

Twenty-Five Quick Ideas to make Time-Saving Meals

1. Fresh pasta cooks up faster than dried,
2. Use spiralizing tool for veggie noodles
3. Add frozen veggies – 5 minutes in the microwave oven
4. Grated quality cheeses
5. Sun-dried tomatoes – instant flavor
6. Tapenade over whole wheat pita
7. Eggs – turn into quick scrambled suppers
8. Basil or dried tomato pesto – instant rubs, topping, flavor enhancer
9. Use quality made tortillas
10. Whole-what angel hair pasta – fiber booster, quick cooking
11. Hearty grain bowls
12. Stir-fry dinners with reduced sodium sauce
13. Gochujang or spicy sauce for quick-cooking grains
14. Use juices from pickles or peppers as salad dressings
15. Easy to make – quality packaged salad or slaw
16. Time saving tacos
17. One bowl chili or soup
18. Refrigerated fresh pasta cooks faster than dried pasta
19. Precut veggies from a salad bar
20. Open-faced sandwiches with leftovers
21. Cook 2 veggies in one pan
22. Sheet pan cooking
23. Easy oven salmon
24. Cauliflower rice
25. Freeze packets of different grains.

|For More Recipes See:

<https://www.eatingwell.com/gallery/13723/20-healthy-meals-you-can-make-in-20-minutes/>

<https://www.eatwell101.com/low-effort-healthy-dinners-recipes>