

Tips for Healthy Fast Meals

Putting together a healthy dish can be as easy as the following:

Food	Preparation ideas
Pasta Sauce	Dry fry (in a non-stick pan) some lean minced beef and/or lean bacon. Add to heated pasta sauce with some frozen or fresh vegetables.
Canned Tuna or Salmon	In Summer: cool the can in the fridge. Drain and serve with salad and a low fat vinaigrette dressing and a crusty roll. In Winter: Heat and then drain, add a squeeze of lemon juice and serve with pasta or noodles, a sprinkle of parmesan cheese and a salad on the side
Canned Chick Peas	Stir fry some onion, garlic add the canned, drained chickpeas and green veggies and served with rice...or the chick peas can be cooked for 15 minutes with garlic, canned tomatoes and onions and served with some whole meal pita bread
Lean Chicken or Beef Strips	Stir fry until brown and then add some frozen stir fry vegetables and serve with rice or noodles. Take a look in the freezer vegetables section of the supermarket for ideas
Eggs	Eggs are very versatile. An omelette and salad is a fantastic budget gourmet light meal that you can make in 5 minutes. Serve with a salad and a grainy roll or slice of toast. To make an omelette, allow 2 eggs per adult, one egg per child. If you like, add some bacon or grated cheese, some spring onion, parsley, mushroom etc. Or add some hard boiled eggs to a salad.
Baked Beans	A simple favourite, on multigrain toast. And if having for dinner you may like to slice a tomato and have a side salad-- a few lettuce leaves and some chopped celery or carrot.
Frozen Fish or Frozen Chicken Tenderloins	Crumbed and with the Heart foundation Tick (from the freezer section of the supermarket). Cook in the oven on baking paper on a tray (then you will not even have to wash the tray!). Serve with salad and a small multigrain roll or a microwaved potato and some frozen mixed vegetables.
Instead of Dessert	Finish with something refreshing like fresh or canned fruit topped with some low fat yoghurt or a scoop of light ice cream.

Source: BLOOM pack 4 - KEMH Dietetics