

Healthy Eating: No-Cook Recipes¹

Linda Bobroff, Jennifer Hillan, and Emily Minton²

Try these quick, easy recipes for balanced, healthy meals. No cooking required!

Bean and Veggie Sandwich

Rinse and mash canned white beans. Mix with low-fat plain yogurt. Add spices as desired (mustard, dill, parsley, garlic, onion, or pepper). Spread on whole-wheat bread or toast and top with romaine lettuce or spinach, as well as cucumber and tomato slices.

Fresh Fruit Salad

Cut up one or more kinds of fresh or canned fruit such as pineapple, peaches, melon, berries, or bananas. Mix the fruit with low-fat vanilla yogurt, and top with chopped walnuts, pecans, or granola. Serve with a whole-grain English muffin or bread.

Tortilla Wraps

Layer a tortilla (whole wheat is best) with sliced deli meat, low-fat cheese, onions, tomatoes, green leaf lettuce, and chunky salsa (optional). Fold one end of the tortilla over the filling, turn in the sides, roll up, and enjoy!



Figure 1. Make a whole-wheat tortilla wrap with deli meat, low-fat cheese and vegetables for a quick meal that does not require any cooking.

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2. Linda B. Bobroff, RDN, professor; Jennifer Hillan, MSH, RD, LD/N, former ENAFS nutrition educator/trainer; and Emily Minton, BS, former ENAFS program coordinator; Department of Family, Youth and Community Sciences, UF/IFAS Extension, Gainesville, FL 32611.

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Spicy Chicken Sandwich

Mix leftover cooked (or canned) shredded chicken with low-fat mayonnaise or low-fat plain yogurt. Add chopped celery, chopped bell pepper (green or red), and curry powder to taste. Serve on whole-grain bread with tomato slices and spinach leaves or romaine lettuce.



Figure 2. A chicken salad sandwich on whole-wheat bread with spinach and tomato is a wholesome meal that does not require cooking.

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Pumpkin Breakfast Pudding

Combine vanilla-flavored instant pudding mix, one cup low-fat milk, one cup pure pumpkin (canned or fresh), one teaspoon cinnamon, and one teaspoon vanilla. Pour over one cup granola and refrigerate overnight. For extra crunch, sprinkle granola on top just before eating.

Southwestern Bean Salad

Drain and combine one cup each of canned black beans and corn kernels. Mix with 1/2 cup salsa (may use diced tomatoes instead). Spoon onto salad greens and top with 1/4 cup shredded low-fat cheese. Garnish with a dollop of low-fat sour cream or low-fat plain yogurt, if desired. Serve with whole-grain crackers.