

## **QUICK AND HEALTHY IDEAS FOR MEALS**

In reading all my health magazines these suggestions popped into my mind as being quick and healthy ideas. I especially like the Chicken/Pasta idea. You wouldn't believe how many things I throw in to make it different. I also have been using Quinoa (high-protein grain) and Bulgur (wheat grain) in many combinations. Beans (all colors) are exceptional additions for added protein.

Here are some healthy snack suggestions for use and abuse (which means altering them to your taste):

**Chicken/Pasta**—one-half cup diced cooked chicken breast and one-half cup cooked pasta (whole grain or spinach) and add 1-2 tbsp low calorie salad dressing. Other vegetables may be used fresh or cooked. Almonds or other nuts are excellent additions. This can be served hot or cold and used as a meal.

**Tomato/cottage cheese**—Combine grape or cherry tomatoes with one-half cup cottage cheese (or low fat yogurt). You may add chopped pineapple, snipped chives, dried or fresh fruit.

**Granola**—Instead of using high priced, oversweetened granola, mix your own. Combine one-fourth cup unsalted or raw peanuts or almonds, one-fourth cup dried unsweetened raisins, blueberries or raisins, and one-half cup unsweetened cereal (special K or whole oats or your favorite). Use your imagination and add other healthful dried fruits or nuts.

**Other quick snacks:**

Gouda or Edam cheese is great. Add sliced apples or raisins. \*white cheese is much better for us, less fat.

**Carrots**—Baby carrots is an excellent snack with reduced fat ranch dressing

**Fruits**—Always a good snack. Bananas, apples, pears (about 75 calories each), strawberries, grapes, blueberries, blackberries and raspberries are all good choices; low in calories and have lots of essential nutrients.

**Happy eating and do experiment!!!!**