



## Quick, Easy, Budget-Friendly Meal Ideas DMD Clinic

### Simple Chicken Dinner

Grilled, Broiled, Baked Chicken- marinate with lemon juice, garlic, pepper, olive or canola oil  
Sautéed baby spinach (olive oil)  
Whole wheat couscous (Trader Joes-cooks in 5 mins) or heat up pre-cooked couscous  
Tomato, cucumber, onion salad (toss with olive oil, vinegar and pepper)

### Pasta with Meat sauce

Browned lean beef (at least 85% lean)-combine with low sodium Spaghetti Sauce  
Whole wheat pasta or Ronzoni Smart Taste Pasta  
Broccoli (microwave with 2 tbsp water, cover with wax paper or paper towel)  
Garden salad-bagged lettuce, add cherry tomatoes, sliced cucumbers

### Veggie Plus Stir-fry

Use frozen, bagged shrimp; firm tofu, skinless chicken breast  
Pre-shredded cabbage or carrots, bagged broccoli/snap peas, frozen stir-fry peppers or veggies  
\*Frozen or quick cooking brown rice (\*Trader Joes)  
Pre-made marinade: garlic, ginger, lime juice, honey, sliced scallions, Bragg's Liquid Aminos (\$) or low sodium soy sauce, canola oil, cornstarch  
Top with unsalted cashews or almonds  
Mandarin Oranges or Pineapple Tidbits (fresh or canned in water/own juice)



### Taco Night (Tuesdays perhaps)

Ground turkey or beef browned with low sodium taco seasoning  
Chopped Tomatoes & Shredded reduced fat Mexican Cheese  
Guacamole (mash avocado with lime juice, minced garlic, chili pepper-optional)  
Reduced salt black beans (rinsed, tossed with lime juice-fresh or pre-squeezed), chili pepper  
Non-fat plain Greek yogurt (in place of sour cream)  
Shredded lettuce or lettuce cups (Bibb or Boston lettuce)  
Optional-Corn hard shells or whole wheat flour tortillas

### Broiled or Grilled Salmon

\*Frozen salmon often cheaper  
Fresh peach/mango salsa-Combine chopped nectarines, peaches, mango with fresh chopped cilantro and lime juice  
Corn on the Cob (seasonal) or quinoa  
Fresh broccoli/cabbage cole slaw -combine shredded broccoli and cabbage with homemade vinaigrette (olive oil, vinegar, pepper)

### **Kale Chicken Caesar Salad**

Pre-marinate washed/torn up Dinosaur or Tuscan kale in mixture of 1-part lemon juice to 3 parts olive oil; add fresh pressed garlic to mixture. Combine vinaigrette with greens and let it sit for at least 8 hrs.

Tossed with reduced fat Caesar dressing, torn up romaine, chopped walnuts

For your protein, add cut up leftover rotisserie chicken (no skin) or grilled shrimp/salmon

### ***Don't want to turn on the stove?***



### **Black Bean Salad**

Mix up a Mexican-style meatless meal by tossing canned (drained and rinsed) low sodium black beans with fresh or frozen corn, chopped tomato, bell pepper and red onion. Add avocado, jicama or diced mango for more adventurous eaters. Toss with lime juice, canola oil, chili powder/pepper and serve over crunchy romaine lettuce with whole-grain tortilla chips.

### **Slow Cooker Double-Duty Roast**

Prepare your favorite beef or pork roast in a slow cooker and serve half for dinner. Reserve the remaining roast to use as a filling for tacos or sandwiches later in the week. Try shredded pork tacos with salsa made with fresh pineapple, red bell pepper, jalapeno, cilantro and lime juice. Toss shredded beef with low salt barbecue sauce and serve on toasted whole-grain hamburger buns with a fresh green salad or crunchy coleslaw.

### **Chicken Salad Sliders**

Mix together chopped rotisserie chicken, toasted chopped pecans or walnuts, quartered seedless grapes, light mayonnaise and/or plain Greek low or non-fat yogurt, chopped fresh or dried tarragon, and pepper to taste. Serve on whole wheat slider buns/dinner rolls/pita pockets.

### **Microwave Stuffed Potatoes**

Use a microwave for easy stuffed potatoes. Prick medium russet or sweet potatoes with a fork and microwave on high power for 6 to 8 minutes or until tender. Split the potatoes and scoop out some of the flesh. Add your favorite seasoning to the scooped-out potato flesh, and spoon back into the potato shells. Try topping baked potatoes with a Tex-Mex theme with guacamole, rinsed low sodium black beans, chopped tomato and cilantro or try a more traditional style broccoli, low-fat shredded cheese and browned (ground) beef or chicken.

**Source:** "5 Quick and Healthy Meals without Using the Stove" [www.eatright.org](http://www.eatright.org)