



## Quick Prep- Healthy Fast Food from Home

### The Quick Prep Solution

Step 1 Plan two cook days per week, such as Sunday and Wednesday evenings.

Step 2 Cook two to four protein sources that you will use in Quick Prep recipes over the next three or four days. Amounts prepared will depend on family size. Store in airtight containers and place in fridge for quick meals. If you prefer using dried legumes over canned, prepare a batch and store in airtight containers.

Step 3 • Chop or slice fresh, cleaned vegetables. Place in airtight containers. Prepare a large fresh salad. Try spinach and a variety of mixed greens. (Greens remain fresh and crisp if you add vegetables such as cucumbers, tomatoes, and zucchini just before serving). Store in airtight containers.

Step 4 Prepare salsas, spreads and healthy dressings for the upcoming week using fresh herbs. You are now ready to assemble healthy meals for the week.

### PREPARING PROTEINS

This section features common protein sources, such as skinless chicken breasts, lean ground beef and poultry, canned fish and canned legumes. Broaden your family's menu planning with other healthy proteins such as, lean cuts of beef, lean pork (fat removed), wild game, quail, pheasant, wild salmon, and trout. Vegetarians know the value in other protein sources such as tofu, quinoa, legumes and grains. Look at the easy preparation methods laid out below and decide what proteins you wish to cook.

**Poached Chicken Breasts Skinless**, frozen chicken breasts, as opposed to fresh, are often more economical for families. By poaching the chicken breasts, they remain juicy and tender for four days in the fridge.

1. Place frozen, skinless, boneless chicken breasts in pot. Cover with water and bring to a boil. Reduce heat and simmer until cooked (approximately 30-40 minutes).
2. Rinse in sink until water runs clear.
3. Place cooked chicken breasts in storage containers and keep up to 4 days in the fridge.

## **Ground Beef, Chicken, Turkey, wild game, etc.**

1. Fry lean ground beef, chicken, or turkey until fully cooked (approximately 20 minutes or until no longer pink).
2. Drain off excess fat. You may wish to rinse with hot water if beef has excess fat (optional).
3. Place cooked ground beef or poultry in storage containers for up to 4 days.

## **Dried Beans, Peas and Lentils (Legumes)**

1. Dried legumes are economical but require more preparation time.
2. Canned legumes are quick and easy to use. Keep a variety on hand in your pantry.
3. Legumes are extremely versatile. Serve in salads, dips, or main dishes.

## **Fish**

Fish is one of your best protein choices, particularly salmon, tuna, trout, mackerel and herring. These fish also provide an excellent source of omega-3 essential fatty acids. Fresh fish is wonderful but not always available, so canned fish is a great staple for your pantry. Cook fresh fish and keep in storage containers for up to 4 days, or have canned fish available for Quick Prep meals.

## **Preparing Vegetables**

Keep an assortment of fresh vegetables, some prepped and ready to use in the Quick Prep recipes.

1. Wash an assortment of fresh vegetables.
2. Cut vegetables such as peppers, onions, and celery for quick use. You may choose to julienne, dice, or chop depending on the recipes you are planning to make.
3. Store in airtight containers.

## **Salsas and Spreads**

Spice up wraps, soups and omelets with homemade salsas, dressings, fresh herbs and spices. Prepare salsas and spreads in advance. Fresh herbs add flavor without the need to add extra salt, fats or sugars to recipes.

Tzatziki dip is delicious in pitas or wraps.

Nothing goes to waste.

Before you begin the next prep day, use up remaining prepared foods in Clean Sweep soup, salad or stir-fry recipes. Be creative; create your own Clean Sweep recipe.

## **FRIDGE & FREEZER PREP**

Your fridge is now stocked with ready to use vegetables, low-fat proteins and condiments. Complete your fridge prep by having an assortment of fruit, low-fat dairy products, eggs, healthy oils (flaxseed oil), commercial condiments (low-fat mayonnaise, mustards, and low-fat dressings). A well-organized fridge helps everyone find the necessary ingredients to make quick and tasty meals. Your freezer should contain bags of frozen fruit and vegetables, good quality protein sources, and ice for smoothies. Purchasing food storage containers in a variety of sizes is a must!

## **PANTRY**

Your pantry should only be stocked with items that are low-glycemic, such as dried or canned legumes, slow cook oats, canned fish, salsas, tomato sauce and condiments. A shopping list has been provided on pages 114 and 115 for photocopying. It has been divided into two sections. You will find the fresh foods list has vegetables, fruit, soy and dairy products and proteins that you will need to restock on a weekly or bi-weekly basis. The pantry list focuses on staples, spices, and condiments for the fridge that will need replenishing less frequently. Avoid shopping without a list or when you are hungry. This will help you avoid the temptation to buy unhealthy snacks.

### Amazing Quiche

Makes 4 to 6 servings

4 large eggs

1½ cups 1% milk

¼ cup whole-wheat flour

3 tbsp. cornmeal

3 green onions, chopped

½ red bell pepper, finely chopped

1 cup low-fat cheddar cheese, grated

½ tsp. salt

½ tsp. black pepper

1. Preheat oven to 400°F. Spray a 9-inch pie plate with vegetable oil.

2. In a blender or food processor, combine eggs, milk, flour and cornmeal. Blend for 30 seconds, until well blended.

3. In the prepared pie plate, gently toss green onions, red pepper, grated cheese, salt and pepper. Pour the milk and egg mixture over the cheese mixture.

4. Bake 30 minutes, or until a knife inserted in the center comes out clean.

### On-The-Run Breakfast

Makes 1 serving

1/3 cup All-Bran TM or Bran Buds TM

½ cup fresh fruit

½ cup cottage cheese (1% or fat-free) or low fat yogurt (no sugar added)

2 tbsp. sliced almonds

Mix in a bowl and enjoy.

Calories 340 - Carbs 43g • Protein 24g • Fat 8g • Fiber 14g

### Eggs in a Nest

(Kid-Friendly)

Makes 1 serving

1 slice wholegrain bread

1 egg

2 tbsp. cheddar cheese, grated

Salt and pepper to taste

Coat frying pan with non-stick spray and heat over medium heat. Cut out center of bread in the shape of a circle, using a glass or a cookie cutter. Place bread into frying pan and break egg into center. Cover with lid, reduce heat to low, and cook until egg is done. Sprinkle cheese on top. Serve with salsa if desired.

Calories 225 - Carbs 20g • Protein 13g • Fat 11g • Fiber 3g

### Country Garden Omelet

Makes 2 servings

Sauté in a 10-inch non-stick frying pan and cook until softened:

1 tsp. olive oil

½ cup assorted vegetables, finely chopped (onion, green or red bell pepper)

Beat together:

3 eggs

2 tbsp. skim milk

dash dried oregano and basil

salt and pepper to taste

2 tbsp. sharp cheddar cheese, grated

Pour egg mixture over vegetables in pan and reduce heat to low. Cover and cook for a few minutes until eggs are fluffy and no longer runny. Top with grated cheese and cover for 1 minute.

Calories 115 - Carbs 5g • Protein 11g • Fat 6g • Fiber 1g

Additional idea: Make a wrap by cutting omelette in pieces and placing in two 10-inch whole wheat or flaxseed tortillas. Top with salsa. Roll up and enjoy.

### **Homemade Muesli**

Makes 2 servings

1 cup slow cook oats

¾ cup skim milk

¾ cup low-fat, sugar-free fruit yogurt

2 tbsp. sliced almonds

¾ cup diced apple, pear or berries

Sweetener to taste

In bowl, soak oats in milk. Place in refrigerator overnight. Add yogurt, almonds, fruit and sweetener to taste. Mix well.

Calories 3220 - Carbs 43g • Protein 15g • Fat 11g • Fiber 7g

### **French Toast**

Makes 2 servings

1 egg

2 tbsp. low-fat milk

½ tsp. cinnamon

½ tsp. pure vanilla extract

2 slices sprouted wheat bread

In a shallow dish, whisk egg, milk, cinnamon and vanilla. Dip 2 slices of bread into egg mixture. Cook in a non-stick frying pan on medium to high heat until lightly browned.

Calories 110 - Carbs 14g • Protein 6g • Fat 3g • Fiber 1g

May serve with peanut butter and light jam, or yogurt and fruit.

### **Broccoli Walnut Salad**

Makes 6 to 8 servings

1 head fresh broccoli (about 1 pound)

1 cup red onion, chopped

½ cup dark raisins

½ cup walnuts

1 cup red seedless grapes

### **Dressing**

½ cup low-fat mayonnaise

½ cup low-fat sour cream

1 tbsp. honey

½ tsp. ground ginger

1. Peel the tough outer skin from the broccoli stalk and discard. Chop the stalks into ½ inch pieces and cut the tops into small florets. (There should be about 6 cups of broccoli florets and stems).

2. In a large bowl, combine broccoli, onions, raisins, and walnuts and toss well.

3. Dressing: In a small bowl, combine mayonnaise, sour cream, honey and ginger; stir to mix well.

4. Add the dressing to the broccoli mixture and toss to mix.

5. Cover the salad and refrigerate for several hours or overnight before serving.

### **Fiber Feast Bread**

Makes 16 slices/servings

½ cup boiling water  
1 cup raisins  
1 egg, beaten  
¼ cup coconut sugar  
1 cup buttermilk  
1 cup whole wheat flour  
1 cup slow cook oats  
1 cup 100% bran cereal (such as All Bran™ or Fibre 1™)  
¼ cup wheat germ  
1½ tsp. baking soda  
½ tsp. salt

1. Preheat oven to 350°F. Lightly oil a loaf pan with non-stick spray.
2. In a large bowl, pour boiling water over raisins and let cool. Add egg, sugar and buttermilk.
3. In another bowl, combine flour, oats, bran cereal, wheat germ, soda and salt. Mix well.
4. Stir dry ingredients into raisin mixture until well blended. Pour into loaf pan.
5. Bake 45 to 50 minutes, or until loaf tests done.

### **Halibut in White Wine**

Makes 6 to 9 servings

2 pounds/900 grams halibut fillets, de-boned and skinned  
1/3 cup whole wheat flour  
¼ tsp. salt  
¼ tsp. black pepper, freshly ground  
2 tbsp. olive oil  
1 large onion, finely chopped  
1 large carrot, finely chopped  
¾ cup white wine, vegetable stock or chicken stock  
1 tbsp. dried parsley or a few sprigs of fresh

1. Preheat oven to 375°F.
2. Wash halibut in cool water and pat dry.
3. Combine flour, salt and pepper in large bowl. Dredge all sides of halibut in flour mixture and set aside.
4. Heat 1 tbsp. of the oil in a large frying pan. Brown halibut fillets on both sides, approximately 4 minutes per side. Place in oven proof dish.
5. Heat 1 tbsp. of the oil in frying pan and sauté carrots and onions for about 5 minutes. Add wine or stock and simmer for another 5 minutes. Pour over fish. Sprinkle with freshly ground pepper.
6. Bake 25 minutes. Serve garnished with parsley.

### **Jiffy Ground Beef Stir-fry**

Makes 4 servings

Sauté in a large non-stick frying pan over medium heat:

1 tbsp. olive oil  
1 onion, chopped  
3 cloves garlic, chopped  
1 red bell pepper, julienned  
2 cups broccoli, tops broken into florets and stems sliced  
Add, and then heat throughout:  
2 cups ground beef (or beef substitute), cooked  
1 tbsp. fresh ginger, grated (or 1 tsp. powdered ginger)  
1 tbsp. wine vinegar

¼ cup soy sauce  
1 can (14 oz/398 ml) pineapple chunks, with juice

Blend in a small bowl:

2 tsp. cornstarch  
¼ cup water

Add to beef mixture and stir until heated through.

### **Quinoa and Black Bean Salad**

Makes 6 to 8 servings

1 cup quinoa  
1½ cups water  
2 tbsp. olive oil  
1 tsp. paprika  
1 large onion, finely chopped (2 cups)  
2 cloves garlic, minced  
1 tsp. ground cumin  
1 tsp. ground coriander  
2 red bell peppers, diced  
¼ tsp. hot pepper flakes  
1 tbsp. cilantro, chopped  
1 can (12 oz/341 ml) corn, drained  
1 can (14 oz/398 ml) black beans, drained  
1 large tomato, diced  
½ cup feta cheese, crumbled  
1 small can black olives (optional)  
½ cup pine nuts, toasted (optional)  
¼ cup lemon juice, freshly squeezed (juice of one lemon) to taste salt and pepper

1. In a sieve, rinse the quinoa under running water and drain.

2. Heat 1 tbsp. oil in a saucepan. Add paprika and stir constantly for 1 minute. Add quinoa and water. Cover and bring to a boil.

Lower heat and simmer 15 to 20 minutes, or until the water is absorbed and quinoa is tender, yet a bit chewy. If you prefer quinoa with a firmer texture, use 1 cup of water.

3. Heat 1 tbsp. oil in a frying pan. Sauté onion, garlic, cumin and coriander until onions are translucent. Stir in red bell peppers, hot pepper flakes and cilantro. Sauté another 5 minutes.

4. Add cooked quinoa to sautéed vegetables. Stir in the corn, black beans, tomato, feta, olives, pine nuts, lemon juice, salt and pepper.

5. Transfer to a bowl and refrigerate until ready to serve.

### **Spicy Pineapple Chicken**

Makes 4 servings

Sauté 5 to 7 minutes in a large frying pan:

1 tbsp. olive oil  
1 red bell pepper, cut in strips,  
1 green bell pepper, cut in strips

Add:

1 can (14 oz/398 ml) pineapple chunks with juice  
1 cup salsa  
2 tbsp. cilantro or parsley, chopped  
2 tsp. grated fresh ginger or ¾ tsp ground ginger  
2 cups cooked chicken, cubed

Continue to cook stirring frequently, until chicken is heated through. For a thicker sauce, mix 1 tsp cornstarch with 3 tbsp water and add to pan. Heat until thickened, stirring constantly. Add salt and pepper to taste.

### **Split Pea Soup**

Makes 6 to 8 servings

- 1 tbsp. olive oil
- 1 onion, chopped
- 3 carrots, chopped
- 3 stalks celery, chopped
- 2 cloves garlic, minced
- 2 cups green or yellow split peas or a mixture of both
- ½ tsp. dried thyme
- 4 cups vegetable or chicken broth
- 3 cups water
- 1 tsp. salt
- 1 tsp. black pepper

1. In a large pot, heat the oil over medium heat. Sauté onion, carrots, celery and garlic in the oil until softened.
2. Add the split peas, thyme and stock. Bring to a boil, then reduce heat. Cover and simmer for 1 to 1½ hours until the peas are tender.
3. Add salt, pepper and other seasonings as needed.

Optional choice: add ½ cup barley and add more water if desired.

Pea soup is wonderful when flavoured with a ham bone. Make the broth ahead of time by simmering the ham bone in water, then cool and skim fat.

### **Szechuan Orange Ginger Chicken**

Makes 3 to 4 servings

- 1 orange, juice and grated rind
- 2 cloves garlic, finely chopped
- 1 tbsp. fresh ginger, finely chopped
- 1 tbsp. cider vinegar
- ½ tsp. hot pepper sauce
- 1 tsp. sugar
- 1 tsp. cornstarch
- 3 chicken breasts
- 1 green bell pepper, cut into thin 1-inch strips
- 1 red bell pepper, cut into thin 1-inch strips
- 2 tbsp. vegetable oil

1. Mix orange rind with chopped garlic and ginger and set aside.
  2. Squeeze juice from orange and whisk together with vinegar, hot pepper sauce, sugar and cornstarch. Set aside.
  3. Remove skin and bone from the chicken and slice into thin strips.
  4. In a wok or large frying pan, heat the oil over medium-high heat.
- Cook the chicken in the hot oil for 3 to 4 minutes until cooked through or no longer pink inside. Remove and set aside.
5. Cook the ginger and garlic in the hot oil for 10 seconds. Add the bell peppers and stir-fry for 2 to 3 minutes.
  6. Return the chicken and sauce to the stir-fry and cook until thickened.

May be served over cooked whole grain rice.

### **Chicken Tortilla Pizza**

Makes 4 to 6 servings

Preheat oven to 375°F.

Bake for 3 minutes on an ungreased cookie sheet:

4 whole-wheat tortillas

Remove from oven and spread on each tortilla:

1 to 2 tbsp. Thai Peanut Sauce (below) or your favorite store-bought light peanut sauce

Sprinkle evenly over all 4 tortillas:

2 cups cooked chicken, finely chopped

½ small red bell pepper, julienned

½ small green bell pepper, julienned

½ cup carrots, grated

1 cup low-fat mozzarella cheese, grated

Bake 10 to 12 minutes until cheese is completely melted and edges are lightly browned. If desired, broil for one minute to brown top.

Use a pizza cutter to cut into wedges.

Calories 331 - Carbs 28g • Protein 30g • Fat 11g • Fiber 3g

### **Thai Peanut sauce:**

¼ cup light peanut butter

¼ cup light Soy Sauce,

2 tbsp lemon juice,

2 tsp sesame seed oil,

2 tsp grated gingerroot,

1 tbsp honey,

1 tsp garlic powder

pinch crushed red pepper flakes. .

Heat all ingredients over medium heat until bubbling, stirring constantly. Remove from heat and let cool.

For a quick dinner, use Thai sauce over cooked chicken and place under broiler for 5 – 7 minutes. Serve with veggies and couscous.

### **Tortilla Chips**

Makes 64 large chips (1 serving is 4 to 6 chips)

8 8-inch whole wheat flour tortillas

1 tbsp. olive oil to taste

seasoning of choice (Italian, garlic and chili, lemon and herb)

1. Preheat oven to 375°F.

2. Lightly brush olive oil on top of each tortilla. Stack 4 tortillas, then with kitchen scissors or a long knife, cut into eight wedges.

3. Place on a cookie sheet. Sprinkle with seasonings and parmesan cheese and bake for 15 minutes.

Be careful not to over brown.

Tortilla chips will keep up to 2 weeks in an airtight plastic bag at room temperature.



### Tuna Citrus Spinach Salad

Makes 4 servings

In a large bowl combine:

1 can (10 oz./284 ml) mandarin oranges, drained

5 cups baby spinach leaves, washed and torn into pieces

½ Spanish onion, thinly sliced in rings

2 tins (6 oz./184 g each) solid water packed tuna, drained

#### DRESSING

Mix in a glass jar:

1 tbsp. sugar

½ tsp. salt

1 tbsp. dijon mustard

2 tsp. lemon rind, grated

1/4 cup fresh lemon juice (juice of 1 lemon)

2 tbsp. flaxseed oil

Pour dressing over salad, toss to coat. Sprinkle with 1/3 cup toasted almonds.

Calories 230 - Carbs 16g • Protein 24g • Fat 8g • Fiber 2g

### Tzatziki Sauce

Combine in a bowl:

1¼ cup low-fat plain Greek yogurt

¼ cup low-fat mayonnaise

juice of 1 lemon (1/4 cup)

3 cloves garlic, minced

½ tsp. salt

Add:

1 cucumber, peeled, seeded and diced then patted dry with a paper towel

salt and pepper to taste



