

No-Recipe Entrees



Keep these nutrient-rich staple foods on hand for quick, easy, and healthy dinners!

In your cupboard

- Canned beans: low-fat refried beans, black beans, pinto beans
- Canned petite diced tomatoes
- Canned pineapple chunks or tidbits
- Chili powder or no-sodium chili seasoning packet
- Instant brown rice
- Whole wheat thin spaghetti
- Garlic powder or fresh garlic
- Canned chopped green chilis
- Non-stick cooking spray

In your refrigerator

- Low-fat or reduced fat cheddar cheese, shredded
- Part-skim mozzarella cheese, shredded
- Eggs
- Light sour cream or plain yogurt
- Whole wheat or corn tortillas
- Low-sodium Teriyaki sauce

In your freezer

- Frozen stir-fry vegetables
- Frozen bell pepper strips
- Frozen vegetable medley
- Frozen corn
- Frozen lean meats, raw (for example, chicken tenders, 95% lean beef, lean pork, or fish)

1 Black Bean Veggie Fajitas

- Canned black beans
- Frozen bell pepper strips
- Whole wheat or corn tortillas
- Low-fat or reduced-fat cheddar cheese, shredded
- Light sour cream or plain yogurt
- Chili powder or no-sodium chili seasoning packet

2 Pasta

- Whole wheat thin spaghetti
- Canned tomatoes
- Frozen vegetable medley
- Garlic powder or fresh garlic

3 Taco Soup

- Canned pinto beans, rinsed, plus 1-2 cans water
- Frozen corn
- Canned tomatoes, undrained
- Canned chopped green chilies
- Chili powder or no-sodium chili seasoning packet
- Low-fat or reduced-fat cheddar cheese, shredded

4 Stir Fry

- Frozen lean meat or cooked egg
- Frozen stir-fry vegetables
- Small canned pineapple chunks or tidbits, in its own juice, drained
- Instant brown rice
- Low-sodium Teriyaki sauce

5 Mediterranean Chicken

- Frozen chicken breast tenderloins (boneless and skinless)
- Canned tomatoes
- Garlic powder or fresh garlic
- Optional: whole wheat thin spaghetti

6 Veggie Scramble

- Eggs
- Frozen bell pepper strips, cooked and diced
- Low-fat or reduced-fat cheddar cheese, shredded

7 Cajun Rice & Beans

- Instant brown rice
- Canned black beans
- Canned tomatoes
- Frozen corn
- Part-skim mozzarella cheese, shredded
- 2 Tablespoons cajun seasoning

8 Teriyaki Chicken

- Frozen chicken tenders
- Low-sodium Teriyaki sauce
- Frozen vegetable medley
- Small canned pineapple chunks or tidbits, in its own juice
- Instant brown rice