

10 No-Recipe Entrees

that Cook in a Stovetop Skillet!

Keep these nutrient-rich staple foods on hand for quick, easy, and healthy dinners!

In your cupboard

Beans (canned): low-fat refried beans, black beans, pinto beans

Petite diced tomatoes (canned)

Pineapple chunks or tidbits, in its own juice (canned)

Chili powder or no-sodium chili seasoning packet

Instant brown rice

Whole wheat thin spaghetti

Garlic powder or fresh garlic

In your refrigerator

Low-fat or reduced fat cheddar cheese, shredded

Part-skim mozzarella cheese, shredded

Eggs

Light sour cream or plain yogurt

Whole wheat or corn tortillas

Low-sodium Teriyaki sauce

In your freezer

Stir-fry vegetables (frozen)

Bell pepper strips (frozen)

Frozen vegetable medley (frozen)

Corn (frozen)

Lean meats, raw (for example, frozen: chicken tenders, 95% lean beef, lean pork, or fish)

MEAL #1

Bean and Cheese Burritos

- Whole wheat or corn tortillas
- Can of low-fat refried beans
- Chili powder or no-sodium chili seasoning packet
- Low-fat or reduced-fat cheddar cheese, shredded
- Light sour cream or plain yogurt
- Can of chopped green chilies

MEAL #2

Black Bean Veggie Fajitas

- Canned black beans
- Frozen bell pepper strips
- Whole wheat or corn tortillas
- Low-fat or reduced-fat cheddar cheese, shredded
- Light sour cream or plain yogurt

MEAL #3

Pasta

- Whole wheat thin spaghetti (pre-cooked)
- Canned tomatoes
- Frozen vegetable medley
- Garlic powder or fresh garlic

MEAL #4

Veggie Quesadillas

- Whole wheat tortillas
- Part-skim mozzarella cheese, shredded
- Left over veggies or cooked frozen bell pepper strips
- Non-stick cooking spray

MEAL #5

Taco Soup

- Canned pinto beans, rinsed, plus 1-2 cans water
- Frozen corn
- Canned tomatoes, undrained
- Can chopped green chilies
- Chili powder or no-sodium chili seasoning packet
- Low-fat or reduced-fat cheddar cheese, shredded

MEAL #6

Stir Fry

- Frozen lean meat or cooked egg
- Frozen stir-fry vegetables
- Small canned pineapple chunks or tidbits, in its own juice, drained
- Instant brown rice
- Low-sodium Teriyaki sauce

MEAL #7

Rice & Beans

- Instant brown rice
- Canned black beans
- Canned tomatoes
- Frozen corn
- Part-skim mozzarella cheese, shredded

MEAL #8

Mediterranean Chicken

- Frozen chicken breast tenderloins (boneless and skinless)
- Canned tomatoes
- Garlic powder or fresh garlic
- Optional: whole wheat thin spaghetti

MEAL #9

Veggie Scramble

- Eggs
- Frozen bell pepper strips, cooked and diced
- Low-fat or reduced-fat cheddar cheese, shredded

MEAL #10

Teriyaki Chicken

- Frozen chicken tenders
- Low-sodium Teriyaki sauce
- Frozen vegetable medley
- Small canned pineapple chunks or tidbits, in its own juice
- Instant brown rice