced banana, pineapple chunks).
- Make your own trail mix with dry cereal, fruit, nuts and seeds.

Main Meals in a Hurry

- **Stir-fry:** Sauté raw shrimp, meat or poultry strips until well cooked. Add sliced vegetables (fresh or frozen) and stir-fry until vegetables are tender. Season to taste with bottled sauce. Try teriyaki, honey garlic, soya sauce or a low fat sweet salad dressing. Serve over cooked brown rice or Asian noodles with a glass of milk.
- **Chili:** Brown 3oz (90 g) of lean ground meat or poultry in a heavy pot, remove excess fat. Add a small can of store-bought chili to the cooked meat mixture. Add some freshly chopped mushrooms and peppers. Heat thoroughly. Serve with toasted whole-grain bread, fresh salad and a glass of milk.
- **Pasta and Sauce:** Boil 1/4 cup dried red or green lentils in enough salted water to cover. In another pot, start cooking your favourite pasta. Open a bottle of your preferred brand of store-bought pasta sauce. Combine pasta sauce and cooked lentils. Stir well until mixture is hot. Serve this high fiber pasta sauce over cooked pasta and sprinkle with grated cheese. Don't forget to have a salad on the side.
- **Cheese Fondue:** Try a commercial Swiss Fondue mix as a simple supper for one. Heat package contents in a glass bowl in the microwave. Dip cubes of French bread into the hot cheese for a quick and great tasting supper. Balance your meal by adding a plate of raw veggies and dip the in the fondue as well. If eating alone, store any leftover fondue in your fridge and use it for lunch tomorrow in an open-faced melted cheese and tomato sandwich.