Three Simple, Delicious & Healthy Recipes

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Here are a few easy and healthy recipes, complete with approximate nutrition information.
These meals are balanced with a good mix of protein, fiber, and healthy fats. They are designed to be quick, easy, and healthy, while keeping the nutrition balanced for a well-rounded meal.
Feel free to swap out ingredients based on your preferences or dietary needs.

Keep Cooking Stress Free

- Do I have everything I need on hand? If not, that's because it's probably not on my shopping list. Do I need to update my regular shopping list or is this a one-time item to buy? Do I have an acceptable substitute on hand or can the recipe survive without it?

- Is this a recipe that will reheat and freeze well? If yes, go ahead and make a double batch- portion and have ready to go meals at your fingertips. When refrigerated, leftovers should be enjoyed within one week, and when frozen, most leftovers are good up to 6 months. These homemade/leftover TV dinners are my husband's go-to (and to-go!) lunch favorite.

- What shortcuts can I take? Is there a button on the microwave for that? If my freezer stash of beans runs out, I don't always have 8 hours to cook a new batch- but I know I can grab one from the pantry in a pinch. Did you know you don't have to "thaw overnight in the refrigerator"? If is perfectly safe and acceptable to thaw as a part of the cooking process, or by running the item under cool running water.

- How can I dirty as few dishes as possible? When baking, be sure to always line your pan in foil or parchment paper- you'll essentially have a clean pan when you're done! If you buy frozen veggies, make sure the bag is microwave safe- you'll appreciate this when you have one less thing to clean.

Protein Pan Crepes

Serves 4

Ingredients:

- 1 ½ cups **Cottage Cheese**
- 4 **Large Eggs**
- 1 tsp **Vanilla Extract**
- 2 tbsp **Agave Nectar Syrup**
- 1 tbsp **Baking Powder**
- 1 cup **Rolled Oats**
- 2 tbsp **Milled Flax Seed** (optional)
- Non-stick spray for cooking

Instructions:

1. **Blend the Ingredients:**
   Add all ingredients (cottage cheese, eggs, vanilla extract, agave nectar, baking powder, rolled oats, and optional flaxseed) into a blender. Blend on high until the mixture is smooth and well combined.
2. **Heat the Pan:**
   Heat a non-stick skillet or frying pan over medium heat. Lightly coat with non-stick spray to prevent sticking.
3. **Cook the Pancakes:**
   Pour about ¼ cup of the batter onto the pan for each pancake. Cook for 2-3 minutes on one side, or until small bubbles start to form on the surface. Flip the pancake and cook for another minute, until golden brown and cooked through.
4. **Serve:**
   Serve the pancakes warm with your favorite toppings like fresh fruit, a honey drizzle, or dark chocolate chips.

Nutrition Information:

Calories: 210, Protein: 15g, Fat: 9g, Carbs: 17g, Fiber: 2g, Sugars: 10g

Vegan Option:

Swap the cottage cheese for a non-dairy Greek yogurt or Silken tofu. Instead of eggs, use applesauce or mashed banana.

Grilled Chicken and Veggie Stir-Fry

Serves 2

Ingredients:

- 12 oz **boneless, skinless chicken breast**
- 1 tbsp **olive oil**
- 2 ½ cups chopped veggies that you love

  (mix and match ideas: bell peppers, broccoli, carrots)
- 2 cloves garlic, minced
- 2 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- ½ tsp ground ginger
- ½ cup cooked brown rice

Instructions:

1. Heat olive oil in a large skillet over medium heat. Season the chicken breasts with salt and pepper, then cook for 6-7 minutes per side until fully cooked and no longer pink inside. Remove chicken from the skillet.
2. In the same skillet, add a bit more olive oil if needed and sauté garlic and veggies for about 4-5 minutes until tender.
3. Add soy sauce, rice vinegar, sesame oil, and ginger to the veggies and toss to combine. Cook for another 1-2 minutes to heat through.
4. Slice the warm rested chicken and serve over top of the veggies and rice.

Nutrition Information:

Calories: 350, Protein: 40g, Fat: 15g, Carbs: 20g, Fiber: 5g, Sodium: 600mg

Notes:

Apart from the fresh vegetables and chicken, most of these ingredients can be stored in your pantry for months! Asian cuisine offers a variety of convenient canned options like baby corn, mushrooms, and water chestnuts. For an alternative shortcut, you could even use one of my favorites—a bag of frozen stir-fry vegetables. As for chicken breasts, I recommend to portion and freeze them when you buy in bulk, so they're ready to grab and go whenever you need them.

Quinoa & Black Bean Salad

Ingredients:

- 1 cup cooked quinoa (about 1/3 cup dry)
- 1/2 cup black beans, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, finely diced
- 1/4 cup cilantro, chopped
- 1 tablespoon olive oil
- Juice of 1 lime
- 1 teaspoon cumin
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine the cooked quinoa, black beans, tomatoes, onion, and cilantro.
2. In a small bowl, whisk together olive oil, lime juice, cumin, salt, and pepper.
3. Pour the dressing over the salad and toss to combine.
4. Serve chilled or at room temperature.

Nutrition Information:

Calories: 350, Protein: 12g, Fat: 13g, Carbs: 47g, Fiber: 10g, Sodium: 230mg

Notes:

Make a big batch of this recipe and have fun with it. Check out the Mason Jar Meal idea above. Fill your mason jars about ½ way with your quinoa salad, then top it off with whatever you like- roasted mushrooms, grilled shrimp, feta cheese- the options are endless. Store your mason jar meals in the fridge to grab for fun on the run!