

Eating Well in Under 30 Minutes a Day

Eating well can be easy, delicious, and cheap! Here are some recipes to get you started.

Hot 7-Grain Cereal

(1 serving)

1/3 c. Cream of the West 7-grain cereal
1 c. skim milk
¼ cup dried apples
Dash of cinnamon
2 Tbs. peanut butter

Combine cereal, milk, apples, and cinnamon, and cook on stovetop or in microwave according to package directions. Stir in peanut butter just before eating. Eat at home or place in mug to eat on the go.

Prep time: 1 minute

Cooking time: 4 minutes

Cost: \$0.90

Substitutions: Use fortified soy milk instead of skim milk for a nutritious alternative (adds \$0.16/serving).

Nutrition:

Calories: 500

Protein: 21 grams

Fat: 17 grams (45% monounsaturated)

Fiber: 9 grams

Vitamin A: 10% Daily Value (DV)

Calcium: 33% DV

Iron: 17% DV

Herbed Walnut-Mushroom “Caviar”

(4 servings)

2 cloves garlic, crushed
1 large onion, finely chopped
1 Tbs. olive oil
½ pound chopped fresh mushrooms
1 Tbs. low-sodium soy sauce
¼ c. wheat germ
One pinch dried basil
One pinch dried oregano
2 Tbs. minced fresh parsley
½ c. chopped walnuts
1 c. shredded fresh spinach leaves
4 whole-wheat pita pockets
Plain yogurt (optional)

In a pan or skillet, sauté garlic and onions in oil until they are soft. Add mushrooms and soy sauce. Cook until all ingredients are soft and well mixed. Add wheat germ, herbs, and nuts. Mix well, remove from heat, cover, and let cool. Fill each pita pocket equally with spinach and the “caviar”. For a little extra tang, drizzle plain yogurt over filling before eating.

Pack this sandwich to go with a piece of fruit for a nutritious and filling lunch.

Prep time: 5 minutes

Cooking time: 5-10 minutes

Cost: \$1.42/sandwich

Nutrition (per serving):

Calories: 335

Protein: 12 grams

Fat: 12 grams

Fiber: 8 grams

Vitamin A: 20% DV

Iron: 30% DV

Burrito
(1 serving)

1 whole-wheat tortilla
½ c. low-fat refried beans
1 oz. shredded cheddar cheese
½ c. cooked sweet potato*, diced
2 Tbs. salsa

Prep time: 2 minutes
Cooking time: 1-2 minutes
Cost: \$1.17

Place beans, cheese, and sweet potato in tortilla. Microwave for 1 minute, or until cheese melts. Top with salsa. Pair with cooked vegetables for an added fiber and vitamins.

*Cook the sweet potato ahead of time: Wash the sweet potato, puncture with fork, and bake in 400 degree oven for 60 minutes, or until soft.

Nutrition: 340 calories, 15 grams protein, 9 grams fat, 9 grams fiber, 444% DV vitamin A, 27% DV vitamin C, 27% DV calcium, 34% DV iron

Berry Mango Smoothie
(1 serving)

1 c. low-fat vanilla yogurt
¼ c. skim milk
¼ c. frozen mangoes
¼ c. frozen raspberries
1 Tbs. orange juice concentrate

Prep time: 1 minute
Cooking time: 1 minute
Cost: \$1.25

Combine all ingredients in a blender. Blend until smooth.

Nutrition: 311 calories, 13 grams protein, 3 grams fat, 4 grams fiber, 36% DV vitamin A, 50% DV vitamin C, 45% DV calcium

Before you go grocery shopping:

- Plan your meals for the week
- Consider your health goals when planning meals
- Plan at least one new recipe or food
- Check to see what food you already have on hand
- Make a shopping list

At the grocery store:

- Avoid impulse purchases—use your shopping list
- Avoid shopping when hungry
- Read Nutrition Facts panel on food label to compare nutrients and ingredients