

Quick meal ideas



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Greek Salad Wrap and Brown Rice Salad

Greek Salad Wrap:

Load up whole grain tortillas with the following:

- Fat-free feta cheese
- Sliced cucumbers
- Chopped tomatoes
- Hummus
- Sliced olives

Drizzle with salt, pepper, red wine vinegar, and olive oil, then roll and serve

Brown Rice Salad:

Mix the following ingredients, toss, then chill or serve at room temperature:

- Small can of mandarin oranges, drained
- Uncle Ben's brown ready rice, cooked and cooled
- Toasted, slivered almonds
- 1/2 to 1 package of broccoli slaw

Light ginger salad dressing to taste



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Grilled Chicken Breasts and Honey Mustard Salmon

Grilled chicken breasts, sweet potatoes, and salad

- ▶ Grill chicken breasts
 - Defrost the chicken breasts, then lightly pound to tenderize them, and toss them into a Ziploc bag with some light salad dressing or a mixture of citrus juices plus a few herbs
- ▶ Bake sweet potatoes (make these ahead of time and reheat in the microwave)
- ▶ Mixed salad greens with goat cheese, pears, and toasted pecans with light balsamic vinaigrette
- ▶ Ciabatta rolls with a few teaspoons olive oil for dipping

Roasted pecan salmon, grilled asparagus, new potatoes and salad

- ▶ Paint the salmon fillet with honey mustard and make a crust with equal parts Panko bread crumbs, chopped pecans and fresh parsley and pat on salmon; roast for 20 minutes at 425 degrees
- ▶ Whole-wheat rolls
- ▶ Grilled asparagus – toss asparagus with a little olive oil and grill
- ▶ Steam new potatoes with parsley and a dollop of fat-free sour cream
- ▶ Mixed greens with avocado, grape tomatoes, black beans, and a light dressing

This is a company-worthy menu, but salmon is so readily available, healthy, and freezes so well that you can eat it at least twice a week as advised by AHA