

Quick & Healthy “Pick & Mix” Meals | For Diabetes or Weight Control

How do you create meals from basic foods on hand? Stock up with basic foods that quickly assemble into an assortment of different and delicious meals. To start you thinking, here are some sample foods to consider.

Pick a Protein

(palm or 1/4 plate size)
Grill, BBQ, roast selections

(Choose lean and natural)

- Chicken breast
- Pork/beef tenderloin
- Salmon
- Lean meat balls
- Beans (legumes)
- Hummus
- Refried beans/lentils
- Peanut or almond butter
- Egg/egg white
- Cottage cheese, reduced fat
- Tuna
- Tilapia
- Tofu
- Sausage, lean
- Natural deli meat, lean
- Greek yogurt, plain, fat free (carb containing)
- String cheese, low fat cheese
- Nuts and Seeds
- Edamame (soy beans)

Serve as

A stir fry, soup/stew, casserole, sandwich or tortilla.

Pick a Healthy Carb

1-2 servings (15-30 grams carb)

(Choose whole grains)

- Tortilla
- Pasta*
- Spaghetti/butternut or acorn squash*
- Sweet potato/yam*
- Potato
- Bread, Pita or English muffin, or roll
- Crackers, whole grain
- Rice Cakes (Lundberg's whole grain)
- Corn
- Peas
- Brown or wild rice*
- Quinoa*
- Bulgur*
- Cereal/Granola, low fat (less than 10 gm sugar)

* Many of these can be cooked in advance, frozen and reheated quickly.

Add Veggies

1/2 plate (try 1 or more; eaten fresh, roasted, steamed, grilled)

(Fresh or frozen; rinse and drain if canned)

- Mixed green salad
- Carrots
- Onion
- Green beans
- Tomatoes
- Celery
- Brussels sprouts
- Broccoli
- Cauliflower
- Cabbage
- Spinach
- Kale
- Bell Peppers
- Mushrooms
- Asparagus
- Sugar Snap Peas
- Tomato sauce

Add a Fruit and/or Milk

- Depending on carb targets add controlled portions. (serving = 15 grams carb)
- Add as a side dish or dessert. Select small piece or 1 cup of berries/melon.

Select Seasonings/Sauce

- Salsa
- Pesto
- Soup base, low sodium
- Hot Sauce
- Garlic
- Basil
- Oregano
- Dill
- Thyme
- Curry Powder
- Cajun Spice
- Italian Spice
- Ginger
- Cilantro, fresh
- Marinated Artichokes, drained
- Citrus Juice or Zest
- Balsamic Vinegar
- Chipotle Peppers in Adobo Sauce
- Mustard

These cheeses add salt and flavor:

- Feta Cheese, reduced fat
- Parmesan or goat cheese
- Mozzarella, part skim
- Cotija (a Mexican Cheese)

Example meals

Breakfast Baked Potato

Wash, pierce and bake potatoes in oven or microwave until tender. Heat broccoli in microwave and season with Cajun spice, lemon pepper or Italian seasoning. Scramble 1 to 2 eggs per person. Open potatoes, top with broccoli and scrambled eggs and a sprinkle of finely grated cheddar cheese.

Cottage cheese dip with salsa and frozen vegetables (hot or cold)

Thaw or cook 2 parts frozen peas, corn, carrots or green beans and drain. Stir in 1 part salsa and 1 part cottage cheese. Season with black pepper to taste and serve on tortillas, rice cakes or crackers.

Pesto English muffins with cheese and veggies

Spread prepared whole grain English muffins with thin layer pesto, sprinkle with mozzarella cheese and arrange peas, green beans or veggie of choice on top and bake in oven or toaster oven until cheese is bubbly.

Salsa Chicken or Fish with Veggies

Sauté thawed chicken breasts or tilapia in a large skillet with non-stick spray. After you turn half way through cooking, top generously with salsa of choice and green beans or other fresh/frozen vegetable of choice. Cover and simmer until chicken or fish and vegetables are cooked. Add a small roll or some brown rice or quinoa.

Toasted Pasta Soup

Lightly toast broken up spaghetti or other smaller noodles in small amount oil in large pot. Add jar of marinara sauce, water, can of black beans or bean of choice and bag of frozen vegetables of choice. Simmer until pasta done. Add spices of choice such as oregano, black pepper, hot sauce.

Warm Rice or Bulgur Salad with Cilantro Lime Dressing

Toss equal part of prepared or thawed rice or bulgur with pre shredded cabbage or broccoli slaw or veggies of choice. Also add 1 can drained beans of choice or edamame or can tuna or chicken.

Make about 1 cup dressing with equal parts lime juice and rinsed cilantro, 1 to 3 cloves garlic (crushed), salt to taste=blend in blender. Mix salad with half of dressing and add as much remaining dressing as needed.

Need more information on how to cook rice, bulgur, or baked potato?

Do a quick search on the internet or check out these websites with quick healthy recipes and videos:

www.whfoods.org/recipestoc.php#recipes

www.whfoods.org/cookdemo.php

foodhero.org/recipes/healthy-recipes

www.eatingwell.com/recipes/?grouping=3

www.nutritionaction.com/category/daily/

recipes.sparkpeople.com/videos-home.asp

www.diabeticlivingonline.com

www.oldwayspt.org