

Meal Prep Made Easy: Living Well Virtual Class

Tips to Help with Meal Prep

1. Plan ahead:

Check out websites (cookinglight.com, choosemyplate.gov, Living Well, YouTube videos and even your own cookbooks) for ideas for meals. Check out 15 minute meals, 30 minute meals.

2. Choose meals ahead:

Try to choose your meals before going to the grocery store, and see if you can use some of the same ingredients in more than one recipe.

3. Prepare your containers choices:

Make sure that you have Tupperware or Rubbermaid containers that can hold the size of foods that you need for the day; consider veggie holders for your fridge so they can be ready to go for snacks. Or purchase heavy duty freezer bags for soups.

4. Post Meals on refrigerator or in calendar: Make a list of meals that you have planned at least for Monday-Thursday, and plan sides for those meals. Try for a fruit or vegetable (or both) for each of the meals. Plan snacks!

5. Use leftovers wisely: Consider making a larger portion of chicken, fish or plant-based proteins and use for a second meal; such as roasted chicken the first night and then, chicken soup the second night.

6. Plan to make quantities on the weekends: Try and make a few extra servings on the weekends for use during the week, when you have less time. For example, roast a large tray of vegetables for use in salads, paninis or even casseroles; or put together breakfast burritos with those veggies, eggs and wrap separately in tin foil, and pull out as you need them during the week.

7. Make use of “bowls”: Bowls are just that – a bowl of multiple ingredients to make a meal; you can try a southwest bowl with chicken, rice, black beans, guacamole and fresh tomatoes or an Asian bowl with soba noodles, stir fry

vegetables- and use the chicken again; or try a breakfast bowl with eggs, black beans, low fat cheese and left over guacamole!

- 8. Stock your pantry:** Buy a few staples such as vegetarian or chicken soup broth, whole grain noodles, spices, fresh garlic – for use with making multiple meals with the same protein or vegetable sides. Meals can be ready in 30 minutes.

Roasted Veggie Pasta With Basil Pesto



Ingredients

1.5 cups dry whole wheat penne pasta
1 large zucchini, sliced
1 large yellow squash, sliced
1 cup asparagus, trimmed and quartered
½ cup red onion, sliced
1 red pepper, sliced
2 tbsp basil pesto
Grated parmesan cheese (for topping)
Garlic powder, salt, and pepper to taste
Chicken, shrimp (frozen cooked shrimp), sliced flank
steak, hemp seeds

Serves 3

INSTRUCTIONS

Preheat oven to 400' F. Place all sliced vegetables together on baking sheet seasoned with 1 tbsp olive oil, garlic powder, salt and pepper

Baked vegetables 20-25 minutes

Prepare penne pasta while vegetables are cooking by bringing water to boil. Cook 10-12 (or until al dente) and drain. Mix roasted vegetables in with pasta and add basil pesto

Top with protein of choice

*For shrimp thaw by running under cold water for 5 minutes in strainer. Drizzle with tbsp. olive oil, season with garlic powder and cumin and broil in oven for 8-10 minutes.

Nutrition info per serving (2 cups): 300 calories, 15 g fat, 3.5 g sat. fat, 31 g carbohydrates, 14 g protein, 360 mg sodium, 5 g fiber

Roasted Veggies and Chicken Sausage with Polenta



Ingredients

2 Tbsp olive oil, divided
2 red peppers
1 red onion
1 yellow onion
4 cloves of garlic, peel divided
1 large can of tomato puree
1 tablespoon of oregano
1 can tomato paste
1 lb of chicken sausage
1 cup of polenta (or 2 cups prepared polenta)
Salt and pepper to taste

Serves 4

INSTRUCTIONS

Preheat oven to 400° F. Chop red peppers and red onion into 1-inch pieces and place in bowl. Add 2 peeled whole garlic cloves. Top with 1 tbsp of olive oil. Cut up chicken sausage into 1 inch pieces diagonally and add to veggies. Add pepper to taste and roast in one layer on baking pan for about 40 minutes until vegetables are soft.

Meanwhile, dice yellow onion and 2 remaining garlic cloves and saute in 1 Tbsp of olive oil for about 5 minutes until opaque. Add tomato puree, oregano and tomato paste. Simmer for 10-15 minutes. Add pepper to taste, around ¼ teaspoon.

Once roasting is done, add vegetables and chicken to sauce. Prepare polenta according to package directions. Serve ½ cup of polenta and top with sauce and peppers. Enjoy!

Living Well Cancer Resource Center

Hot Topic: Health and Diet Apps

Recipe: Easy SouthWest Chicken Bake

Instructor: Mary Zupke, MS, RDN, LDN

Prep Time: 30 minutes

Cooking Time: 30 minutes

Cooking Equipment:

Measuring cups and spoons & colander

Mixing spoon & Mixing bowl

9 x 13 pan

Knife/cutting board

Ingredients:

1/2 small onion, chopped

2 cups cooked chicken, shredded

1 1/2 cups cooked brown rice

1 (15-ounces) can black beans, drained and rinsed

1 (10-ounces) can diced tomato and green chili blend, drained

3/4 cup skim milk

2 eggs, beaten

1 cup reduced-fat shredded Mexican cheese blend

1 teaspoon cumin

1/2 tablespoon chili powder

1/2 teaspoon garlic salt

Pepper to taste

Garnish: Chopped fresh cilantro, diced avocado, salsa

Directions:

Preheat oven to 350°F, and coat casserole dish with nonstick cooking spray.

In a large bowl, combine all ingredients.

Pour mixture into a casserole dish, and bake for about 25 minutes or until center is firm.

Let cool 5–10 minutes, and serve with desired garnishes.

Serves: 4 | Serving Size: 1 1/2 cups



Nutrition (per serving):

Calories: 426; Total Fat: 12g;

Saturated Fat: 4g;

Monounsaturated Fat: 3g;

Cholesterol: 173mg; Sodium:

548mg; Carbohydrate: 37g;

Dietary Fiber: 9g; Sugar: 2g;

Protein: 40g

Nutrition Bonus: Potassium:

393mg; Iron: 21%; Vitamin A:

20%; Vitamin C: 1%;

Calcium: 39%