

**Quick and Healthy Recipes:
5 Meals in 5 Minutes or Less!**

French Toast

Ingredients:

- 1 egg white
- 2 teaspoons maple syrup
- Dash of cinnamon
- Dash of vanilla extract
- 1 slice of whole wheat bread
- Your choice of toppings: Fruit, fat-free whipped cream or maple syrup

Directions:

1. Preheat George Forman grill or skillet
2. Mix the egg, maple syrup, cinnamon and vanilla in a bowl
3. Place the bread in the mixture, letting it soak up the sauce on each side
4. Grill on the George Forman grill for one minute, or on the skillet for 1 minute each side
5. Garnish with your choice of toppings



Grilled Salmon

Ingredients:

- 1 filet of salmon
- Lemon pepper seasoning

Directions:

1. Preheat George Foreman grill
2. Sprinkle salmon with lemon pepper seasoning
3. Grill salmon for 1 minute
4. Finish cooking salmon in microwave (1-2 minutes, or until cooked through)

Grilled Chicken and Vegetable Pita

Ingredients:

- 1 Tablespoon olive oil
- 2 Tablespoons balsamic vinegar
- Dash of Italian seasoning
- 1 chicken breast, chopped
- 2 slices eggplant
- 1 slice of tomato
- 1 whole wheat pita, cut in half



Directions:

1. Preheat the George Forman grill
2. Mix the oil, vinegar and seasoning in a bowl
3. Dip chicken and vegetables into mixture and grill for 1 minute or until cooked through
4. Stuff into pita halves and grill entire pita for 30 seconds

Microwave Fruit “Cobbler”

Ingredients:

- Slices of fresh or frozen fruit, such as bananas, apples, pears, peaches and/or berries
- ¼ cup granola
- Dash of cinnamon
- 2 Tablespoons fat-free whipped cream



Directions:

1. Microwave sliced fruit in a microwave-safe bowl on high for 1-2 minutes, or until fruit is warm, soft and fragrant
2. Top with granola, cinnamon and whipped cream

Chicken Salad Sandwich

Ingredients:

- 1 chicken breast
- 3 celery stalks, chopped
- 1 Tablespoon lowfat mayonnaise
- 1 Tablespoon pesto
- Pepper, to taste
- Lettuce
- Whole wheat bread



Directions:

1. Preheat George Forman grill
2. Cook chicken breast for 1-2 minutes
3. Finish cooking chicken in the microwave until no longer pink in the middle
4. Chop chicken and celery into small pieces
5. Mix chicken and celery with mayonnaise and pesto in a bowl. Add pepper to taste.
6. Place chicken salad on toasted bread with lettuce to make a sandwich. Or serve on top of a bed of lettuce for a salad.

Vegetable Cooking Chart for the Microwave

Cooking times vary based on microwave, amount of vegetables, and individual preference. Adjust accordingly. Let vegetables stand for 2 minutes before eating.

Vegetable	Microwave cooking time for 1 serving	Notes
Artichoke	6-8 minutes	Cut off bottom and place in a bowl with shallow water
Asparagus	3-4 minutes	
Broccoli florets	3-4 minutes	
Brussels sprouts	3 minutes	
Cabbage, shredded	3-4 minutes	
Carrots, sliced	4 minutes	
Cauliflower florets	3-4 minutes	
Corn on the cob	4 minutes	Can be cooked in or out of husk
Eggplant, diced	4-6 minutes	
Green beans	1-2 minutes	
Greens, collard/mustard/turnip	8-12 minutes	
Greens, kale/beet	3-4 minutes	
Leeks, chopped	3 minutes	
Lima beans	3-4 minutes	
Mushrooms	1-2 minutes	
Peas	3-4 minutes	
Peppers, bell	1-2 minutes	
Potatoes	3-5 minutes	Poke holes in potato before cooking to allow steam to escape
Spinach	1 minute	
Squash halves	6-10 minutes	
Tomatoes	1-2 minutes	
Turnips, cubed	4 minutes	
Zucchini	3 minutes	