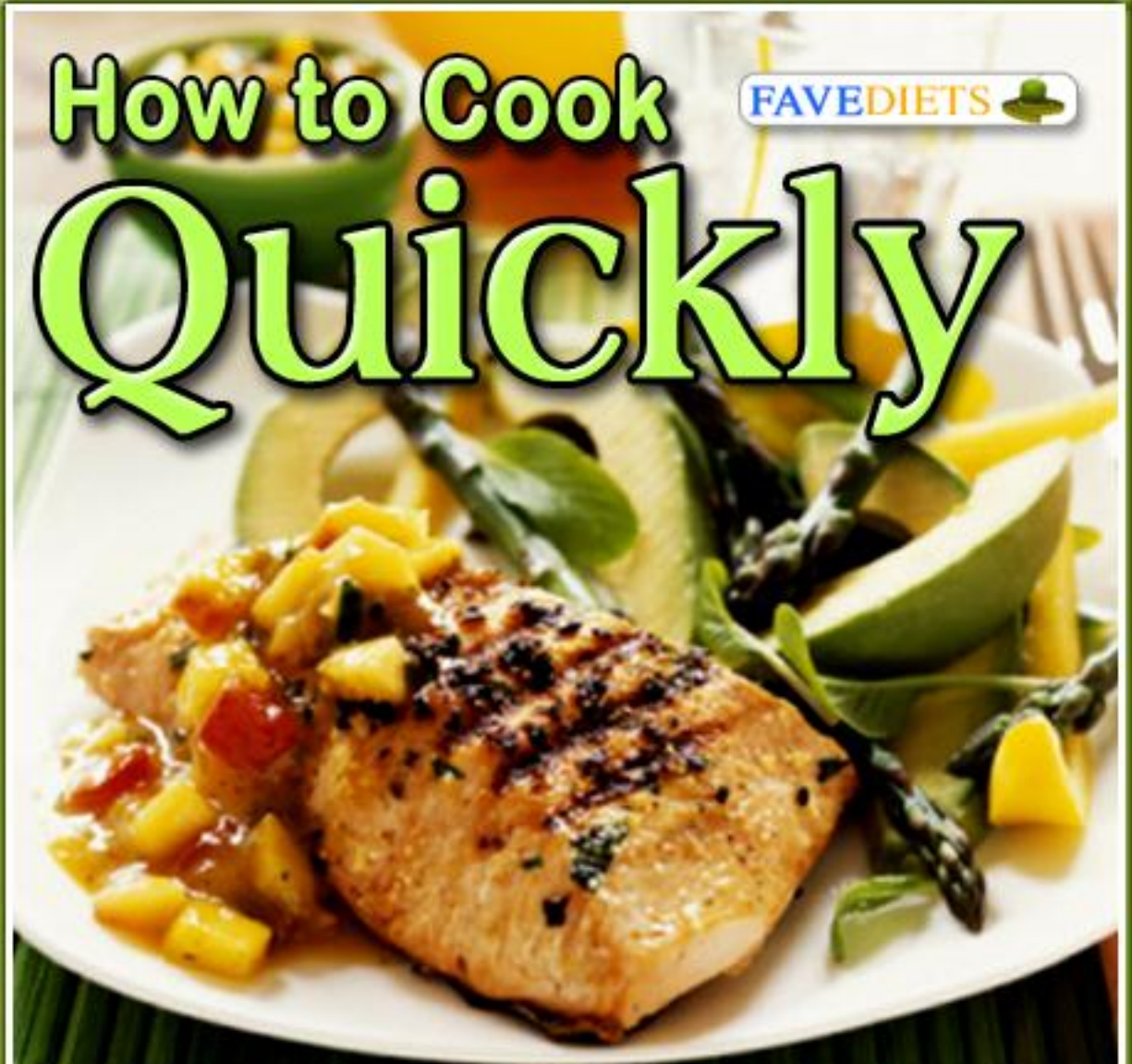


How to Cook

FAVEDIETS 

# Quickly



The 26 Best Fast Healthy Dinner Recipes

## **How to Cook Quickly: The 26 Best Fast Healthy Dinner Recipes**

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## Letter from the Editors

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Dear Healthy Cooking Enthusiast:

Everyone enjoys a hearty home cooked meal. What everyone does not enjoy is the time it takes to cook such a dinner. At the end of a long and stressful day, the idea of spending hours in the kitchen is incredibly unappealing. In reality, what are needed are quick dinner recipes that get you in and out of the kitchen in no time at all.

Spend less time cooking in your kitchen with this new eCookbook, *How to Cook Quickly: The 26 Best Fast Healthy Dinner Recipes*. With this recipe collection, have the best quick healthy dinner recipes ready to go for just about any occasion. These healthy 30 minute meals are always ideal no matter what your personal tastes are.

With this healthy recipe eCookbook, we have assembled some of the absolute best quick healthy dinner recipes around, including fast healthy chicken recipes, quick pasta dinner recipes and fast recipes for kids. This eCookbook has everything from Avocado Chicken, 15 Minute Beef Burritos, Eggplant Noodles and Garlic Cajun Tofu.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in fast healthy recipes.

For additional quick cooking recipes, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free [Quick and Healthy Recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy easy and quick recipes!

Sincerely,

*The Editors of FaveDiets*

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## Fast Healthy Chicken Recipes

### Stuffed Chicken Breasts with Artichokes and Goat Cheese

#### **Description**

This dish looks like a gourmet menu item but is so easy to make. The chives, thyme and lemon zest pair perfectly with the mild goat cheese and the chicken. If you use feta, grab a light variety that will lessen the fat and sodium content.

**Serves:** 8

**Preparation Time:** 15 min

**Cooking Time:** 18 min

#### **Ingredients**

- 14 ounces can artichoke bottoms
- 1/2 cup goat or light feta cheese, crumbled
- 1/4 cup chives, chopped and divided
- 1 1/2 teaspoons fresh thyme, chopped and divided
- 1 1/2 teaspoons lemon rind, grated and divided
- 8 chicken breast halves, skinned and boned
- 1/4 teaspoon pepper
- 2 teaspoons olive oil, divided
- 1 teaspoon cornstarch
- 2 tablespoons lemon juice

#### **Instructions**

1. Drain artichokes in a colander over a bowl, reserving liquid. Coarsely chop artichoke bottoms.
2. Combine artichokes, cheese, 2 tablespoons chives, 1 teaspoon thyme, and 1 teaspoon lemon rind in a medium bowl; stir well.
3. Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff about 1/4 cup artichoke mixture into each pocket. Sprinkle chicken with pepper.
4. Heat 1 teaspoon oil in a skillet over medium-high heat. Add 4 chicken breasts, and sauté 6 minutes on each side or until chicken is done. Remove chicken from skillet. Set aside; keep warm.
5. Repeat procedure with 1 teaspoon oil and remaining chicken breasts. Add reserved artichoke liquid, 1/2 teaspoon thyme, and 1/2 teaspoon lemon rind to skillet.

6. Combine cornstarch and lemon juice; stir well. Add to skillet. Bring to a boil; cook 1 minute, stirring constantly.
7. Return chicken to skillet. Cover and simmer 2 minutes or until thoroughly heated. Spoon sauce over chicken. Top with 2 tablespoons chives.

## Southwestern Style Chicken

### **Description**

For moist boneless chicken breast, give this recipe a try. This low-fat recipe is one of the tastiest simple chicken dishes around. Southwestern-style spices make this quick chicken dish a family favorite.

**Serves:** 8

### **Ingredients**

- 1 teaspoon cumin, ground
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- Nonstick cooking spray
- 4 plum tomatoes, finely diced
- 1 tablespoon fresh lime juice
- 1 teaspoon garlic, minced
- 1 teaspoon jalapeno pepper, minced
- 4 boneless skinless chicken breast, halved and pounded to 1/2 inch thickness

### **Instructions**

1. In a cup, mix cumin, chili powder, salt and pepper; rub over both sides of chicken pieces.
2. Grease nonstick skillet with cooking spray; cook chicken for 4 minutes per side or just until cooked. Place on platter.
3. Heat remaining ingredients until hot; pour over chicken.



## Macaroni and Cheese with Broccoli and Chicken

### **Description**

Love mac and cheese but hate excess calories? Then give this quick easy chicken recipe a try. Low fat cheese and whole wheat pasta cut calories, and chicken and broccoli **add protein and nutrients**.

**Serves:** 6

**Cooking Time:** 15 min

### **Ingredients**

- 4 skinless boneless chicken breast halves, cut into small pieces
- 14 1/2 ounces can low sodium chicken broth
- 2 cups whole wheat elbow macaroni, uncooked
- 3/4 pound low fat Cheddar cheese, shredded
- 10 ounces package frozen chopped broccoli, thawed

### **Instructions**

1. Spray a large skillet with nonstick cooking spray. Add chicken; cook and stir for 2 minutes or until no longer pink.
2. Stir in broth. Bring to a boil. Stir in macaroni.
3. Reduce heat to medium-low; cover. Simmer 8-10 minutes or until macaroni is tender.
4. Add cheese and broccoli; stir until cheese is melted.

## Avocado Chicken

### **Description**

This recipe combines multiple healthy sources of protein, making it one of the healthiest simple chicken recipes around. Chicken dishes are perfect for quick and easy meals, and this recipe for boneless chicken is perfect for any meal.

**Preparation Time:** 15 min

**Cooking Time:** 10 min

### **Ingredients**

- 2 spring onions
- 2 cups cooked chicken
- 1 tablespoon butter or butter substitute
- 1/2 cup almonds, slivered
- 1 tablespoon wine vinegar
- 2 tablespoons lemon juice
- 3 tablespoons dry white wine
- 3 tablespoons low fat cream
- 1 avocado

### **Instructions**

1. Finely chop chicken and spring onion.
2. Melt butter in a saucepan. Add spring onion, almonds and chicken. Cook until golden, stirring occasionally.
3. Add wine vinegar and 1 tablespoon of lemon juice. Cook over high heat for 1 minute.
4. Add white wine and reduce heat. Simmer 1 minute. Add cream and stir until thickened.
5. Peel and slice avocado. Sprinkle slices with second tablespoon of lemon juice. Spread chicken over avocado slices.

## Lemon Yogurt Chicken

### **Description**

Use easy chicken recipes like this one to get lean protein and other nutrients into your diet. In the world of simple chicken recipes, this recipe is king. This tasty recipe for boneless chicken is easy and flavorful.

**Serves:** 2

**Preparation Time:** 10 min

**Cooking Time:** 16 min

### **Ingredients**

- 2 large cloves garlic
- 1/2 teaspoon salt
- 2 cups plain low fat yogurt
- 4 tablespoons lemon juice and lemon cup, 1 large lemon
- 1/2 teaspoon cracked black pepper
- 2 large whole chicken breasts, about 2 pounds

### **Instructions**

1. Put the salt in a wide, shallow non-reactive bowl with the garlic and mash them to a paste.
2. Add yogurt, lemon and pepper.
3. Skin the chicken breasts, remove all fat and split the halves. Break the bones so the pieces lie flat.
4. Add to the yogurt and turn so all surfaces are well-coated.
5. Cover the bowl tightly and refrigerate. Marinate overnight or up to a day and a half, turning occasionally.
6. To cook, remove breasts from marinade and wipe off all but a thin film. Broil or grill about 6 inches from the heat for 6 to 8 minutes a side, or until thoroughly cooked.
7. Serve with soft pita or Arab flatbread and fresh yogurt.

## Lean King Ranch Chicken

### **Description**

Cheesy chicken casserole dishes are always a hit at potlucks and this Lean King Ranch Chicken is no exception. Layers of cheese, chicken, and tortillas come together in this low calorie version of a tried and true dish.

### **Ingredients**

- 2 chickens, cooked and boned
- 1 package corn tortillas torn up in pieces
- 1 large onion, chopped
- 1 small bell pepper, chopped
- 1/2 stick of butter or margarine
- 1 pound fat free cheddar cheese
- 1/2 teaspoon chili powder
- 1 can Campbell's Healthy Choice Cream of Celery Soup
- 1 can Campbell's Healthy Choice Cream of Mushroom Soup
- 1 can Ro-tel tomatoes and green chilies, not drained
- salt to taste

### **Instructions**

1. Sauté green pepper and onion in margarine or butter in large pan.
2. Add 1 tablespoon margarine or butter, the soups, Ro-tel, chickens, chili powder, and salt.
3. Alternate layer of chicken, cheese and tortillas in casserole dish ( 3 quart dish or larger)
4. Bake at 350 degrees for 30 to 40 minutes.

## 30 Minute Meals with Ground Beef

### Meatloaf in a Pressure Cooker

#### **Description**

A delicious and healthy meal that cooks up quickly? It's hard to top this delicious meatloaf recipe. The best meatloaf recipe that also has nutritional value comes from your pressure cooker.

**Serves:** 4

#### **Ingredients**

- 1 pound lean ground beef or lean ground turkey
- 1 1/2 teaspoons salt
- 1/8 teaspoon pepper
- 1 egg, slightly beaten
- 2 slices toasted whole wheat bread, soaked in water (not too moist)
- 1 small onion, chopped fine
- 1 stalk celery, chopped fine
- 2 tablespoons light oil
- 4 or 5 medium potatoes, peeled and quartered
- 4 or 5 carrots, cut crosswise
- 1 cup water

#### **Instructions**

1. At least 30 minutes before cooking, combine beef with salt, pepper, egg, bread, onion and celery. Mix well and form 2 small loaves. Wrap loaves in wax paper to keep them firm.
2. Heat cooker; add oil and brown loaves on all sides. Place carrots and potatoes around meat. Add water. Cover and bring to pressure. Cook for 15 minutes.

## 15 Minute Beef Burritos

### **Description**

Enjoy a quick and healthy meal in no time at all with this easy Mexican recipe. Filled with warm goodness and classic Mexican tastes, you will want to make this Mexican recipe over and over again.

**Serves:** 8

**Preparation Time:** 5 min

**Cooking Time:** 10 min

### **Ingredients**

- 1 pound lean ground beef
- 1 tablespoon chili powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 10-ounce package frozen chopped spinach, defrosted and well drained
- 1 cup prepared chunky salsa
- 3/4 cup reduced fat Colby-Jack cheese, shredded
- 8 whole wheat tortillas, warmed

### **Instructions**

1. In large nonstick pan, cook ground beef over medium heat eight to 10 minutes or until no longer pink, stirring occasionally. Pour off drippings.
2. Season beef with chili powder, cumin, salt and pepper.
3. Stir in spinach and salsa; heat through.
4. Remove from heat and stir in cheese.
5. To serve, place 1/2 cup beef mixture in center of each tortilla.
6. Fold bottom edge of tortilla up and over filling; fold right and left sides to center, overlapping edges.

## 30 Minute Stroganoff Casserole

### **Description**

Enjoy this 30 Minute Stroganoff Casserole for dinner tonight! This is one of the best beef stroganoff recipes, plus it's super easy to make. Kids and adults alike will enjoy this healthy take on classic comfort food.

**Cooking Time:** 30 min

### **Ingredients**

- 1 pound extra lean ground beef
- 1 pinch salt
- 1 pinch black pepper
- 1 teaspoon olive oil
- 8 ounces mushrooms, sliced
- 1 onion, chopped
- 3 cloves garlic, minced
- 1/4 cup dry white wine
- 1 can low fat cream of mushroom soup
- 1/2 cup light sour cream
- 1 tablespoon Dijon mustard
- 4 cups whole wheat noodles, cooked

### **Instructions**

1. Preheat oven to 350 degrees F. Spray 9x13 pan with non-stick cooking spray.
2. Brown extra lean ground beef in skillet; drain.
3. Heat olive oil in same skillet and brown onion, mushroom and garlic until onion is tender.
4. In a large bowl, mix soup, white wine, salt, pepper and light sour cream. Add drained beef and cooked whole wheat noodles.
5. Mix with onion garlic mixture and pour into greased pan.
6. Bake uncovered until heated through, about 30 minutes.

## Quick Pasta Dinner Recipes

### Orzo with Roasted Garlic

#### **Description**

Lose the fat and add big garlic flavor with this Italian pasta recipe. Whether cooking pasta for a crowd or just making a simple pasta recipe for two, this recipe is a winner.

**Serves:** 4

**Cooking Time:** 35 min

#### **Ingredients**

- 1 head garlic
- 1 cup orzo pasta
- 1/4 cup reduced-fat chicken broth
- 1 1/2 tablespoons light margarine
- 1 tablespoon finely snipped fresh basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon freshly ground black pepper

#### **Instructions**

1. Tightly wrap garlic in foil and roast at 425 degrees F until very tender, 30 to 35 minutes.
2. Meanwhile, cook orzo according to package directions. Drain and keep warm.
3. Cut garlic head in half crosswise and squeeze out garlic pulp. Mash until smooth.
4. Heat broth, margarine, basil, oregano and pepper until margarine melts. Stir in mashed garlic and heat through, one to two minutes.
5. Add garlic mixture to orzo. Toss into mix.



## Whole Wheat Fettuccine with Basil Yogurt Sauce

### **Description**

Instead of using a fattening cream sauce, try this yogurt sauce for your whole-wheat pasta. Add an Italian flair with some fresh basil.

**Serves:** 4

**Preparation Time:** 5 min

**Cooking Time:** 10 min

### **Ingredients**

- 4 ounces whole-wheat fettuccini
- 1 teaspoon olive oil
- 1 clove garlic, minced
- 1/2 cup plain low-fat yogurt
- 2 tablespoons grated low-fat Parmesan
- 1 tablespoon fresh basil
- Salt and pepper to taste

### **Instructions**

1. Boil water. Cook fettuccini and drain.
2. Immediately toss with oil, garlic and yogurt. Add parmesan, basil and salt & pepper. Serve hot.

## Cauliflower Pasta Pisavera

### **Description**

For a quick and healthy weeknight meal that the whole family will love, make this Cauliflower Pasta Pisavera from Namaste Foods. This is one of the tastiest healthy pasta recipes, and it's ready in less than 30 minutes.

**Cooking Time:** 20 min

### **Ingredients**

- 1 package Pasta Pisavera Pasta Meal
- 1 can diced tomatoes, not drained (14 ounces)
- 1 can tomato sauce (5 ounces)
- 10 ounces frozen cauliflower, thawed and drained (1 package)
- 1 bay leaf
- 2 tablespoons olive oil
- 2 cloves garlic, chopped
- 1 small onion, chopped finely
- 2 tablespoons fresh oregano or parsley, chopped
- 1/2 cup black olives, sliced

### **Instructions**

1. Cook the pasta according to the package directions. Drain, rinse in cool water and set aside.
2. While pasta is cooking, sauté onion, garlic and olive oil in small sauté pan until onions are translucent; 6 to 8 minutes. Combine tomatoes, bay leaf and tomato sauce in large sauce pan. Add sautéed mixture and let simmer about 10 minutes. Add cauliflower and heat thoroughly.
3. Add oregano and black olives just before serving. Top hot pasta with sauce and parmesan cheese if desired.

### **Notes**

Variation: For a little extra protein, add one can of drained tuna or one cup chopped, cooked chicken or turkey.

## Low Calorie Broccoli Alfredo

### **Description**

Alfredo sauces are normally high in fat and calories. Let this easy quick and simple recipe show you how to make a healthy and lower calorie Alfredo sauce. This healthy and quick recipe is too good to miss.

### **Ingredients**

- 8 ounces thin whole-wheat spaghetti
- 3 cups broccoli florets
- 1 cup evaporated skim milk
- 1 1/4 teaspoons garlic pepper
- 2 teaspoons black pepper, freshly ground
- 1/2 cup reduced fat Parmesan cheese, grated

### **Instructions**

1. Boil the spaghetti and broccoli for 7 or 8 minutes or until tender. Drain and return to the pot.
2. Add the cream and garlic pepper, stirring constantly over medium heat, until the cream begins to thicken. Add the cheese and stir until it is melted.

### **Nutritional Information**

#### **Per Serving:**

225 Calories  
4.16g Fat  
33.7g Carbs  
10.3g Sugar  
16g Protein  
8g Fiber  
375mg Sodium

## Eggplant Noodles

### **Description**

This quick recipe for supper shows you how to make a delicious and healthy dish using a microwave. This healthy and quick recipe is chock full of nutrients and is ideal for hectic weeknight eating.

**Cooking Time:** 10 min

### **Ingredients**

- 2 ounces rice noodles
- 1 small eggplant
- 1/4 sweet red bell pepper (optional)
- Celery salt
- Black pepper
- Dried basil
- Garlic powder
- 1 14-ounce can chopped tomatoes

### **Instructions**

1. Cook the noodles according to pack directions, then drain.
2. Chop the eggplant into 1/2-inch cubes.
3. Deseed and chop the red pepper.
4. Mix eggplant and red pepper in a microwavable bowl, season with celery salt, black pepper, dried basil and garlic powder to taste, then mix again.
5. Spread the tomatoes on top and then the noodles.
6. Microwave on high until vegetables are done, about 8 minutes. Extra liquid will evaporate but the noodles shouldn't become overdone. Mix well and serve.

## Ultimate Squash Pasta

### **Description**

For the ultimate in fall recipes, make this Ultimate Squash Pasta today. Squash, apple cider and nutmeg make this one of the tastiest pasta dishes around. Hooray for easy cooking recipes!

**Serves:** 6

### **Ingredients**

- 1 butternut squash, peeled and cubed
- 4 shallots, diced
- 18 ounces hard apple cider
- 3 tablespoons butter substitute
- 1 teaspoon nutmeg, freshly grated
- Freshly ground black pepper, to taste
- 1 cup reduced fat parmesan cheese, freshly grated
- 1 pound whole wheat penne pasta

### **Instructions**

1. Sauté the shallots in oil until soft, and then add the squash. Cook, stirring, about 5 minutes. Then, add the cider, butter substitute, nutmeg and black pepper.
2. Bring to a boil and simmer until the squash is very soft, about 20 minutes or less. Add more cider if the sauce starts getting thick. At this stage, you can either mash the sauce in the pot or puree it in a food processor. You can also leave it as is.
3. Drain the cooked pasta and return it to the cooking pot. Pour in most of the sauce, saving about a cup, and the parmesan, and thoroughly combine.

## Fast Recipes for Kids

### Chicken Breasts Stuffed with Feta

#### **Description**

Stuffing chicken breasts is a great way to moisten the meat and bring a lot of flavor to it. This delicious recipe has a light refreshing flavor from the feta, mint and lemon juice. This would make a great healthy dinner with a salad.

**Serves:** 6

**Preparation Time:** 20 min

**Cooking Time:** 6 min

#### **Ingredients**

- 2 large boneless, skinless chicken breasts (4 halves)
- 1 ounce feta cheese, thinly sliced
- 1 cup fresh mint leaves, stemmed and washed
- 1 tablespoon lemon juice
- 2 teaspoons olive oil
- Salt and freshly ground black pepper

#### **Instructions**

1. Wash and dry chicken and trim off any fat. Cut each breast in half. Lay one of the halves at the edge of a cutting board. Cut a horizontal pocket in the breast, taking care not to pierce the top, bottom or far side. Do this with all 4 pieces.
2. Place 2-3 slices of feta and 6-8 mint leaves in each pocket. Pin shut with lightly oiled tooth picks. Place them in a glass or ceramic baking dish.
3. Finely chop the remaining mint and sprinkle it over the chicken with the lemon juice, olive oil and salt and pepper. Marinate the chicken in this mixture for 20 minutes, turning once or twice.
4. Preheat grill or broiler to high. Season with salt and pepper. Grill or broil until cooked, 2-3 minutes per side. Remove toothpicks and serve at once.

## Island Pineapple Barbecue Pork Chops

### **Description**

There's nothing like a flavor combination of sweet, saucy, spicy and tangy to spice up easy pork chop recipes. This simple pork chop recipe is fun, delicious and will make you forget that you don't live in a tropical paradise.

**Serves:** 6

**Preparation Time:** 5 min

**Cooking Time:** 20 min

### **Ingredients**

- 1/2 cup barbecue sauce
- 1/4 cup pineapple juice
- 1 garlic clove, minced
- 2 vanilla beans
- 1 teaspoon ground allspice
- 6 pork loin chops, 1/4 inch thick

### **Instructions**

1. Mix the barbecue sauce, juice, garlic, vanilla and allspice.
2. Grill chops 3-4 inches from heat for 10 to 12 minutes, on each side or until done, brushing frequently with barbecue sauce.

## Beef and Spinach Burritos

### **Description**

Have a fiesta with these Beef and Spinach Burritos! They're a great dish to use for entertaining guests or just as a family meal.

**Serves:** 8

**Preparation Time:** 5 min

**Cooking Time:** 10 min

### **Ingredients**

- 1 pound lean ground beef
- 1 tablespoon chili powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 10 ounces package frozen chopped spinach, defrosted and well drained
- 1 cup prepared chunky salsa
- 3/4 cup shredded Colby Jack cheese
- 8 medium flour tortillas, warmed

### **Instructions**

1. In large nonstick skillet, brown ground beef over medium heat 8 to 10 minutes or until no longer pink, stirring occasionally. Pour off drippings.
2. Season beef with chili powder, cumin, salt and pepper. Stir in spinach and salsa; heat through.
3. Remove from heat and stir in cheese.
4. To serve, spoon 1/2 cup beef mixture in center of each tortilla. Fold bottom edge up and over filling; fold right and left sides to center, overlapping edges.



## Grandma da Vinci's Italian Mac and Cheese

### **Description**

Grandma da Vinci knows the best macaroni and cheese recipes, but she is also interested in looking her best. Luckily she is brilliant enough to allow the two to mix with this new healthier version of her famous recipe for baked macaroni and cheese, Italian style!

**Cooking Time:** 30 min

### **Ingredients**

- 1 can reduced sodium tomato soup
- 1/2 cup water
- 1 1/2 cups low fat Monterey jack cheese, shredded
- 3 tablespoons low fat Parmesan cheese
- 2 teaspoons oregano
- 1 teaspoon fresh sweet basil
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 teaspoon onion powder
- 2 cups elbow macaroni

### **Instructions**

1. Preheat oven to 400 degrees F.
2. In a mixing bowl, stir all ingredients together until well blended.
3. Place in a baking dish sprayed with fat-free cooking oil and top with butter substitute Italian style bread crumbs and 3 green pepper rings.
4. Bake for 25 to 30 minutes until golden brown.

## 30-Minute Spinach Egg Casserole

*By: Chef Steven Binks*

### **Description**

In this recipe, Chef Steven Binks shows you how to make a 30-Minute Spinach Egg Casserole, one of the best healthy casserole recipes that will work for breakfast, lunch or dinner.

**Serves:** 4

**Cooking Time:** 25 min

### **Ingredients**

- 2 10-ounce packages frozen leaf spinach, thawed
- 2 large eggs
- 1/3 cup fat free milk
- 1/3 cup parmesan cheese, grated
- 1 teaspoon garlic, crushed
- Salt and pepper, to taste

### **Instructions**

1. Preheat oven to 350 degrees F.
2. In a medium bowl whisk together the egg, milk, cheese, garlic, salt and pepper.
3. Fold in spinach. Place in four small casserole dishes sprayed with olive oil.
4. Bake for 20 minutes, or until lightly set.

## Quick Dinner Recipes for 2

### Greek Shrimp with Pasta

#### **Description**

For dinner tonight, why not make a simple Greek recipe. How about this recipe for Greek Shrimp with Pasta? Oregano and feta cheese give this recipe its distinct flavor and aroma.

**Serves:** 2

#### **Ingredients**

- 1/4 cup olive oil
- 1 tablespoon garlic, minced or crushed
- 1 1/3 cups tomatoes, medium chopped
- 1/3 cup dry white wine
- Salt and pepper
- 1/3 cup fresh basil, or 1 1/2 cup dried basil
- 1/2 teaspoon oregano
- 1 pound shrimp, peeled and deveined
- 1/2 teaspoon red pepper flakes
- 1/2 pound rigatoni, raw
- 1/3 pound feta cheese, crumbled

#### **Instructions**

1. Preheat oven to 400 degrees F. Set a large pot of water on the stove to boil.
2. In a large bottomed pot, sauté the garlic in half the olive oil. Cook briefly, then add the tomatoes. Cook briefly, and then add the wine, salt, pepper, basil and oregano.
3. Simmer on low heat for about 10 minutes.
4. Meanwhile, sauté the shrimp briefly in remaining olive oil. Sprinkle with pepper flakes as they cook.
5. Remove the shrimp from heat when they lose their opacity. Put the shrimp in a baking pan. Sprinkle with crumbled feta. Spoon tomato sauce over feta. Bake about 10 minutes.
6. Meanwhile cook rigatoni in boiling water until just tender.
7. To serve, spoon mixture over rigatoni.

## Garlic Cajun Tofu

### **Description**

Garlic Cajun Tofu is the perfect vegetarian entree packed with a punch. It also makes a delicious appetizer for four!

**Serves:** 2

**Preparation Time:** 5 min

**Cooking Time:** 15 min

### **Ingredients**

- 1 pound firm tofu
- 2 cups vegetable broth
- 1 clove garlic, minced and pressed
- 1/2 cup low-sodium soy sauce
- Lemon-pepper seasoning to taste
- 1 tablespoon Cajun hot pepper seasoning
- 1/2 cup cornstarch
- Cooking oil or spray-on cooking oil

### **Instructions**

1. Slice the tofu into 1/2 inch slices. Pat dry and place in a deep bowl.
2. Combine the broth and the next three ingredients (garlic, soy sauce, lemon pepper) and pour over the tofu. Let sit in the refrigerator at least 8 hours.
3. Remove tofu slices from the marinade and pat dry. Combine the cornstarch and hot-pepper seasoning and shake over the sliced tofu.
4. Heat the oil in a skillet and sauté the slices until they are light brown and crisp. Serve immediately.

### **Notes**

This recipe serves two as main dish or four as appetizer. If serving as an appetizer, cut tofu into 1 inch cubes. It is also delicious sautéed without the cornstarch crust.

This is delicious with a side of sesame noodles and steamed or stir-fried oriental vegetables. It also makes a nice "chicken" salad or a sandwich. The marinade makes a nice soup base. You can also purchase the Cajun seasoning in a salt-free version.

## Low Cal Asparagus Fettuccine Alfredo

### **Description**

Asparagus Fettuccine Alfredo is one of everyone's classic favorite meals of all times. Fettuccine Alfredo is always delicious, so to add asparagus to it is just so yummy. Go ahead, try it out!

**Serves:** 1

**Preparation Time:** 2 min

**Cooking Time:** 1 min

### **Ingredients**

- 1 package Tofu Shirataki Fettuccine Shaped Tofu Noodles (or whole wheat fettuccine noodles)
- 1/2 wedge of Laughing Cow Light Cheese
- 1 teaspoon Kraft Reduced Fat Parmesan Cheese
- 1 teaspoon Fat Free Sour Cream
- 2 cut asparagus
- Salt and pepper, to taste

### **Instructions**

1. Rinse the tofu fettuccine noodles very well.
2. Microwave tofu noodles for one minute. If using regular pasta, bring water to a boil and add a serving of noodles.
3. Drain water when finished cooking.
4. Follow instructions on box.
5. Drain noodles and pat dry.
6. Microwave asparagus.
7. Add the cheeses and sour cream and mix.
8. Microwave to melt cheese.
9. Cut up asparagus and mix throughout noodles.
10. Add salt and pepper if necessary.

## Salmon and Avocado with Sesame Ginger Dressing

### **Description**

Combine these two ultimate healthy ingredients in this Salmon and Avocado with Sesame-Ginger Dressing. This dish is full of nutrients and healthy fats.

**Serves:** 2

**Preparation Time:** 15 min

**Cooking Time:** 10 min

### **Ingredients**

- 3 tablespoons soy sauce
- 12 ounces salmon fillet, cut in half
- 1 tablespoon rice wine vinegar
- 1 teaspoon Asian sesame oil
- 1/8 teaspoon sugar
- 2 fresh ginger root, peeled and grated
- 1 garlic clove, minced
- 1 chilled firm ripe avocado
- 1 teaspoon sesame seeds, toasted

### **Instructions**

1. Preheat broiler. Brush salmon with 1 tablespoon of the soy sauce. Place on a baking sheet and broil salmon for 10 minutes or until it is cooked through.
2. In a small bowl whisk together, remaining soy sauce, rice wine vinegar, lemon juice, oil, sugar, ginger, and a pinch of salt until sugar is dissolved.
3. Quarter pit and peel avocado and cut crosswise into 1/2-inch slices. Add avocado to dressing and gently turn with a rubber spatula to coat.
4. Plate salmon and divide avocado and dressing between them. Sprinkle sesame seeds over avocado.

## Quinoa Stir Fry with Shiitakes and Almonds

### **Description**

Cooking quinoa is very easy, and quinoa recipes are tasty and full of protein. Learn how to cook quinoa and how to prepare quinoa. Quinoa, a South American seed that cooks up exactly like rice, is a hearty and super healthy ingredient.

**Serves:** 2

**Preparation Time:** 20 min

**Cooking Time:** 5 min

### **Ingredients**

- 1/2 pound fresh shiitake mushrooms, stems removed and sliced
- 2 tablespoons oil
- 1 tablespoon minced garlic
- 1 whole jalapeno pepper, seeds removed and chopped
- 1/3 cup slivered almonds
- 2 cups cooked quinoa
- 2 tablespoons soy sauce
- 1 tablespoon fresh lemon juice
- 1 tablespoon finely minced ginger
- 3 tablespoons minced green onion

### **Instructions**

1. Heat a wok until hot. Add oil and cook garlic and jalapeno pepper until golden.
2. Add shiitake and cook for 2 minutes over high heat.
3. Remove shiitake to a plate using a slotted spoon, leaving the wok over the heat.
4. Add almonds to the wok with remaining oil. Cook until lightly toasted, return shiitake, and add quinoa. Stir fry over high heat until quinoa is heated, about 1 minute.
5. Add soy sauce and stir vigorously for 30 seconds, then add lemon juice and toss quickly.
6. Sprinkle with very finely minced ginger and green onion mixture.

## Chicken and Pasta with Asparagus

### **Description**

Asparagus, sundried tomatoes and mushrooms make this chicken and pasta dish unique and delicious. This recipe is for one serving, but you can multiply the ingredients and make enough for a crowd.

**Serves:** 1

**Preparation Time:** 10 min

**Cooking Time:** 15 min

### **Ingredients**

- 1 chicken breast half, butterflied
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1/4 cup chopped onions
- 2 to 3 stalks asparagus, trimmed and cut into 1-inch pieces
- 2 to 3 sun-dried tomatoes, rehydrated
- 2 or 3 fresh mushrooms, cleaned and quartered
- Salt and pepper, to taste
- Thyme
- 2 to 3 tablespoons sherry
- 1/4 cup chicken stock
- 1 serving **of** linguine, cooked

### **Instructions**

1. Sauté chicken breast in vegetable oil over high heat.
2. Add garlic, onions, asparagus, sun-dried tomatoes and mushrooms. Season with salt, pepper and thyme.
3. Add sherry and chicken stock and simmer until sauce thickens slightly and chicken is cooked through. Serve over linguine.



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