

# Tasty, Healthy Meals in 30 minutes or less



**Healthy Ashtabula  
County**



## Old-Fashioned Oatmeal

### **Ingredients**

- 1 cup water or low-fat milk
- Pinch of salt
- ½ cup rolled oats
- 2 tablespoons low-fat milk for serving
- 1 to 2 teaspoons honey, cane sugar or brown sugar for serving
- Pinch of cinnamon

### **Directions**

1. Combine water (or milk) and salt in a small saucepan. Bring to a boil. Stir in oats and reduce heat to medium; cook, stirring occasionally, for 5 minutes. Remove from heat, cover, and let stand for 2 to 3 minutes.
2. Top with milk, sweetener, cinnamon, dried fruits, or nuts, if desired.

## Ricotta-Berry Crepes

### **Ingredients**

- 1 whole-wheat crepe
- 2 tablespoons low-fat ricotta cheese
- ¼ cup berries
- 1 tablespoon Honey

### **Directions**

1. Spread crepe with ricotta. Top with berries. Fold up, wrap in foil and freeze for up to 1 month.
2. To heat and eat: Unwrap and microwave in 1-minute intervals until warmed through. Drizzle with honey, if desired.

## Mini Egg Breakfast Muffins

### **Ingredients**

- 6 eggs beaten
- ¼ cup low-fat cottage cheese
- ¼ tsp. salt
- ⅛ tsp. pepper

- 1/4 tsp. garlic powder
- 2 Tbsp. milk
- 1/4 cup shredded cheese

### **Directions**

1. Preheat oven to 350°F. Spray mini muffin tin well with cooking spray and set aside.
2. Cook the Kale Littles according to package directions. (I find it easiest to use the microwave method). Let cool for a few minutes and then chop up into small pieces.
3. In a medium sized mixing bowl, whisk eggs together. Add in cottage cheese, salt, pepper, garlic powder and milk. Stir to combine and then add cut up Kale Littles. Mix.
4. Pour mixture into prepared mini muffin tin and sprinkle cheese on the top.
5. Bake in preheated oven for 15-20 minutes or until cooked through. Let cool and then carefully extract from pan. Serve and enjoy!

## **Two-Ingredient-Dough Pizza**

### **Ingredients**

- 1 ¼ cups self-rising flour, preferably whole-wheat
- 1 cup low-fat plain Greek yogurt
- Pizza sauce/oil optional
- As many toppings as you want

### **Directions**

1. To make dough by hand: Place self-rising flour in a large bowl. Add yogurt and stir with a fork until a shaggy dough forms. Knead the dough on a lightly floured surface until smooth, about 8 minutes. Add a few tablespoons water if the dough seems dry or a few tablespoons flour if it is sticky.
2. Alternatively, to make dough in a stand mixer: Place self-rising flour in a stand mixer fitted with the dough hook. Add yogurt and mix at low speed

until a smooth dough forms, 3 to 4 minutes. Add a few tablespoons water if the dough seems dry or a few tablespoons flour if it is sticky.

3. Alternatively, to make dough in a food processor: Place self-rising flour in a food processor fitted with the steel blade. Add yogurt and pulse about 15 times until a smooth dough forms. Add a few tablespoons water if the dough seems dry or a few tablespoons flour if it is sticky.

## **Sausage Cucumber Bites**

### **Ingredients**

- 1 English Cucumber sliced
- 2 Chicken Sausages
- 2 Tbsp. Hummus
- 6 s Grape Tomatoes
- Toothpicks

### **Directions**

1. Brown the Chicken Sausages according to package directions.
2. Place sliced cucumbers on a tray or plate. Add a dollop of hummus on top of each slice of cucumber.
3. Slice browned sausages and place each slice on top of the hummus.
4. Slice Grape Tomatoes in half and place each half on top of the sausage and secure with a toothpick. Serve and enjoy!

## **Cheese & Turkey Lunch Kebabs**

### **Ingredients**

- Mozzarella Cheese Sticks cut into cubes
- Colby Cheese Sticks cut into cubes
- Turkey cut into cubes or thinner slices rolled up
- Cherry Tomatoes Olives or Grapes
- Toothpicks
- Fresh Fruit your favorite kinds

## **Directions**

1. Thread cheese cubes and turkey cubes (or rolls) alternately onto wooden toothpicks. End with either a tomato, olive or grape and place in an air-tight container in lunchbox.
2. Fill an air-tight container with fresh fruit. Pour lemonade over the top of fruit and seal with the lid. Place in lunchbox

## **Chili-Cheese Nachos**

### **Ingredients**

- 1-pound lean ground turkey
- $\frac{3}{4}$  cup finely chopped white onion
- $\frac{1}{2}$  cup finely chopped red bell pepper
- 4 cloves garlic, chopped
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 1 teaspoon ground coriander
- 1 (14 ounce) can diced tomatoes
- $\frac{1}{4}$  cup water
- 8 ounces tortilla chips (healthier option whole wheat tortillas)
- 2 cups shredded cheese, such as Cheddar or pepper Jack

### **Directions**

1. Preheat oven to 350 degrees F.
2. Cook turkey, onion, bell pepper and garlic in a large skillet over medium-high heat, crumbling the beef with a spatula, until the meat is browned, 8 to 10 minutes. Stir in chili powder, cumin, oregano, and coriander; cook, stirring, for 30 seconds. Add tomatoes (with their juice) and water and simmer for 5 minutes.
3. Top chips with the chili and cheese. Bake until the cheese is melted, about 7 minutes.



# Eat-the-Rainbow Chopped Salad with Basil & Mozzarella

## Ingredients

- ¼ cup white balsamic vinegar
- ¼ cup extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 large carrots, diced
- 1 large yellow bell pepper, diced
- 2 cups chopped kale
- 1 ¼ cups chopped red cabbage
- 1 cup quartered grape tomatoes
- 1 cup mozzarella pearls
- ½ cup thinly sliced fresh basil
- 2 scallions, sliced

## Directions

1. Whisk vinegar, oil, salt, and pepper in a large bowl. Add carrots, bell pepper, kale, cabbage, tomatoes, mozzarella, basil, and scallions. Toss to coat.

# Chicken Pesto Panini

## Ingredients

- 1 teaspoon dried oregano
- ½ teaspoon ground pepper
- 4 chicken breast cutlets (about 1 pound)
- 1 tablespoon extra-virgin olive oil
- ¼ cup refrigerated basil pesto
- 4 whole-grain sandwich thins
- 2 cups loosely packed baby arugula
- 4 jarred roasted red pepper strips, drained and patted dry
- 5 ounces fresh mozzarella cheese, sliced
- Cooking spray

## Directions

1. Combine oregano and pepper in a small bowl. Sprinkle evenly over both sides of chicken. Heat oil in a large skillet over medium-high heat. Add the chicken; cook until golden and cooked through, about 3 minutes per side. Remove from the pan. When cool enough to handle, slice each cutlet in half crosswise.
2. Spread pesto evenly over cut sides of sandwich thins. Top the bottom halves evenly with arugula, chicken, roasted red pepper and mozzarella, cover with top halves. Press down lightly.
3. Lightly coat an unheated panini griddle, covered indoor electric grill or large nonstick skillet with cooking spray. Lightly coat both sides of sandwiches with cooking spray. Heat the griddle or grill according to the manufacturer's directions. (If using a skillet, heat over medium heat.) Place the sandwiches on the griddle or grill or in the skillet, working in batches if necessary. If using a griddle or grill, close the lid and grill until the bread is toasted, 3 to 4 minutes. (If using a skillet, place a heavy saucepan or skillet on top of the sandwiches. Cook until the bottoms are toasted, about 2 minutes. Flip the sandwiches; top again with the saucepan or skillet. Cook until the other side is toasted, about 2 more minutes.)

## California Burger Wraps

### Ingredients

- 1-pound lean ground beef (90%lean)
- ½ teaspoon salt
  - ¼ teaspoon pepper
  - 8 bibb lettuce leaves
  - 1/3 cup crumbled feta cheese
  - 2 tablespoons miracle whip light
  - ½ medium ripe avocado, peeled and cut into slices
  - ¼ cup chopped red onion
  - Chopped cherry tomatoes, optional

## Directions

1. In a large bowl, combine beef, salt, and pepper, mixing lightly but thoroughly. Shape into eight 1/2-in.-thick patties.
2. Grill burgers, covered, over medium heat or broil 3-4 in. from heat until a thermometer reads 160°, 3-4 minutes on each side. Place burgers in lettuce leaves. Combine feta and Miracle Whip; spread over burgers. Top with avocado, red onion and, if desired, tomatoes.

## 15-Minute Lemon Garlic Butter Steak with Zucchini Noodles

### Ingredients

- 1 ½ lb. (650g) **flank steak**, sliced against the grain
- 4 medium **zucchini**
- 2 tablespoons olive oil
- 4 **garlic cloves**, minced
- 2 tablespoons **butter** or ghee
- 1 **lemon**, juice and zest
- ¼ cup (60ml) low-sodium chicken broth
- ¼ cup chopped **parsley**
- ¼ teaspoon crushed red pepper flakes
- **Salt** and fresh cracked **black pepper**, to taste

#### The steak marinade

- 1/3 cup **low-sodium soy sauce** (or coconut amino if you're strictly paleo)
- ¼ cup **lemon juice**
- ½ cup **olive oil**
- 1 tablespoon **Sriracha sauce** (or any hot chili sauce you like)

### Directions

1. To make this steak recipe: Combines the ingredients for the marinade in an airtight container or a Ziploc bag. Add the flank steak strips into the marinade, seal and allow to marinate in the refrigerator for 30 minutes to one hour.
2. In the meantime, wash and trim the ends of the zucchini. Using a spiralizer, make the zucchini noodles, then set aside.



3. Bring the flank steak to room temperature and heat oil in a large skillet over medium-high heat — reserve the juices of the marinade for later. Add the steak strips in one layer and season with salt and pepper. Cook steak for one minute without stirring.
4. Add minced garlic, then stir the flank steak for another minute or two to cook the other side. Remove the grilled steak from the skillet and set aside to a plate.
5. In the same skillet, add butter, lemon juice and zest, red pepper flakes, chicken broth, and remaining marinade juices. Bring to a simmer and allow to reduce for 2-3 minutes, stirring regularly.
6. Stir in the fresh parsley, then add the zucchini noodles and toss for two to three minutes to cook it up. Allow the cooking juices to reduce for one minute if the zucchini renders too much water. Add the grilled steak strips back to the pan and stir for another minute. Serve immediately. Enjoy!

## **Balsamic Chicken and Vegetables**

### **Ingredients**

- ¼ cup bottled Italian salad dressing
- 2 tablespoon balsamic vinegar
- 1 tablespoon honey
- ⅛ - ¼ teaspoon crushed red pepper
- 2 tablespoon olive oil
- 1 pound chicken breast tenderloins
- 10-ounce fresh asparagus, trimmed and cut into 2-inch pieces, or one 10-ounce package frozen cut asparagus, thawed and well drained
- 1 cup purchased shredded carrot
- 1 small tomato, seeded and chopped

### **Directions**

1. In a small bowl, stir together salad dressing, balsamic vinegar, honey, and crushed red pepper. Set aside.
2. In a large skillet, heat oil over medium-high heat. Add chicken; cook for 5 to 6 minutes or until chicken is tender and no longer pink, turning once. Add half of the dressing mixture to skillet; turn chicken to coat. Transfer chicken to a serving platter; cover and keep warm.

3. Add asparagus and carrot to skillet. Cook and stir for 3 to 4 minutes or until asparagus is crisp-tender; transfer to serving platter.
4. Stir remaining dressing mixture; add to skillet. Cook and stir for 1 minute, scraping up browned bits from bottom of skillet. Drizzle the dressing mixture over chicken and vegetables. Sprinkle with tomato. Makes 4 servings.