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**BUSY**  
PERSON'S  
**GUIDE**  
TO HEALTHY  
WEEKNIGHT SUPPERS



**15-MINUTE  
BURRITO BOWL**

Recipe on page 13



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# The *Busy Person's* Guide to Healthy Weeknight Suppers

## How To Make A Slimming Homemade Supper On Even The Busiest Nights

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There are days—those rare days—when you have time. Time to slow down. Time to binge watch your favorite TV show. Time to cook that beautiful recipe you found on Pinterest.

But then there are the rest of the days—most of the days. The days when you're running late before it even starts. The days you don't have time to wash your hair, or take a lunch break, or handle one more problem.

It's on these hectic days that you're most likely to be spotted in the drive-through line after work, having abandoned your weight-loss goals in exchange for dinner in a bag. It's then, when you're feeling exhausted and done for the day, that a healthy, home-cooked meal feels impossible.

But, believe it or not, it is possible—and it's easier than you think! With the right tricks and tools, you can have a slimming, delicious dinner on the table in the same amount of time it takes to go through a drive-through.

We're here to rescue the weeknight meals! We're sharing our best tips so you can enjoy filling, fabulous meals, all while happily maintaining your weight-loss plan—and your sanity.





**15-MINUTE  
MEDITERANEAN SALAD**  
Recipe on Page 9.



# Busy Weeknight Supper Recipes



These recipes will save the day when you only have 5, 15, or 25 minutes to get supper on the table.





# Chunky Chickpea Salad

## INGREDIENTS

- 1 (15 oz) can chickpeas/garbanzo beans, rinsed and drained
- ½ cup celery, diced small
- ¼ cup red onion, diced small
- ¼ cup fat-free mayonnaise
- 1 tablespoon mustard
- ¼ teaspoon celery salt, or salt to taste
- 2 tablespoons pickle relish

## NUTRITIONAL INFO

Calories: 110 • Fat: 2g • Sodium: 490mg  
Carbohydrate: 21g • Fiber: 5g • Protein: 5g

## SERVINGS

4

## SERVING SIZE

½ cup

## DIRECTIONS

- 1 | Rinse and drain chickpeas.
- 2 | Add beans to food processor, and pulse until consistency is chunky.
- 3 | In bowl, combine chickpeas with remaining ingredients. Mix well.
- 4 | Serve on slice of whole wheat bread with 2 large slices of tomato and 1 outer romaine lettuce leaf (stem removed).

## CHEF'S TIP

Store spread for up to 4 days in airtight container in refrigerator.

Make this diabetes-friendly by serving on Low Sodium Ezekiel 4:9 bread.



# Brown Rice and Black Bean Bowl

## INGREDIENTS

- 1 package frozen brown rice
- 1 can black beans low or no sodium, rinse and drain
- 1 cup corn frozen
- 5 black olives, sliced
- 1 cup salsa

## NUTRITIONAL INFO

Calories: 420 • Fat: 3.5g • Sodium: 800mg •  
Carbohydrate: 86g • Fiber: 11g • Protein: 15g

SERVINGS

3

SERVING SIZE

1 cup

## DIRECTIONS

- 1 | Cook rice according to package directions.
- 2 | In mixing bowl, stir together beans, corn, olives, and salsa.
- 3 | Heat bean mixture on stove or in microwave until warm.
- 4 | Serve over rice.







# Mediterranean Salad

## INGREDIENTS

- 4 cups romaine lettuce mix
- ½ large tomato, diced
- 1 small seedless cucumber (or 1/4th English cucumber), diced
- ¼ cup chopped onion
- ½ cup garbanzo beans, rinsed
- 2 tablespoons sliced Kalamata olives (or black olives) - optional
- ¼ cup diced feta cheese
- skinny greek dressing

### Skinny Greek Dressing

- 2 teaspoons olive oil
- 2 tablespoons fresh lemon juice
- ½ teaspoon Italian seasoning
- salt and pepper, to taste

## NUTRITIONAL INFO

Calories: 449 • Fat: 23g • Sodium: 730mg • Carbohydrate: 52g • Fiber: 12g • Protein: 19g

SERVINGS

1

SERVING SIZE

½ cup

## DIRECTIONS

- 1 | In small bowl, make dressing by mixing together olive oil, lemon juice, and Italian seasoning. Set aside.
- 2 | Chop tomato and cucumber.
- 3 | Rinse garbanzo beans.
- 4 | In a large bowl, add romaine, tomato, cucumber, onion, garbanzo beans, olives, and feta cheese. Drizzle Skinny Greek Dressing on top, and mix well. Add salt and pepper to taste.

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# Skinny Pasta Bowl

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## INGREDIENTS

- 4 oz (2/3 cup dry pasta) whole wheat elbow pasta
- 1 cup broccoli (steamer microwave bag)
- 1/2 cup cannellini beans (canned, rinsed and drained)
- 1 cup cherry tomatoes, sliced

### Skinny Pesto Ingredients

- 1 tbsp basil paste
- 1/4 tsp minced garlic
- 1/2 tsp shredded parmesan
- 1 tsp finely chopped walnuts
- 1/4 cup veggie stock

## NUTRITIONAL INFO

Calories: 419 • Fat: 3.5g • Sodium: 693mg  
Carbohydrate: 65g • Fiber: 16g • Protein: 20g

## SERVINGS

1

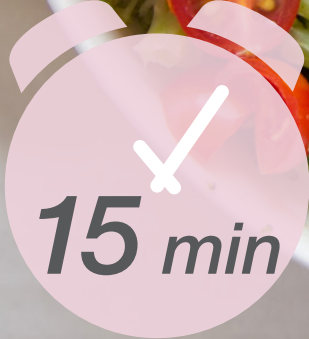
## DIRECTIONS

- 1 | Bring water to a boil.
- 2 | Microwave broccoli according to package directions.
- 3 | Slice cherry tomatoes. Rinse and drain beans.
- 4 | Add pasta to boiling water and cook 6-7 minutes, or according to package directions.
- 5 | In small bowl mix all skinny pesto ingredients.
- 6 | Strain pasta and place in serving bowl. Add broccoli, sliced tomatoes, cannellini beans, and pesto. Mix well. Add salt and pepper to taste.





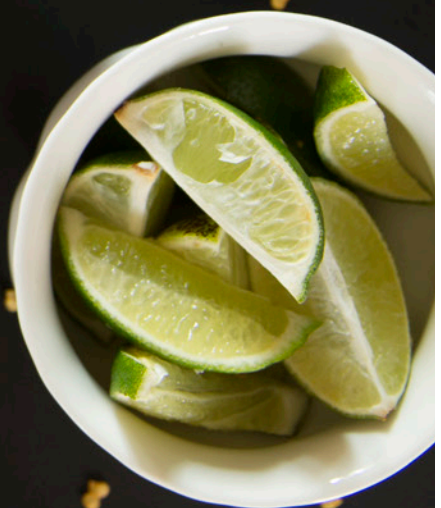
**15-Minute  
Skinny Pasta Bowl**







**15-Minute  
Burrito Bowl**





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# Burrito Bowl

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## INGREDIENTS

- ½ cup brown rice
- ½ cup black beans
- ¼ cup diced chicken
- ½ cup corn
- 1 cup cherry tomatoes, sliced
- juice from ½ lime
- ¼ of an avocado
- salt and pepper to taste

## NUTRITIONAL INFO

Calories: 435 • Fat: 12g • Sodium: 432mg  
Carbohydrate: 59g • Fiber: 17g • Protein: 24g

## SERVINGS

1

## DIRECTIONS

- 1 | Microwave frozen brown rice for 2 minutes and 30 seconds, or according to package directions.
- 2 | Rinse and drain beans. Thaw corn by rinsing under hot water for 30 seconds.
- 3 | Microwave chicken for 1 minute, or according to package directions.
- 4 | Slice tomatoes, avocado, and lime
- 5 | In serving bowl, combine rice, black beans, diced chicken, corn and sliced cherry tomatoes. Squeeze half the lime over the mixture. Mix well and enjoy. Salt and pepper to taste.



# Easy Asian Lunch Salad

## INGREDIENTS

- 4 cups coleslaw mix
- 1 cup edamame (green soybeans)
- 3 medium green onions, bulbs and top sliced
- 1 medium red bell pepper, diced
- cups carrots, shredded
- 2 cloves garlic, minced
- 2 tablespoons honey
- 2 tablespoons vinegar
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons peanut butter
- 2 teaspoons sesame seed oil

## NUTRITIONAL INFO

Calories: 220 • Fat: 8g • Sodium: 520mg •  
Carbohydrate: 29g • Fiber: 5g • Protein: 9g

## SERVINGS

4

## SERVING SIZE

2 cups

## DIRECTIONS

- 1 | Place coleslaw mix in large bowl.
- 2 | Defrost edamame, and add to coleslaw.
- 3 | Add green onions, red bell pepper, and carrots.
- 4 | In small bowl, mix together minced garlic, honey, vinegar, soy sauce, peanut butter, and sesame oil until well blended.
- 5 | If serving immediately, add dressing to salad, toss, and serve. (If packing salad for lunch, divide vegetable mix into 4 equal portions and pack in plastic storage bags. Divide up salad dressing into 4 equal portions, and pack in separate dressing containers. Mix in with salad right before serving.)

## CHEF'S TIP

Salad will keep well for a few days if refrigerated.



# Sandwich Wrap Power Up

## INGREDIENTS

- 1 - 100% whole wheat tortilla
- 4 T roasted red pepper hummus
- 2 slices turkey deli meat
- 2 T feta cheese
- 2 cups spinach
- 2 T olives
- ¼ cup diced cucumbers
- roma tomato, diced
- 2 rings red onion
- 2 kiwi

## NUTRITIONAL INFO

Calories: 457 • Fiber: 19g

SERVINGS



SERVING SIZE



## DIRECTIONS

- 1 | Lay tortilla on flat surface, and spread hummus onto tortilla.
- 2 | Add turkey, cheese, and veggies in center of tortilla.
- 3 | Fold up bottom edge of tortilla, and fold in sides to roll up into a wrap.
- 4 | Slice kiwi, and serve as a side.





# On-the-Go Chili

## INGREDIENTS

- 1 can low-sodium black beans, drained and rinsed
- 1 can low-sodium kidney beans, drained and rinsed
- 1 can low-sodium pinto beans, drained and rinsed
- 2 cans diced tomatoes petite, no salt added
- 1 (5 oz) can diced green chili peppers
- 1 (6 oz) can tomato paste
- 2 tablespoons chili powder
- 1 teaspoon paprika
- ½ teaspoon oregano
- 2 teaspoons cumin
- 2 teaspoons garlic powder

## NUTRITIONAL INFO

Calories: 210 • Fat: 2g • Sodium: 500mg •  
Carbohydrate: 39g • Fiber: 13g • Protein: 11g

SERVINGS

7

SERVING SIZE

1 cup

## DIRECTIONS

- 1 | In large pot, combine all ingredients. Heat over medium-high heat for 10 minutes. (Or, cook in slow cooker on low for 8 hours, or on high for 3-4 hours.)

# Southwest Salad Power Up

## INGREDIENTS

- 3 cups Spring Mix lettuce
- Gardein Chick'n strips
- ¼ cup black beans
- ⅓ cup corn
- ¼ cup shredded carrots
- 1 T shredded cheese
- ¼ cup salsa
- 1 (100-calories) pack Wholly Guacamole
- 1 banana

## NUTRITIONAL INFO

Calories: 462 • Fat: 14g • Fiber: 17g

## SERVINGS

1

## DIRECTIONS

- 1 | Prepare Gardein Chick'n strips according to instructions on package.
- 2 | Place lettuce on serving plate. Add Chick'n strips, black beans, corn, carrots, and cheese. Top with salsa and guacamole.
- 3 | Serve with banana as a side.







# White Bean Chicken Chili

## INGREDIENTS

- ½ pound chicken breast (approximately one medium-sized chicken breast)
- 5 cups water
- 1 pack white chili seasoning mix
- 2 cans low-sodium great northern beans, rinsed and drained
- 1 can Rotel tomatoes (or 1 can petite diced tomatoes, for a milder flavor)

## NUTRITIONAL INFO

Calories: 300 • Fat: 1.5g • Sodium: 960mg • Carbohydrate: 41g • Fiber: 9g • Protein: 26g

## SERVINGS

4

## SERVING SIZE

2 cups

## DIRECTIONS

- 1 | Boil chicken in 5 cups of water until done.
- 2 | Rinse and drain beans.
- 3 | Reserving the water/broth, remove finished chicken from pot to cool. Strain water/broth, or skim off anything that may be on top.
- 4 | Shred chicken breast.
- 5 | In large pot, combine broth and all remaining ingredients.
- 6 | Heat on medium-high heat until heated throughout. (Or cook in slow cooker on low for 4 hours.)
- 7 | Serve extra as leftovers, or freeze for a quick meal later on.

# White Bean Pesto Soup

## INGREDIENTS

- 2 (15 oz) cans cannellini beans, drained and rinsed
- 3 cups water
- 3 tablespoons basil pesto (or any other flavor)
- 3 cups fresh spinach

## NUTRITIONAL INFO

Calories: 150 • Fat: 4.5g • Sodium: 135mg •  
Carbohydrate: 21g • Fiber: 6g • Protein: 8g

## SERVINGS

6

## SERVING SIZE

1  
cup

## DIRECTIONS

- 1 | Drain and rinse beans. In pot, add beans and 3 cups water. Bring to a boil, reduce heat, and cook for 5 minutes.
- 2 | Add pesto, and cook for an additional 5 minutes. Add salt, if needed.
- 3 | Turn off heat. Stir in fresh spinach. Serve while hot.

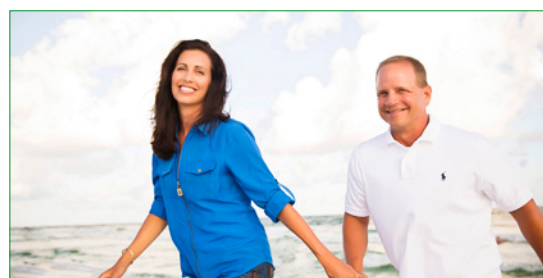


# What We Eat for Supper

## When We've Had a Busy Day

You're not alone. We have those days, too, when we don't have the time—or energy—to make a big dinner. Here at Full Plate Living, we're opening up our kitchens to show

you what we eat on those busy nights. These go-to meals are quick and slimming—and they might just inspire a new weeknight favorite at your house.



"I freeze my homemade marinara sauce in two serving containers, and always keep spaghetti in the pantry and frozen broccoli florets or carrots on hand. Store-bought marinara sauce will work as an even faster variation of this meal. It makes for an easy spaghetti night and comes in handy if we ever have unexpected company. I make it more filling by blending half a can of red kidney beans into the sauce for extra fiber and protein."

*Amy Hanus*

## Quick and Easy Spaghetti

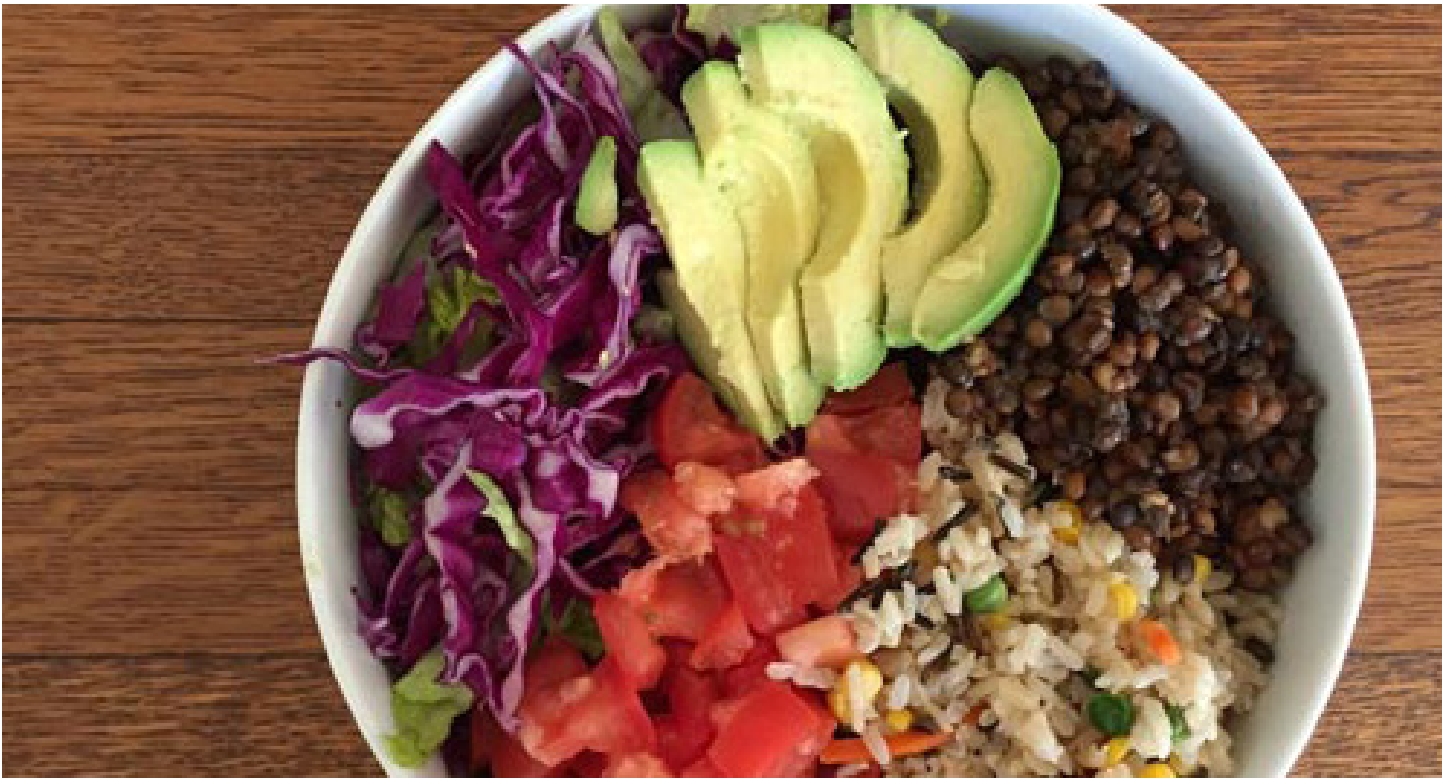
### INGREDIENTS

- 1 jar marinara sauce (homemade or your favorite store brand)
- 1 box whole wheat spaghetti
- 1 family-sized bag frozen broccoli florets
- 1 (15 oz) can kidney beans

### DIRECTIONS

- 1 | Cook spaghetti according to package directions.
- 2 | Microwave broccoli according to package directions.
- 3 | Add half of beans and half of marinara sauce to blender. Blend on low until beans are chunky and well blended into sauce.
- 4 | Pour blended sauce and remainder of marinara sauce into microwave safe dish, and heat for 2 minutes.
- 5 | Serve 1 cup marinara sauce on top of 1.5 cups of pasta.
- 6 | Fill the rest of the plate with broccoli and any other fresh veggies you have on hand.





## Lentil Bowl

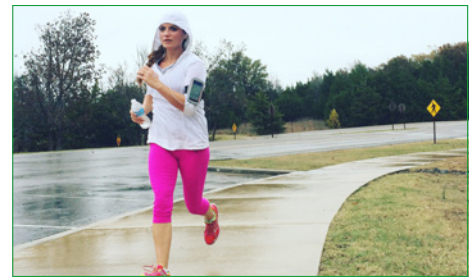
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### INGREDIENTS

- 1 cup purple cabbage, shredded
- 1 cup green cabbage, shredded
- 1 tomato, diced
- 1 cup [Brown and Wild Rice with Corn, Carrots & Peas](#)
- ½ cup [Melissa's Lentils](#)
- ½ avocado
- juice from ½ lemon
- salt to taste

### DIRECTIONS

- 1 | Microwave brown rice according to directions.
- 2 | Microwave lentils according to directions.
- 3 | In serving bowl, add shredded cabbage, tomato, rice, lentils, and avocado.
- 4 | Juice lemon on top of mixture.
- 5 | Salt to taste.



“I’m a lentil lover, so when I discovered already-cooked lentils at the local grocery store I did a happy dance. Melissa’s Lentils have become a permanent fixture in my fridge. They come in handy, especially on busy nights.

All I have to do is heat the lentils in the microwave, and I have an incredible meal on the table in minutes. Filling and slimming at the same time? I call that the perfect dinner without ever turning on the stove.”

*Michelle Jones*



## Adult Ramen Noodles

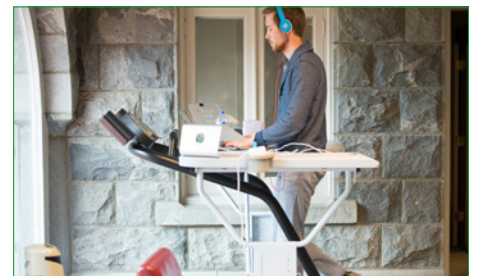
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### INGREDIENTS

- frozen veggies of choice
- 1 package ramen noodles
- ½ seasoning packet from ramen noodles
- Sriracha sauce (optional)

### DIRECTIONS

- 1 | In small pot, bring frozen veggies to boil and cook for 5 minutes.
- 2 | Add ramen noodles.
- 3 | Add seasoning, and remove from heat. Serve.



“When I’m short for time, I throw some frozen veggies in a pot of water, give them a few minutes to cook, then add ramen noodles to the boiling pot. It’s ready to eat in under 15 minutes.”

*Kyle Young*





“I’ve officially broken up with the drive-through ever since discovering [Protein Blends by Bird’s Eye](#). My favorite is the [California Style](#). Whole grains, veggies and beans in one bag? It’s a guilt-free meal I’m happy to ‘cook’ in the microwave for four minutes. By the time I’m done, dinner is basically on the table. One bag is enough to serve me, my husband, and our toddler, because we love large salads on the side. My favorite shredded salad is done in just a few minutes...usually while the main dish is warming up. My daughter will usually want a [Cutie](#) for a sweet ending to the meal.”

*Michelle Jones*

## California Blend Freezer Dinner

### INGREDIENTS

- ¼ purple cabbage head
- ¼ green cabbage head
- ⅓ bunch of kale
- 4 carrots
- 1 lemon
- 1 avocado
- salt

### DIRECTIONS

- 1 | Use food processor to shred purple cabbage, green cabbage, kale, and carrots.
- 2 | Toss shredded veggies in salad bowl with juice from 1 lemon. Dice avocado, and massage into salad by hand. Salt to taste.
- 3 | Serve half the salad, ½ California Style bag, and a cutie per person.



## Fajita Wrap

### INGREDIENTS

- 4 (8-inch) whole wheat tortillas
- 1 medium onion, thinly sliced
- 1 medium red bell pepper, thinly sliced (optional)
- 8 oz turkey, cooked and shredded (optional)
- 1 (15 oz) can low-sodium black beans, rinsed and drained
- 1 cup frozen corn, thawed
- fajita seasoning

### DIRECTIONS

- 1 | Rinse and drain black beans.
- 2 | Thinly slice onion (and bell pepper, if using), and sauté over medium heat in a bit of water and fajita seasoning until translucent.
- 3 | On tortilla, layer 1/4 cup sautéed onions (and peppers), 2 ounces shredded turkey (optional), 1/2 cup beans, and 1/4 cup corn.
- 4 | Wrap it up, and enjoy!





“Cooking while pregnant is a challenge. I try to cook a lot on my good days since I never know what days I’ll wish my house didn’t even have a kitchen. But that leaves us with a selection of leftovers. And that’s why wraps are so handy!

Somehow people who don’t normally like leftovers find them more palatable when they are wrapped in a tortilla, grilled to get those pretty lines (or microwaved when my nose is being picky) and topped with salsa, guacamole or any other light sauce that sounds appealing that day.

The kids love the peanut butter and berries wrap, but Paul and I find ourselves making the fajita wrap when it’s just the two of us eating.”

*Amanda Martin*

## Peanut Butter Berry Wrap

### INGREDIENTS

- 1 (8 inch) whole wheat tortilla
- 2 tablespoons peanut butter
- 1½ cup sliced strawberries
- ½ cup blueberries
- ½ cup sliced grapes

### DIRECTIONS

- 1 | Slice strawberries and grapes.
- 2 | Spread peanut butter onto tortilla.
- 3 | Add berries and grapes to middle of tortilla. Roll up, and enjoy.



"I love this garbanzo bean sandwich spread. It is my go-to lunch or supper when I'm in a pinch. I almost always have the ingredients on hand--and the spread is portable if I need to pack it for lunch. The spread lasts several days, which means I don't have to think about what I'm going to pack for lunch the next day. I keep a loaf of Ezekiel 4:9 bread on hand. After toasting it, I spread the garbanzo salad on top. I usually bring a tomato and spinach to garnish my open-faced sandwich with. Fresh grapes or apples are my perfect finish to this meal."

*Michelle Sinkler*

## Chickpea Salad Spread

### INGREDIENTS

- 1 (15 oz) can chickpeas/garbanzo beans, rinsed and drained
- ½ cup celery, diced small
- ¼ cup red onion, diced small
- ¼ cup fat-free mayonnaise
- 1 tablespoon mustard
- ¼ teaspoon celery salt or salt to taste
- 2 tablespoons pickle relish

### DIRECTIONS

- 1 | Rinse and drain chickpeas.
- 2 | Add beans to food processor, and pulse until consistency is chunky.
- 3 | In bowl, combine chickpeas with remaining ingredients. Mix well.
- 4 | On toasted bread, layer spinach, 2 tablespoons of spread, and tomato.





## BBQ Chicken, Rice and Broccoli

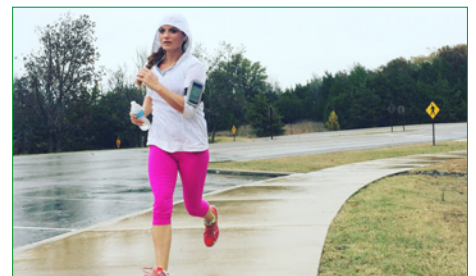
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### INGREDIENTS

- 1 rotisserie chicken
- 1 bag frozen brown rice
- Head Country Original BBQ sauce
- 1 pint raspberries (fresh or frozen)

### DIRECTIONS

- 1 | Microwave broccoli according to directions on bag.
- 2 | Microwave rice according to directions on bag.
- 3 | Assemble your plate: meat portion (the size of a deck of cards), 1 cup broccoli, 1 cup rice, drizzle of BBQ sauce, 1 cup raspberries).



“When my husband first started cooking he relied heavily on throw-together meals. One of his favorites? Chicken and rice. The rotisserie chicken was still warm when he got home, so all he had to do was microwave the rice and broccoli, and serve. He wasn’t a huge broccoli fan so he started chopping the broccoli, mixing it with the rice and drizzling BBQ sauce on top. Since I have a sweet tooth, we ended the meal by sharing a container of raspberries. This simple dinner is perfect as leftovers for lunch too.”

*Michelle Jones*



“Hardly ever having eaten beans growing up, it’s amazing to me how much I love them now. In fact, I like to call myself a bean pusher. There are so many kinds of beans that can be fixed in so many delicious ways. Beans are a perfect weight-loss food. I like to find ways to include them as part of every meal I eat.

I love to make a giant salad of various dark greens--like romaine, spring mix, raw kale--plus shredded carrots, chopped tomatoes, sunflower seeds, and at least one cup of cooked beans--such as black beans, navy beans or garbanzos. Mixed with avocado dressing, it’s yummy and keeps me satisfied for hours.

*Diana Fleming*

## Black Bean Salad

### INGREDIENTS

- 3-4 cups mixed leafy greens
- 1 cup shredded carrots
- ½ cup chopped cherry tomatoes
- 2 tablespoons sunflower seeds
- 1 cup black beans
- [Avocado Dressing](#)

### DIRECTIONS

- 1 | Drain and rinse black beans.
- 2 | Slice tomatoes.
- 3 | In large mixing bowl toss leafy greens, carrots, tomatoes, sunflower seeds, black beans, and dressing. Enjoy!





“During the summer months I crave this pita sandwich. You can make it year-round, but I love it in the summer because I can find the produce fresh at my local farmer’s market. The flavors in this are just bursting at the seam. Every bite is delish! Toss in a piece of fruit, and you’ve got a filling and high-fiber meal.”

*Amy Hanus*

## Pita Pockets

### INGREDIENTS

- 1 whole wheat pita
- ¼ cup hummus
- 2 green leafy lettuce leaves or 1 cup spinach
- ¼ cup sliced or shredded carrots
- ¼ cup slices cucumber
- 4 mini sweet peppers, sliced
- 2 tablespoons feta
- 1 tablespoon [Paul Newman’s Lite Balsamic Vinaigrette](#) dressing

### DIRECTIONS

- 1 | Cut pita in half. Open up one pita half carefully to keep a pocket.
- 2 | Fill half of pita with half of veggies, 1 tablespoon feta and ½ tablespoon dressing.
- 3 | Repeat with other half.



## Quick and Easy Chili

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### INGREDIENTS

- 1 (15 oz) can black beans low-sodium, rinsed and drained
- 1 (15 oz) can kidney beans low sodium, rinsed and drained
- 1 (15 oz) can pinto beans low sodium, drained and rinsed
- 2 (15 oz) cans diced tomatoes petite, no salt added
- 1 (5 oz) can diced green chili peppers
- 1 (6 oz) can tomato paste
- 2 tablespoons chili powder
- 1 teaspoon paprika
- ½ teaspoon oregano
- 2 teaspoons cumin
- 2 teaspoons garlic powder

### DIRECTIONS

- 1 | Combine all ingredients in large pot, and heat over medium-high heat for 10 minutes.
- 2 | Serve with a piece of cornbread (or crackers) and an apple.



“During the winter, one of our family's favorite go-to suppers when we need something quick is chili. What I like about our chili recipe is that it takes less than 15 minutes to make. We usually serve with fresh fruit, and if we have time we'll make some cornbread.”

*Dan Braun*





## Healthy Nachos

### INGREDIENTS

- 1 serving of chips (7-10, depending on brand)
- ½ cup - 1 cup beans of choice
- 2 tablespoons shredded cheese (optional)
- ½ cup frozen corn, thawed
- 1 large tomato, diced
- 2 tablespoons olives, sliced
- ½ cup frozen peas, thawed
- 1 cup fresh spinach

### DIRECTIONS

- 1 | Place one serving of chips on plate, and use fist to crush them slightly.
- 2 | Warm up refried beans, and layer onto chips.  
  
If you're a cheese lover, sprinkle about 2 tablespoons of cheese and microwave. If you'd rather make a healthier choice, skip the cheese.
- 3 | Add corn, diced tomatoes, sliced olives, peas, and spinach.
- 4 | If you skipped the cheese, dice up ½ an avocado and add as a topping for a bit more creaminess.



“My family loves Mexican food—from burritos to quesadillas and every other dish in-between. I’m a quick adaptor, so when we started eating healthier, I attacked Mexican dishes with gusto. We were able to transform our nachos in the most delicious of ways. Our family’s favorite toppings when I’m in a hurry are beans, corn, tomatoes, olives, peas, and spinach. To check out some of the other healthy toppings you can serve on your nachos, check out my blog post on [15 Guilt Free Nacho Toppings.](#)”

*Amanda Martin*



"I learned this quick and easy stew from a past co-worker. Since it didn't have a name, I named it after her. When I'm really pressed for time, this is my backup meal. Always. Works great for suppers and lunches alike. If I have avocado on hand, I like to add it as a garnish for a bit of creaminess."

*Amy Hanus*

## Norita's Stew

### INGREDIENTS

- 1 (15 oz) can petite diced tomatoes
- 1 (15 oz) can black beans, rinsed and drained
- 1 (15 oz) can corn, or vegetable mix
- 1 tablespoon ground cumin

### DIRECTIONS

- 1 | In small pot, over medium heat, add all ingredients and bring to boil.
- 2 | Boil for 10 minutes.
- 3 | Serve.

\* Makes 2 servings.



# No-cook, No-bake, No-microwave Suppers

Some days a full supper feels like too much effort. These quick and easy light suppers are favorites among the Full Plate team.



## Avocado Toast

### DIRECTIONS

- 1 | On toasted piece of whole wheat bread, mash up 1/4th avocado.
- 2 | Add tomato slice and sprinkle with salt.
- 3 | Slice raw veggies and serve with 1 tablespoon hummus.



"I'm a fan of avocados. The picture pretty much says the rest. Avocado toast topped with tomato and a sprinkle of seasoned salt makes me extremely happy. I grab whatever fresh veggies we have on hand and hummus as a side dish. Cucumber and carrots are my favorites, but I've seen others enjoy red peppers, celery, broccoli, cauliflower and cherry tomatoes as well."

*Paul Martin*



## Breakfast for Supper

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### DIRECTIONS

- 1 | 1 serving toasted wheat dry cereal
- 2 | 1 cup frozen berry mix (blueberries, raspberries and blackberries)
- 3 | 1 small handful low-salt roasted peanuts
- 4 | 1 cup low-fat milk of choice



“I typically eat a big breakfast in the morning and a big lunch around 2:00 p.m. Supper is my lightest meal of the day. But I love cereal. So this has become my go-to supper.

I really enjoy the flavor, texture and crunch of the cereal, berries and peanuts mixed together. I eat this meal at least four times a week for supper... on a good week maybe even more. :)”

*Ricky Seiler*





# Fruit and Air-Popped Popcorn

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### DIRECTIONS

- 1 | Pop ¼ cup popcorn kernels in your air popper
- 2 | Slice up an apple
- 3 | Eat with 1-2 tablespoons peanut butter



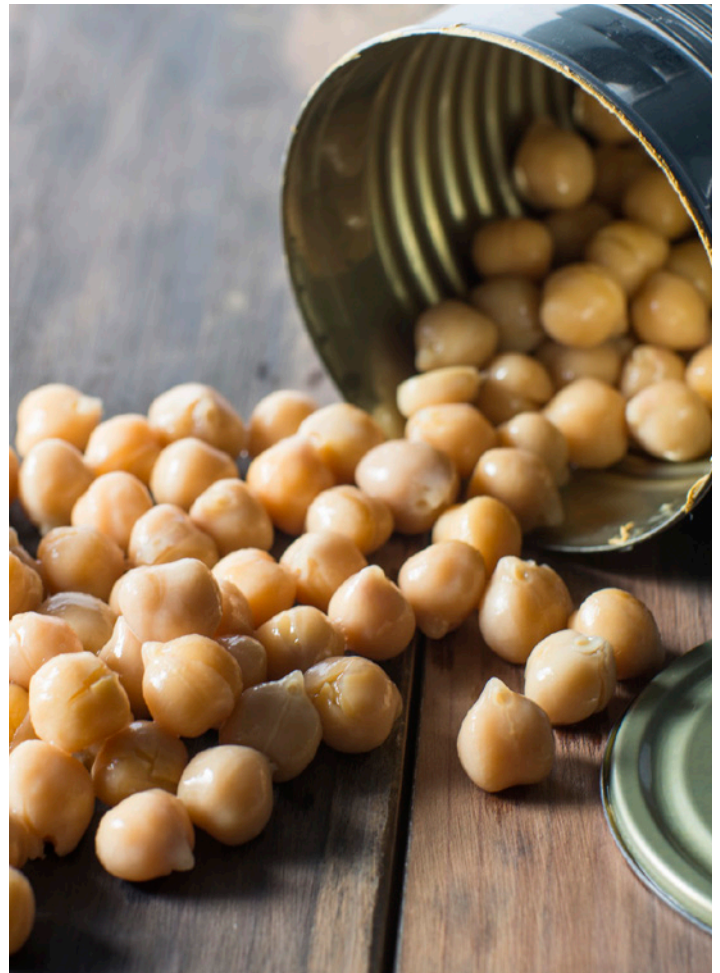
“It is just Todd and I. Our dinners are light, if anything at all--sliced apples with almond butter and non-GMO popcorn. We air pop it ourselves. It may be not seem like much, but after we finish eating, we’re always full.”

*Michelle Sinkler*









# Tricks and Tools that Get Dinner on the Table—Fast

—— Save Time and Energy With These Pro Tips ——

**A** ccording to the **20-Second Rule**, popularized by Shawn Achor in his book *The Happiness Advantage*, just 20 seconds of inconvenience can keep you from doing something you know is good for you. For example, if it takes just 20 seconds to find a healthy food in your refrigerator, you're more likely to eat an unhealthy food that's on the counter and easy to grab.

Fortunately, if you can find a way to avoid those 20-second roadblocks, you're well on your way to better habits. The tricks and tools listed here eliminate those 20-second obstacles---but they go well beyond that. Most of them will save you more than 20 minutes of hassle too (oh, how we love you, salad kits and 90-second brown rice)!

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# 6 Staples to Keep on Hand for *Quick Dinners*



## CANNED BEANS

Just looking at a bag of dried beans at the end of an exhausting weekday can be enough to make you order takeout. Fortunately, canned beans allow you to enjoy this weight-loss friendly food with virtually no prep time. Add them to a green salad, pasta sauce, or brown rice--the beans will add fiber and make dishes more filling. (Some canned beans are high in sodium, so opt for the low-sodium or no-salt-added options. Rinsing your beans will also wash of up to 40% of that extra sodium.)



## READY TO SERVE BROWN RICE

Forget the days of having to wait 45 minutes for brown rice to cook. Now you can have it on the table within three minutes or less thanks to prepackaged rice. Frozen brown rice, found at grocers such as [Trader Joe's](#), is ready in three minutes. Uncle Ben's Ready Rice takes only 90 seconds in the microwave and can be found in most grocery stores (available in [Whole Grain Brown](#) and [Brown Basmati](#)).



## FROZEN MICROWAVABLE VEGETABLES

If the crisper in your refrigerator is where innocent veggies go to die, then frozen vegetables might be just what you need. They're just as nutritious as fresh produce, and they won't go bad quickly, so you can store them longer. Many come in microwaveable bags, so within seconds you can have a ready-to-go side dish or an add-in for soup, salad, pasta, or casserole. Try these tips and recipes for frozen veggies: [Recipes](#).





## OATMEAL

Who says oatmeal is only for breakfast? On days that already feel upside down anyway, why not just go with it and have breakfast for dinner? Forget the sugary cold cereal, and go for old fashioned or steel-cut oats (they digest more slowly than instant or quick oats, and leave you feeling fuller longer). Top with fresh fruit and nuts, or try a savory dish, like [this one](#).



## WHOLE GRAIN PASTA

Who among us hasn't put all their hopes for a hot weeknight meal on a box of mac and cheese? For a healthier, slimming version of this go-to dish, try a whole grain pasta with a marinara sauce and veggies, or whip up [Broccoli Garlic Pasta](#).



## FROZEN MEALS

Some days you need the absolute shortest shortcut around. No shame in that game. That's why we've identified 12 frozen meals that have earned our stamp of approval. They're weight-loss friendly and can be paired with a simple green salad or piece of fruit for an even more satisfying meal. No need to pull out a frozen pizza when you can have [one of these](#) instead.

# 5 Already Prepped Foods That Save You Time and Trouble

Any successful businessperson will tell you that one of the keys to success is to delegate. Well, you're the CEO of your kitchen, and sometimes you need to delegate the chopping, washing, and prepping of food to someone else! Here are a few of the already prepared foods that can save you tons of time and trouble in the kitchen.

## 1 PREWASHED, PRE-CUT VEGGIES

Let's be honest, your chances of making sweet potatoes, for example, is much higher if you don't have to scrub, peel, and cut them first. That's where pre-packaged sweet potatoes come in. (Perfect for [homemade sweet potato fries!](#)) Check the produce section of your grocery stores, and you'll likely find a wide variety of prewashed, pre-cut veggies, from julienned carrots to cubed butternut squash. It's a quick and easy way to have a fresh, healthy side dish or an add-in for a soup, salad, or entrée.



## 2 SALAD KITS

No chopping, no washing, no prepping—how much easier can it get? With salad kits, you can have a composed salad ready to go in minutes. Kits such as [these](#) include all the extras, including nuts, dried fruit, and dressing.





### 3 COOKED LENTILS AND BEANS

Not every food that comes in a package is bad for you. Steamed lentils and beans are perfect examples. Found in the refrigerated produce aisle, they come in a vacuum-sealed pouch and are ready to serve. Enjoy them cold on a salad, or poke a few holes in the package and warm them up in the microwave.

[Steamed Lentils](#) | [Red Kidney Beans](#)  
[Six Bean Medley](#) | [Fearless Flyer](#)



### 4 FROZEN FRUIT

Enjoy it as a side, in a smoothie, or as a guilt-free frozen treat in place of a Popsicle or ice cream. [Frozen fruit](#) is often packed within one day of harvest, so it retains all its nutrients. When shopping for it, check the label to make sure there's no added sugar.



### 5 MEAL MIXES

Whether you're craving Italian, Asian, or Mexican food, ready-to-go meal mixes, such as these by Birds Eye, will let you satisfy your craving without wrecking your weight-loss plan. The [meal mixes](#) are packed with whole grains and veggies, so they're a better option than fast food restaurant. And you can cook them in the bag—how easy is that?



# Time-Saving Kitchen Tools

There's no gadget that can add more time to your day, but these [time-saving tools](#) are the next best thing. They'll take care of dinner, while you take care of everything else on your to-do list.

## 1

### RICE COOKER

Did you know you can actually cook rice without a stove? You just need a rice cooker. Generally, it heats up faster, which saves you time and energy. Plus, it's really simple. Just add rice and water, set the timer, and move on to your next project.

**Time Saved:** 10-30 minutes, depending on the kind of rice used.

**How to use a rice cooker:** If you've never used a rice cooker before, watch this [video](#).

**Recipes:** This popular blog post features 9 weight loss dishes you can prepare on your rice cooker. Our favorites? [The Mexican Wild Rice and the Lentil and Vegetable Soup](#).

**Price range:** \$30 - \$100+

**Try this model:** [Aroma 20-cup Stainless Steel Digital Rice Cooker](#)





# 2

## SLOW COOKER

When you're pressed for time, a slow cooker can be a life-saver. There are a variety of one-pot dishes you can cook entirely in the slow cooker also known as a Crock Pot. All you have to do is throw in the ingredients, set the timer, and dish out your breakfast, lunch, or dinner when you're ready to eat.

**Time saved:** 30 minutes

**Recipes:** Here are [15 slow cooker recipes that will actually help you lose weight](#), [The Split Pea and Brown Rice](#) and [Lentil Taco Filling](#).

**Price Range:** \$15 - \$100+

**Try this model:** [Crock-Pot Programmable Cook](#) and Carry Oval Slow Cooker



# 3

## PRESSURE COOKER

A pressure cooker uses pressurized steam to reduce cooking time from hours to just a few minutes.

This awesome kitchen gadget may win the award for biggest time saver. If you're cooking dry beans and you don't have time to soak them a pressure cooker can bail you out. Among its many other talents, this tool can take cooking dry beans from a 10-hour ordeal to a 25-minute simmer time, depending on your pressure cooker. How's that for a time saver?

**Time saved:** Vegetables - 15 minutes.  
Grains - 10 minutes. Beans - 60+ minutes.

**How to use a pressure cooker:** If you've never used a pressure cooker before, watch this [video](#).

**Recipes:** [6 Minute Mashed Potatoes](#), [Pressure Cooker Black Beans](#) and [Barley Risotto with Mushrooms](#)

**Price Range:** \$23 - \$200+

**Try this model:** [Presto 6-qt Aluminum Pressure Cooker](#)



# 4

## TOASTER OVEN

Because it's smaller than a traditional oven, a toaster oven heats up and cooks small meals much faster.

Let's face it, most of the time we see one of these babies in the lunchroom at work. And they always look like something blew up in them, so it's easy to miss their hidden worth.

The benefits of a toaster oven were truly revealed to me when I realized my mother could finish cooking some foods faster in the toaster oven than it took me to preheat my oven! This gadget is truly an asset if you only need to cook for one or two people. The small space means the oven heats quickly and evenly which gets dinner on the table in record time.

**Time Saved:** 12-15 minutes for something like a black bean burger

**Recipes:** [Portobello Pesto Burgers](#)

**Price Range:** \$25 - \$250+

**Try this model:** [Black & Decker Stainless Steel Counter-top Convection Oven](#)



# 5

## FOOD PROCESSOR/SALAD SHOOTER

A food processor slices, dices, and shreds faster, without posing any threat to your fingers.

A salad shooter slices and shreds your vegetables straight into your salad bowl.

If you hate slicing, dicing and chopping, consider a food processor. You can shred cabbage, lettuce, kale, and other veggies in seconds, instead of spending tedious minutes doing it by hand. This takes the dread out of prepping healthy salads and entrees.

While a traditional food processor may have more options for sizes, the Salad Shooter only shreds or slices - but those two options go a long way. The small footprint makes fitting it in the dishwasher easy, and is storage a no-brainer. Plus, the price is budget-friendly.



**Time Saved:** Varies, depending on the task. 10 minutes shredding cabbage, lettuce, or other veggies. 5 minutes slicing and chopping veggies.

**How to use a food processor:** Watch this video to learn [how to slice veggies](#). Watch this video to learn [how to chop veggies](#). Watch this video to learn [how to shred veggies](#).

**Recipes:** [French Grated Carrot Salad](#)

**Price Range:** \$30 - \$400+ for a food processor, \$30 - \$50 for a salad shooter

**Try this model:** [Presto Salad Shooter Electric Slicer](#)





# 5

## BLENDER

You'll need a blender to prepare one of the most nutritious on-the-go breakfasts - a filling breakfast smoothie.

When I first started Full Plate Living, my answer to getting a lot of fiber at once was a smoothie. I made so many smoothies, I actually broke two blenders at the beginning of my journey. Needless to say, I've learned a quality blender really is key. As is moderation.

**Time saved:** Up to 5 minutes depending on the type of blender/mixer used.

**Recipes:** This post features [21 filling breakfast smoothie recipes](#). My favorite is the [Chocolate Mocha Smoothie](#).

**Price Range:** \$17 - \$600+

**Try this model:** [Oster Rapid Blend 8-Speed Blender](#)

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