

UT Extension

Quick and Easy Meals

500 calories, 8 grams fat and 500mg sodium

- **Chili with Rice**
 - canned pinto beans
 - frozen corn
 - fresh veggies (zucchini, tomatoes, onions)
 - spices (cumin, chili powder, garlic powder)
 - rice
 - topped with yogurt and nonfat cheese
- **Chili Baked Potato**
 - leftover chili served in a baked potato
 - top with nonfat plain yogurt
- **Chili Wrap**
 - leftover chili wrapped in a tortilla
- **Pasta Primavera**
 - spaghetti
 - pasta sauce
 - frozen festive veggie mix
- **Mexican Minestrone**
 - canned kidney beans
 - canned tomatoes
 - macaroni
 - frozen Italian veggies
 - broth/water
 - spices (chili spices or Italian seasoning, garlic powder)
 - top with cheese and yogurt
 - baked corn tortilla garnish
- **Broccoli Cheese Baked Potato**
 - baked potato
 - steamed broccoli
 - nonfat yogurt
 - nonfat cheese
- **Stirfy with Chicken**
 - chicken breast
 - frozen veggies stirfy mix
 - instant brown rice
 - seasonings - soy sauce, sesame oil, ginger, red pepper
- **Stirfy Wrap**
 - leftover stir fry mix wrapped in a tortilla
- **Stirfy Pasta Toss**
 - chicken breast
 - frozen veggie stir fry mix
 - pasta
 - seasonings - soy sauce, sesame oil, ginger, red pepper
- **Tuna Salad**
 - lettuce
 - tomatoes
 - jicama
 - peppers
 - cucumbers
 - canned tuna
- **Tortilla Pizza**
 - tortilla
 - pasta sauce
 - beans
 - veggies
 - ricotta cheese
 - lowfat grated mozzarella cheese
- **Fruit Plate**
 - fresh and canned fruit
 - top with yogurt, sorbet or nonfat frozen yogurt
- **Fruit Tostada Dessert**
 - corn tortilla baked with cinnamon and sugar (use oil spray to make them stick)
 - fresh fruits
 - nonfat vanilla yogurt
 - fruit purees for sauce

Programs in agriculture, 4-H youth development, family and consumer sciences and resource development

University of Tennessee Institute of Agriculture,

US Department of Agriculture and county government

Cooperating. UT Extension provides equal opportunities

in programs and employment