



## EAT WELL, CARE WELL. QUICK AND EASY MEALS

### QUICK AND EASY CAN BE DELICIOUS AND NUTRITIOUS

In our fast-paced world filled with obligations and opportunities, it can be easy to opt for dining out rather than fixing our own food. But, eating homemade meals can be beneficial and much simpler than you think! While it is equally possible to choose healthy meals at restaurants, and add harmful ingredients to meals at home, most professionals agree that eating at home gives the consumer the power to choose better ingredients. According to food and nutrition consultant Judy Barbe, MS, RDN, "Because you have more control over what you're eating when you choose to prepare it yourself, it's more likely that it will contain fewer calories than restaurant meals". Eating at home doesn't have to be a huge ordeal either! There are thousands of recipes that are quick, easy, and most importantly; healthy. They are waiting for you to discover and try them! Below are two recipes that are perfect for someone looking for a quick and easy meal. Be sure to try them and experiment with the spices for new and interesting flavors!

### WEEKLY CHALLENGES

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TRY ONE OF THE  
RECIPES PROVIDED

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EAT HOMECOOKED  
MEALS FOR AT  
LEAST 6 DAYS

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KEEP YOUR  
GROCERY LIST  
SIMPLE

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TRY YOGA OR  
BREATHING  
EXERCISES FOR  
RELAXATION

### DID YOU KNOW?

EACH ADDITIONAL MEAL OR  
SNACK EATEN AWAY FROM  
HOME ADDS AN AVERAGE OF  
134 CALORIES THAT DAY,  
COMPARED WITH THE SAME  
MEALS OR SNACKS  
PREPARED AT HOME

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-USDA Economic  
Research Service-

## Baked Herbed Salmon

Makes 4 servings in only 25 minutes! 6 steps and 45% of your daily protein needs. This recipe is brought to you from: <http://www.yummly.co/#recipe/Baked-Herbed-Salmon-1064708>

### INGREDIENTS:

- 4 salmon fillets, thawed per packaging
- 1 teaspoon dried dill weed
- 1 teaspoon dried rosemary
- ½ teaspoon dried parsley
- ½ teaspoon salt (optional)
- ¼ teaspoon pepper
- lemon

### DIRECTIONS:

1. Preheat oven to 400 degrees. Prepare cookie sheet by lining with parchment paper or aluminum foil.
2. Mix dill weed, rosemary, parsley, salt and pepper together in a little bowl.
3. Place salmon on cookie sheet.
4. Sprinkle each salmon with herbs.
5. Bake for 20 minutes or until internal temperature of the salmon reaches 145 degrees.
6. Top with lemon juice and serve with favorite sides! ENJOY!



Salmon is not only a wonderful source of protein, but also contains Omega-3's, Vitamin D, Vitamin A, Vitamin B-12, Selenium, Zinc, Phosphorus, Calcium, and Iron! (Organicfacts.net). That's a lot of punch for one tasty serving of salmon! All of the above nutrients contribute to brain, heart, eye, and tissue health and repair. Not only that, but it tastes great in a variety of easy dishes! If you have leftover, add it to a veggie filled lettuce salad with some dried, fresh or frozen fruit, a little cheese, some nuts or seeds and you have another quick, healthy meal.

# Quick & Easy Bean Burger

Makes 3 servings in only 20 minutes! 5 ingredients and 40% of your daily fiber needs!

This recipe is brought to you from <http://www.yummly.co/#recipe/Quick-Easy-Bean-Burger-1557457>

## INGREDIENTS:

- 15 oz can of black beans (or bean of choice, rinsed and drained)
- 2 tablespoons oat flour
- 1 teaspoon water
- 1/4 cups frozen corn (optional)
- seasoning (garlic, chili powder, cumin, etc. to your taste)

## DIRECTIONS:

1. Heat a large skillet over medium-high heat.
2. Coat skillet with non-stick spray.
3. In a large bowl, mash beans with fork.
4. Add in flour, and seasonings. Mix well.
5. Stir in corn, if using.
6. Form into three patties, and add to skillet.
7. Cook for 2-3 minutes, or until browned.
8. Flip and cook an additional 1-2 minutes.

Beans! Beans! The magical fruit! While not actually a fruit, these legumes sure are magical. The American Heart Association says, "Beans are high in minerals and fiber without the saturated fat found in some animal proteins. Eating beans as part of a heart healthy diet and lifestyle may help improve your blood cholesterol, a leading cause of heart disease". Beans are great animal protein substitutes, and can be integrated into your diet in a variety of ways!

