

FAST AND EASY!

GOOD IDEAS FOR QUICK AND EASY MEALS

When it's hot and you're tired, or you just don't feel like cooking, here are some good ideas for easy, satisfying snacks and meals that take very little effort to prepare! *

Meat, chicken and seafood

- Shish Kebabs (beef or lamb cubes, green or red pepper, and onion on skewer), served with rice
- Spaghetti (pasta with meat sauce), salad
- Hamburger, macaroni salad, watermelon
- Unsalted crackers with tuna or chicken salad
- Meatloaf, mashed potatoes, frozen vegetables
- Tuna melt (split English muffin in halves, top with tuna, mayonnaise and cheese, and broil)
- Chicken or turkey, slice of tomato, lettuce on Kaiser roll
- Tuna casserole, salad, fruit
- Salad plate: sliced turkey, hard boiled egg, lettuce, cottage cheese, crackers
- Top flour tortillas with diced tomatoes and green pepper, diced chicken, and grated cheese. Place ingredients on half a tortilla. Fold the tortilla and bake in the oven until heated through. Cut into wedges, and serve with salsa and sour cream.
- Salad topped with tuna or cottage cheese, bread with margarine, fruit
- Meatballs, rice, peas, fruit cocktail
- Broiled fish, couscous, salad with mandarins
- Tuna pasta salad, applesauce
- Stir fry chicken and vegetables, rice
- Chicken on pita with cucumbers & lettuce, salad dressing
- Roast beef sandwich, raw vegetables
- Turkey on bagel, cucumber salad, juice
- Salmon sandwich, green salad, peach
- Chicken breast, green beans, roll
- Chicken on light rye bread, raw vegetables, fruit cocktail
- Mix leftover chicken with sliced grapes, mayonnaise, and dash of curry powder. Stuff into pita pocket and eat.
- Mini pizzas; Spoon pizza sauce onto half a bagel, English muffin, or mini pita. Top with mozzarella cheese, cooked chicken and your favourite veggies. Bake at a low temperature setting until the cheese melts and the bagel is crispy.

Vegetarian

- Cheese and onion omelette, a salad
- Unsalted crackers with egg salad
- French toast and berries
- Grilled cheese sandwich, celery and pepper strips with dip
- Breakfast sandwich: egg, cheese on an English muffin
- Peanut butter and pear on bread
- English muffin with cheese, melted under broiler
- Egg salad with sprouts on cracked wheat bread
- Cottage cheese, fruit salad, zucchini loaf
- Hard cooked egg, coleslaw, buttered bread
- Homemade macaroni and cheese, broccoli or cauliflower
- Spread peanut butter over pita bread. Slice fresh apples over top, sprinkle with cinnamon, and broil for 3 to 5 minutes.
- Peanut butter, crackers, apple

From our Spice it up! Collection

On our website myspiceitup.ca you will find many snack recipes, that are a breeze to make.

Here are some suggestions:

- Boost your energy drink
- Fantastically fluffy pancakes
- Mushroom and rice omelette
- Summer fresh pizza
- Chili lime dip with toasted pitas
- Thai shrimp kebabs



*Based on handout from Grand River Hospital, Renal Program, Kitchener, Ontario.