

Easy and Inexpensive Healthy Recipe Ideas

Lemon and Herb Roasted Chicken and Vegetables



Makes 4 servings

Ingredients

- Red potatoes: 1 pound, small; other types of potatoes work too
- Carrots: 2 medium, cut into 1 inch pieces
- Celery: 2 stalks, cut into 1 inch pieces
- Red Onion: 1 medium, cut into 1/2 inch wedges
- Olive oil: 2 teaspoons
- Salt and pepper
- Chicken breasts: 3 bone-in, skin on; other cuts of chicken, bone-in or boneless, work well too
- Poultry seasoning: 1 teaspoon
- Lemon: 1, halved
- Fresh parsley: 1/4 cup chopped; or you can use 1 tablespoon dried parsley

Instructions

1. Preheat oven to 450. Combine potatoes, carrots, celery, and onions with 1 teaspoon olive oil, salt, and pepper. Roast about 15-20 minutes.
2. Meanwhile, add 1 tsp olive oil, poultry seasoning, and salt to chicken. Add to the top of the vegetables and roast another 20-25 minutes, until the chicken reaches 165 internal temperature.
3. Remove the chicken to let it rest 10 minutes before cutting it. Toss vegetables with juice from half of a lemon. Add the parsley.
4. Cut the other half of the lemon into 4 wedges and serve on the side. Leftovers are great for lunch the next day.

Fancy eggs, potatoes, and beans



Makes 4 servings

Ingredients

- Baking potatoes: 4 large, cut into wedges
- Olive oil: 2 TBSP
- Onion: 1, finely chopped
- Smoked paprika: 1 tsp
- Thyme: 1 sprig, or 1tsp dried
- Can chopped tomatoes: 1 can
- Can cannellini beans: 2 cans (or navy beans, or white beans)
- Eggs: 4
- Flat leaf parsley: 1 handful, chopped; or use ½ TBSP dried

Instructions

1. Preheat oven to 400.
2. Drizzle potatoes with 1 TBSP olive oil, salt, pepper. Roast for 45 min – 1hr tossing halfway through, until potatoes are crisp and golden.
3. While potatoes are roasting, heat 1 TBSP oil in a pan on medium heat. Cook onion for 10-15 min until softened.
4. Add paprika, thyme, tomatoes, beans (including the liquid from the can). Simmer for 15 minutes, then discard the thyme sprig (if using).
5. Cook the eggs how you prefer – fried, poached, scrambled. Serve alongside potato wedges and veggie beans, and garnish everything with parsley.

3-Ingredient Teriyaki Edamame Sauté



Makes 2 servings

Ingredients

- Olive oil: 1 TBSP
- Coleslaw mix: 1 (8oz) bag tricolor coleslaw mix
- Edamame: 2 cups shelled, thawed if frozen
- Teriyaki sauce: ¼ cup (reduced sodium preferred)

Instructions

1. Heat olive oil in skillet over medium heat.
2. Add coleslaw mix and cook until cabbage begins to soften, about 2 minutes.
3. Stir in edamame and teriyaki sauce and heat through about 1 minute more.

Slow Cooker Beef Stew



Makes 8 servings

Ingredients

- Olive oil: 2 TBSP
- Beef stew meat: 2 pounds
- Onion: 1 medium, chopped
- Flour: ¼ cup, all purpose
- Water: 2 cups, divided
- Worcestershire sauce: 2 teaspoons
- Salt and pepper to taste
- Paprika: 1 teaspoon
- Ground cloves: a dash
- Bay leaves: 2
- Potatoes: 3 medium, peeled and cubed
- Carrots: 3 medium, sliced
- Frozen corn: 2 cups, thawed
- Frozen cut green beans: 1 ½ cups, thawed
- Can Italian tomato soup: 1 can, low sodium preferred

Instructions:

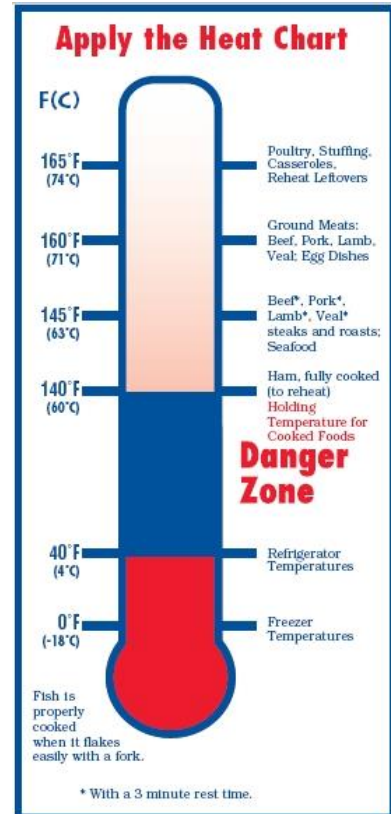
1. Heat oil in skillet over medium heat. Brown beef in batches. Transfer to slow cooker.
2. In same pan, cook and stir onion until lightly browned. Transfer to slow cooker.
3. In a small bowl combine flour and ½ cup water. Stir to combine. Add to slow cooker.
4. Add remaining ingredients and 1 ½ cups water to slow cooker and stir to combine.
5. Cook covered on low 6-8hrs until meat and vegetables are tender.
6. Remove bay leaves prior to serving.

Simple Mix 'n Match: Build Your Own Dinner

Pick one from each category!

- **Protein**

- **Chicken breasts:** season as desired; bake @ 425 for 16-18 minutes, until appropriate internal temperature
- **Chicken thighs:** season as desired; bake @ 400 for 30 minutes or so, until appropriate internal temperature
- **Pork loin:** season as desired; bake @ 400 for 25-35 minutes, until appropriate internal temperature
- **Steak:** try a more affordable cut like strip steak, flat iron steak, sirloin steak, sirloin cap, flank steak, boneless short rib, chuck eye steak; grilling is best – grill on high about 5 minutes each side, until appropriate internal temperature
- **Salmon:** season as desired; heat butter in skillet over medium heat; cook salmon until browned and flaky, about 5 minutes per side, until appropriate internal temperature; or bake similarly to Tilapia below
- **Tilapia:** season as desired; bake @ 375 for 20-30 minutes, until fish flakes easily with a fork and reaches appropriate internal temperature
- **Shrimp:** heat 4 tablespoons butter in skillet over medium high heat. Add shrimp, season as desired. Cook 3-5 minutes, stirring occasionally, until shrimp are pink and opaque (and reach appropriate internal temp).



- **Starch**

- **White rice:** Cook white rice in a pot of boiling water on the stove top in a 2:1 fashion (2 parts water:1 part rice) – Bring 2 cups water to a boil; while water is heating up, rinse 1 cup rice in a fine mesh colander under running water; once boiling, add rice, stir, and cover the pot; turn heat down to a simmer, and simmer rice covered for 10-15 minutes, or until all of the liquid is absorbed. Remove lid and fluff with a fork. It may take longer if you are cooking more rice.
- **Brown rice:** Cook brown rice in a pot of boiling water on the stove top in a 2:1 fashion (2 parts water:1 part rice) – Rinse 1 cup rice in a fine mesh colander under running water; add rice and 2 cups water to a pot and bring to a boil; once boiling, stir, cover the pot, and turn heat down to a simmer; simmer rice covered for 45 minutes; remove from heat and let sit another 10 minutes covered. Remove lid and fluff with a fork. It may take longer if you are cooking more rice.

- **Sweet potatoes:** Poke a few holes in each potato with a fork; rub with olive oil and sprinkle with salt; bake @ 400 for 45 minutes, until potato is fork tender and the skin is crisp; serve with desired toppings (try olive oil, salt, pepper, oregano, feta cheese).
- **Russet potatoes:** Poke a few holes in each potato with a fork; rub with olive oil and sprinkle with salt; bake @ 425 for 45-60 minutes, until potato is fork tender and the skin is crisp; serve with desired toppings (try salt, pepper, butter, chopped green onions).
- **Vegetable**
 - **Frozen:** broccoli, green beans, brussels sprouts, cauliflower, or mixed vegetables without any sauces or seasonings make fast, easy, cheap, tasty, and healthy side dishes. After microwaving or oven roasting according to the package directions, add desired seasoning (try olive oil, salt, pepper, garlic and onion powder).
 - **Broccoli and Cauliflower:** cut the crowns off the stalks and chop up the stalks; rinse all in a colander; season with salt, pepper, olive oil (and other desired seasonings); roast on a baking sheet @ 450 for 15-20 minutes, stirring halfway through; can sprinkle with parmesan cheese for extra flavor.
 - **Asparagus:** cut the bottom 1in of the asparagus off; drizzle with olive oil, salt, pepper; bake @ 425 for 12-15 minutes, until just tender; drizzle with lemon juice and a sprinkle of parmesan cheese if desired.
 - **Carrots:** peel and chop large carrots, or simply use baby carrots; drizzle with olive oil, salt, pepper, and small bit of minced garlic; bake @ 400 for 20 minutes; sprinkle with dried or fresh parsley.
 - **Yellow squash and zucchini:** cut into ¼ inch rounds; drizzle lightly with olive oil, sprinkle with salt, pepper, garlic powder; sprinkle with parmesan or other shredded cheese; bake @ 400 for 8 minutes.
- **Fruit (with dinner, or after for dessert!)**
 - **Banana:** can pair with peanut butter for a higher calorie, higher protein, or more filling snack.
 - **Strawberries:** can pair with heavy cream for a decadent dessert.
 - **Blueberries, raspberries, blackberries:** small bowl of mixed berries for a tart and sweet treat after dinner.
 - **Grapes or melons:** with vanilla yogurt, or plain yogurt with honey; opt for full fat Greek yogurt for a higher calorie, higher protein option.
 - **Tropical fruit salad:** mix chopped pineapple, kiwi, papaya, mango, passion fruit.