Make It Quick

You can make healthy meals quickly. Here’s how:

• Plan weekly menus in advance.

• Choose recipes with few ingredients (no more than 5) and short cooking time.

• When shopping, buy pre-washed lettuces, salad mixes, cut vegetables or fruit.

• Choose lean meats that are pre-cooked and just need to be reheated.

• Keep frozen and canned vegetables on hand to quickly add to meals.

• Soups, stews, or meat can be put in a slow cooker while you are busy.

• Spend some time on the weekend making your favorite recipes if you are too busy to cook during the week.

• Make enough for several meals. Divide up the meals into single servings in freezer bags or containers.

• Add a mixed green salad and a side of fruit to a meal.

• Consider pre-packaged frozen or refrigerated meals that are low in calories, fat, and salt.

Quick cooking:

• Microwave

• Lightly stir-fry or sauté in cooking spray or a small amount of olive or canola oil, or reduced sodium broth

• Grill seafood, poultry, meat and vegetable