



## *Homemade Meals to Improved Wellness*

*A collection of quick recipes which offer fresh ideas for healthy eating at home.*

*Incorporate healthy fats.*

*Increase daily fiber intake.*

*Desserts with reduced added sugar.*

*Learn one cooking method for three different meal variations.*

# *Stir Fry 3 Ways* *with Healthy Fats*



**Choose from 3 different flavor variations!**

***Thai, Indian, or Mexican***

**One way for 3 different homemade meals in 30 minutes**

## **Tasty Tips**

- Choose whole grains, such as brown rice to increase fiber intake.
- Vary your protein:
  - Asian - add chicken or tofu
  - Indian - add garbanzo beans
  - Mexican - add chicken or beans
- Cut protein into bite-sized pieces & cook first with 1 tbsp of oil, stirring occasionally until cooked thoroughly. Transfer to plate.

## **Healthy Hints**

- Healthy oils support brain & heart health, reduce inflammation, and blood clotting.
- Dark leafy greens are a good source of iron, calcium, and folate.
- Tomatoes and bell peppers are high in Vitamin C, which helps the body absorb iron.



# Stir Fry 3 Ways with Healthy Fats

About 4 to 6 servings

## Step by step cooking directions:

- ❖ Begin cooking the grain.
- ❖ Prepare all the vegetables.
- ❖ Heat the oil in a skillet or wok. Add seasonings and nuts and cook, stirring for 20 seconds to 1 minute.
- ❖ Add the vegetables and stir fry over high heat until vegetables are tender-crisp (3-7 minutes).
- ❖ Stir in flavoring and heat.
- ❖ Serve vegetables over the cooked grain.

	THAI Stir Fry	INDIAN Stir Fry	MEXICAN Stir Fry
<b>Grain</b>	1 1/2 cups brown rice	1 1/2 cups basmati rice	1 1/2 cups brown rice
<b>Vegetables</b>	3 scallions; cut pieces, 1 red bell pepper; strips, 1 zucchini; sliced 1/2" pieces.	Large bunch spinach; chopped, 1 onion; diced, 2 cups tomatoes; chopped.	Large bunch kale or collards; chopped, 2 cups cauliflower; chopped, 1 cups salsa.
<b>Oil</b>	2 Tbsp Sesame oil	1 Tbsp Canola oil	1 Tbsp Canola oil
<b>Seasonings</b>	1/4 tsp Thai chili paste, 1 tsp minced garlic.	1 Tbsp curry powder	1 Tbsp chili powder, 2 tsp jalapeno pepper; minced.
<b>Nuts</b>	1/2 cup peanuts or cashews	2 Tbsp Almonds	2 Tbsp walnuts: chopped.
<b>Flavoring</b>	3 Tbsp fish sauce, 2 Tbsp lime juice, top with fresh basil	1/4 cup low fat milk or almond or soy milk	1 cup fresh cilantro; chopped, 1 Tbsp lime juice.



# *Pasta 3 Ways*

## *to Increase Fiber Intake*



Choose from 3 different flavor variations!

***Asian, Mexican, or Spanish***

One way for 3 different homemade meals in 30 minutes

### **Tasty Tips**

- Ways to increase fiber intake - choose whole grains pastas add more favorite vegetables.
- Choose chickpea pasta to increase protein intake.
- Extra seasonings, fresh herbs, or spices add flavor to low-fat sauces.
- Ways to lower fat in sauces:
  - Substitute evaporated skim milk for cream.
  - Add 1/3 cup nonfat dry milk to one cup of skim milk. Use in place of cream or whole milk.

### **Healthy Hints**

- Fiber aids in digestion.
- Fiber helps to maintain healthy weight.
- Fiber helps control blood sugar levels.



# Pasta 3 Ways to Increase Fiber Intake

About 4 to 6 servings

## Step by step cooking directions:

- ❖ Cook pasta according to package directions.
- ❖ Prepare all the vegetables and seasonings.
- ❖ Place cooking liquid in saucepan over medium-high heat.
- ❖ Add vegetables and seasonings and cook for 3-7 minutes.
- ❖ Add the rest of the ingredients and cook for 3-5 minutes or until all food is heated and cooked to desired tenderness.
- ❖ Pour vegetable mixture over the hot pasta.

	ASIAN Pasta	MEXICAN Pasta	SPANISH Pasta
<b>Pasta</b>	12 oz. rice noodle or linguine pasta	12 oz. bow tie pasta	12oz. penne pasta
<b>Vegetables</b>	1 cup each: carrots; thinly sliced scallions; chopped snow peas, bean sprouts, 2 cups mushrooms; sliced.	3 cups tomatoes; diced. 1 cup onion; finely diced. 7oz. can green chilies	2 cups red pepper and 1 cup yellow or green pepper; cut into strips. 1 cup onion: sliced. 1 cup of artichoke hearts; quartered.
<b>Seasonings</b>	2 tsp garlic; minced. 1 Tbsp fresh ginger; grated. ¼ tsp red pepper flakes	1 Tbsp garlic; chopped. ¼ tsp cumin salt	2 tsp garlic; minced. 1 tsp thyme ¼ cup fresh parsley; chopped ¼ tsp pepper
<b>Cooking Liquid</b>	1 Tbsp sesame oil 3 Tbsp soy sauce 1/3 cup rice vinegar 1/3 cup white wine or broth	½ cup broth 1 cup salsa	1 Tbsp olive oil ¾ cup broth 2 Tbsp lemon juice
<b>Protein</b>	1 cup cooked chicken; cut into strips or 2 Tbsp peanuts	1 cup cooked chicken; diced or Cooked pinto beans.	6 oz tuna or 1/3 cup parmesan cheese

# *Dessert 3 Ways to Reduce Added Sugars*



Choose from 3 different flavor variations!

***Hawaiian Medley, Italian Bella Frutta, or American Apple Pie***

One way for 3 different homemade desserts in 30 minutes

## **Tasty Tips**

- Serve desserts fresh, cooked, or with other foods.
- Serve over yogurt, frozen yogurt, cereal, or pancakes.
- Make dessert first, before cooking dinner. This allows all flavors to blend & increases the flavor.
- Take advantage of seasonal fruits and whatever you have on hand.

## **Healthy Hints**

- Fruits are low in calories, fat, and sodium.
- Fresh fruits have no added sugars.
- Fresh fruits contain many essential nutrients:
  - Vitamin C is important for the growth and repair of all body tissues.
  - Potassium from bananas, oranges, cantaloupe, and kiwis can help maintain healthy blood pressure.



# Dessert 3 Ways to Reduce Added Sugars

About 4 to 6 servings

## Step by step cooking directions:

- ❖ Slice or chop the fruit and place it into a large bowl.
- ❖ Mix the liquid and seasonings together in a small bowl.
- ❖ Pour the liquid mixture over the fruit.  
*Optional:* Place fruit mixture in saucepan and heat on medium heat for a few minutes. For a thicker sauce, add 1 tsp of cornstarch mixed with a little water.
- ❖ Sprinkle toppings over the fruit mixture.

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	<b>HAWAIIAN Medley</b>	<b>ITALIAN Bella Frutta</b>	<b>AMERICAN Apple Berry</b>
<b>Fruits</b>	4 bananas; sliced. 1 cup pineapple chunks 3 Tbsp raisins	3 pears; sliced. 1 cup blueberries; fresh or frozen	3 apples; chopped. 1 ½ cup blackberries; fresh or frozen
<b>Liquids</b>	3 Tbsp pineapple juice	2 ½ Tbsp apple juice concentrate	½ cup apple juice concentrate 3 Tbsp vanilla yogurt; non-fat or low-fat
<b>Seasonings</b>	¼ tsp allspice	½ tsp almond extract 2 tsp fresh basil; finely shredded. 1/8 tsp nutmeg	¼ tsp cinnamon
<b>Toppings</b>	1 Tbsp unsalted peanuts; crushed.	1 Tbsp pine nuts; toasted.	1 Tbsp walnut pieces; toasted.



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