

QUICK & HEALTHY RECIPES



RECIPE: MEXICAN EGG AND BEAN BURRITO

Ingredients:

- 1 egg
- 1/3 cup of egg whites
- 6-8 Tablespoon spicy salsa
- ½ can of black beans
- 2 slices of low fat cheddar cheese
- 1 large tortilla
- 2 cups of mixed salad
- *Fat Free Dressing*

Instructions:

In a frying pan scramble and fry 2 eggs
Once cooked, add salsa, beans until mixed and hot (5 mins)
Spoon over tortilla add cheese right away
Wrap into burrito
Serve with side salad and fat free dressing

RECIPE: CHICKEN/BEEF/SHRIMP STIR FRY

Ingredients

- ½ of a roasted ready to eat chicken - skin removed
- 2 cups frozen vegetables
- 4 cups jasmine rice (make according to package)
- 2-3 Tablespoons teriyaki sauce **OR** ½ cup of tomato sauce

Instructions

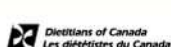
Take all skin off the chicken and throw away
Add chicken, veggies and teriyaki sauce in a heated fry pan, heat for 10 mins
Serve over 1 cup jasmine rice
Freeze 3 cups jasmine rice to use during the week



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AN INITIATIVE OF THESE BC HEALTHY LIVING ALLIANCE MEMBERS



IN PARTNERSHIP WITH





RECIPE: BBQ Beef with Baked potatoe and side salad

Ingredients

- 6 oz lean beef minute steaks
- 3-4 tablespoons BBQ sauce
- $\frac{1}{2}$ onion (peeled and chopped)
- 1 large baking potato (washed)
- 3-4 tablespoons salsa
- 2-3 cups mixed lettuce
- 3 tablespoons fat free dressing

Instructions:

On med-hi heat, add chopped onion to a frying pan with olive oil and a little water and start cooking the onions
As this is cooking, poke holes in the potato with a fork and microwave on hi for 7 mins, let it sit for 5 mins
after this

Chop up beef and mix with BBQ sauce in a bowl

Add beef to onions and stir, cooking for about 10mins until beef is cooked

Serve baked potato with a tsp of butter and salsa

Eat with a side salad with fat free dressing

Easy Vegetarian Chili

Ingredients:

- 1 can black or pinto beans, drained
- 1 can kidney beans, drained
- 1 can diced tomatoes
- $\frac{1}{2}$ onion, diced
- 3 cloves garlic, minced
- 1 bell pepper, diced (any color)
- 2 tbsp olive oil
- 3 tbsp vegetable broth
- 2 tbsp chili powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp pepper
- dash cayenne pepper (optional)
- dash red pepper flakes (optional)
- $\frac{1}{2}$ package of veggie ground round + $\frac{1}{2}$ cup water (optional) OR extra lean ground beef

Instructions:

In a medium to large soup pot, sautee the onion, bell pepper and garlic in the olive oil.

Add tomatoes, vegetable broth and chili powder and stir.

Reduce heat to medium low and add beans. Stir occasionally and cook for at least 20 minutes. Add ground round and water 10 minutes before done cooking. Of course, the longer you cook chili the better, but if you're pressed for time, 20 minutes is fine.

For a spicier chili, add extra cayenne and red pepper flakes. Makes 6 servings.