Seafood is a great source of Omega 3 fatty acids for heart health. These are great on their own, or you can serve them on a bun. You can also replace the canned tuna with a 1-pound can of salmon. Approximate preparation time: 15 minutes.

**Ingredients**

- 3 5-ounce cans water-pack tuna, drained and flaked with a fork
- ½ cup diced mixed vegetables (such as bell pepper, onion, cucumber)
- 2 TBSP lemon juice or cider vinegar
- ¼ cup plain Greek yogurt or low fat sour cream
- 2 TBSP brown mustard
- ½ cup dry breadcrumbs
- 2 tsp. oil (for cooking)

Mix tuna, vegetables, lemon juice, yogurt, mustard and bread crumbs until mixture holds together. Shape into 6 patties about 3 inches across. Heat a large skillet over medium-high heat and add oil. When oil is hot, add patties and cook until browned on the bottom; flip patties and cook until browned on the second side. Makes 6 patties.

**Nutrition information per patty:**

- **100 Calories**
- **9g Protein**
- **10g Carbs**
- **3g Fat**
- **1g Fiber**
Egg Muffin Cups

Have a couple of these delicious mini-omelets for a meal, or have a single one for a snack. The protein in them helps tame hunger. Suitable for vegetarians.

Approximate preparation time: 35 minutes.

Ingredients

- 1 TBSP vegetable oil
- 1 ½ cups chopped mixed vegetables (onion, asparagus, broccoli, peppers, etc.)
- 12 eggs
- ¼ cup milk
- ½ tsp salt
- ½ tsp black pepper
- ½ cup grated parmesan cheese

Preheat oven to 375 degrees Fahrenheit. Lightly wipe the inside of each muffin cup with a paper towel dipped in canola or other mild oil. Heat olive oil in a skillet over medium heat; add vegetables and cook, stirring, until softened. Whisk together eggs, milk, salt and pepper; stir in parmesan cheese and cooked vegetables. Ladle mixture into muffin cups. Bake in oven for about 20 minutes, until eggs are set and lightly browned. Makes 12 muffin cups.

Nutrition information per muffin:

- Calories: 100
- Protein: 7g
- Carbs: 2g
- Fat: 7g
- Fiber: 1g

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![QR Code]
Cheesy Pizza Beans (Vegetarian)

The whole family will love this dish that satisfies like pizza, without the starchy crust. High-protein beans are tossed in a flavorful tomato sauce, topped with low fat mozzarella and baked until bubbly. The tomatoes and spinach supply plenty of vitamin A, too. Suitable for vegetarians. Approximate preparation time: 30 minutes.

**Ingredients**

- 2 TBSP oil (olive oil or vegetable oil)
- ½ onion, diced
- 3 garlic cloves, thinly sliced or 1 tsp. garlic powder
- 1 6-ounce can tomato paste
- 1 14.5-ounce can diced tomatoes with liquid
- 3 cups baby spinach leaves or 1 cup frozen chopped spinach
- 1 cup water
- 1 tsp. salt
- ½ tsp. hot pepper flakes (optional)
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 3 15.5-ounce cans small white beans, drained
- 1 cup (4 ounces/120g) grated part-skim mozzarella cheese
- ¼ cup (1/2 ounce/15g) grated parmesan cheese

Preheat oven to 475 degrees. In a 10-inch deep frying pan, heat oil over medium-high heat. Add onion and garlic, cook a few minutes until onion softens. Stir in tomato paste, cook and stir for another minute. Add spinach, tomatoes, water, salt, pepper flakes, oregano and basil. Cook and stir until fresh spinach is wilted and cooked (or frozen spinach has thawed and is heated through). Add white beans, stir well and bring to a simmer. Once everything is hot and simmering, top with mozzarella and parmesan and immediately transfer to the hot oven. Bake about 10 minutes until cheese is bubbly and starting to brown. Makes 6 servings.

**Nutrition information per serving:**

- 400 Calories
- 24g Protein
- 58g Carbs
- 9g Fat
- 13g Fiber
Butternut Squash and Black Bean Tacos (Vegetarian)

Not your traditional taco filling, but delicious and nutritious. Roasted butternut squash is loaded with vitamin A and black beans are a great source of protein and fiber. Suitable for vegetarians.

Approximate preparation time: 40 minutes.

Ingredients

- 1 TBSP chili powder
- 1 tsp. EACH salt, ground cumin
- ¾ tsp. smoked or hot paprika
- ½ tsp. garlic powder
- 1 medium butternut squash, peeled, seeded and diced into ½” cubes (about 5 cups cubed)

Preheat oven to 425 degrees. In a large bowl mix together chili powder, salt, cumin, paprika and garlic. Remove 1 tsp. spice mix to a small bowl and set aside. Add squash and olive oil to bowl with spices; toss to coat evenly. Spread onto a large cookie sheet and roast in preheated oven for about 20-25 minutes, tossing a few times, until tender. While squash is roasting, heat black beans in a small saucepan. For sauce, add yogurt and lime juice to reserved spice mix and stir until well-combined. To assemble, spoon squash and black beans onto corn tortillas and top with sauce. Makes 8 tacos.

Nutrition information per taco: (no toppings)

- 184 Calories
- 7g Protein
- 31g Carbs
- 4g Fat
- 6g Fiber

Used this recipe? Give us your feedback
Turkey-Veggie Wrap

This all-in-one meal combines plenty of protein and veggies wrapped in a fiber-filled tortilla, and it's a great way to use up any leftover cooked vegetables.

Approximate preparation time: 5 minutes.

Ingredients

- 1 8-inch whole wheat flour tortilla
- 2 TBSP low fat salad dressing, low fat mayonnaise or prepared hummus
- 4 ounces sliced turkey breast (or any lean protein such as cooked chicken, lean beef, tuna)
- 2 cups chopped lettuce
- Sliced tomato and onion
- Chopped cooked or raw vegetables (such as broccoli, peppers, celery, green beans)

Spread tortilla with dressing, mayonnaise or hummus. Arrange turkey slices to cover the surface of the tortilla, then top with lettuce, tomato, onion and vegetables. Roll into a cylinder and cut in half to serve.

Makes 1 serving.

Nutrition information per serving:

- 380 Calories
- 41g Protein
- 37g Carbs
- 5g Fat
- 6.5g Fiber
Quick Chicken Soup

Store-bought rotisserie chickens are convenient and budget friendly. Chopped cooked chicken is combined with items from your pantry and freezer to create a quick and delicious one-dish nutritious meal with plenty of fiber from beans and veggies.

Approximate preparation time: 10 minutes.

Ingredients

- 4 cups chicken broth
- 8 ounces diced cooked chicken
- 2 cups mixed vegetables (fresh, frozen, or canned and drained)
- 1 15.5 ounce can white beans, rinsed and drained
- ½ tsp. garlic powder
- 1 tsp. dried basil
- Black pepper to taste
- 2 TBSP grated parmesan (optional)
- Lemon juice, to taste (optional)

Bring all ingredients except parmesan and lemon juice to a simmer in a large saucepan. Simmer until completely heated through. Ladle into bowls and sprinkle with parmesan and lemon juice to taste.

Makes 2 servings.

Nutrition information per serving: (with parmesan cheese)

- 500 Calories
- 54g Protein
- 45g Carbs
- 10g Fat
- 11g Fiber
Leftover Fried Rice Bowl

This is a great ‘cook once, eat twice’ recipe. Cook extra brown rice, veggies and protein one night, and use the leftovers to make fried rice the next day. Other cooked grains, work for this recipe, too.
To make it vegetarian, use cubed firm tofu in place of meat.
Approximate preparation time: 20 minutes.

- ¼ cup chicken broth
- 2 TBSP light soy sauce or to taste
- ½ tsp. ground ginger
- ½ tsp. ground white or black pepper
- 1 TBSP vegetable oil
- 2 eggs, beaten
- 2 cups chopped cooked vegetables (any are good, but especially broccoli, onions, mushrooms, carrots, cabbage, bell peppers)
- 2 cups cooked brown rice
- 8 ounces cooked chicken, shrimp or lean beef

For sauce, combine broth, soy sauce, ginger and pepper in a small bowl and set aside. In a large frying pan, heat oil until shimmering. Pour in beaten eggs. When eggs are set on the bottom, add vegetables, rice and chicken. Stir-fry, breaking up rice as necessary, for a few minutes until egg is cooked through and mixture is hot. Add sauce mixture and stir until well combined.
Makes 4 servings.

Nutrition information per serving (with chicken):

- 315 Calories
- 24g Protein
- 28g Carbs
- 11g Fat
- 4g Fiber

Used this recipe? Give us your feedback
Vegetable Soup with Low-Fat Cheese (Vegetarian)

This soup helps you to meet your daily veggie servings and the low fat cheese provides calcium and protein to keep you satisfied. Suitable for vegetarians if soup is labeled vegetarian. Approximate preparation time: 5 minutes.

- 1 cup prepared vegetable or minestrone soup
- ½ cup mixed vegetables (any kind, canned, frozen or fresh)
- 1 ounce grated low-fat mozzarella cheese

Heat soup and vegetables in a small saucepan until heated through. Pour into a bowl and top with cheese. Makes 1 serving.

Nutrition information per serving:

- Calories: 200
- Protein: 14g
- Carbs: 28g
- Fat: 8g
- Fiber: 3.6g
Confetti Brown Rice

This colorful side dish can be made with any grain, but brown rice is used here because it’s whole grain. This is a great way to sneak more vegetables into your day and boost your intake of vitamins and minerals. And it’s pretty to look at, too! Suitable for vegetarians if made with vegetable broth.

Approximate preparation and cooking time: 1 hour (includes 50 minutes cooking time).

**Ingredients**

- 1 TBSP oil
- ½ cup finely chopped vegetables (such as broccoli, carrots, bell pepper, zucchini, tomato, onion)
- 1 cup brown rice
- 2 cups chicken or vegetable broth

Heat oil in a 1 ½ quart saucepan over medium-high heat until oil is shimmering. Add vegetables and sauté, stirring continuously for 3-4 minutes until vegetables begin to soften. Add rice and stir a minute or two, then stir in broth and bring to a boil. Reduce heat to medium-low, cover pan, and simmer 45-50 minutes until liquid is absorbed and rice is tender. Makes 6 servings.

**Nutrition information per serving:**

- 140 Calories
- 3g Protein
- 25g Carbs
- 2.5g Fat
- 1.5g Fiber

Used this recipe? Give us your feedback
Warm Corn and Squash Salad (Vegetarian)

This delicious salad features corn, which contains vitamin A and a pigment called lutein – both of which support eye health. Cherry tomatoes and zucchini contribute vitamin C. Suitable for vegetarians.

Approximate preparation time: 15 minutes.

Ingredients

- 2 TBSP oil (vegetable)
- 2 cups cooked corn kernels (fresh, canned and drained, or frozen)
- 2 medium zucchini squash, halved and thinly sliced
- ¾ cup cherry tomatoes, halved
- 1 TBSP red wine vinegar
- 1 tsp. dried basil
- salt and pepper to taste

Heat olive oil in a medium-sized sauté pan over medium-high heat. When oil is hot, add corn kernels and squash slices. Sauté until vegetables are warm but still crisp. Transfer corn and squash to a salad bowl. Add tomatoes, vinegar, basil, salt and pepper to taste, and toss well.

Makes 4 servings.

Nutrition information per serving:

- Calories: 140
- Protein: 3g
- Carbs: 17g
- Fat: 8g
- Fiber: 2g
Black Bean Hummus

Try this delicious twist on hummus, made with iron-rich black beans. Makes a great snack with raw vegetable dippers. Suitable for vegetarians. Approximate preparation time: 15 minutes.

Ingredients

- 1 15-oz. can black beans
- 2 TBSP vegetable oil
- 1 clove garlic, minced
- 2 TBSP lime juice
- ½ tsp ground cumin
- ½ tsp salt

Drain black beans, but reserve the liquid in a small bowl. Place beans, olive oil, garlic, lime juice, cumin and salt in a blender or food processor and blend until very smooth*. If mixture seems too thick, add reserved liquid from beans. Taste and adjust seasonings. Serve with raw vegetable sticks (e.g., red pepper, carrots, cucumber). Makes 4 servings.

*Beans can also be mashed with a fork until as smooth as possible, then stirred in remaining ingredients.

Nutrition information per serving:

- 160 Calories
- 7g Protein
- 18g Carbs
- 7g Fat
- 5g Fiber
Spicy Roasted Garbanzo Beans

A fun way to get the nutritional benefits of beans! Seasoned beans are roasted until crispy-crunchy, while providing a boost of protein, fiber and B-vitamins. Suitable for vegetarians.
Approximate preparation time: 45 minutes (includes 40 minutes of roasting time).

Ingredients

- 2 15-oz. cans chickpeas, thoroughly drained and rinsed (about 3 cups)
- 2 TBSP vegetable oil
- 1 tsp ground cumin
- 1 tsp chili powder
- ½ tsp salt

Heat the oven to 400 degrees Fahrenheit and arrange a rack in the middle. Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake for about 30 to 40 minutes, shaking the pan a few times during baking, until beans are crisp. Check frequently during the last 10 minutes to avoid burning.
Makes 8 servings.

Nutrition information per serving:

160 Calories
7g Protein
22g Carbs
6g Fat
5g Fiber

Used this recipe? Give us your feedback