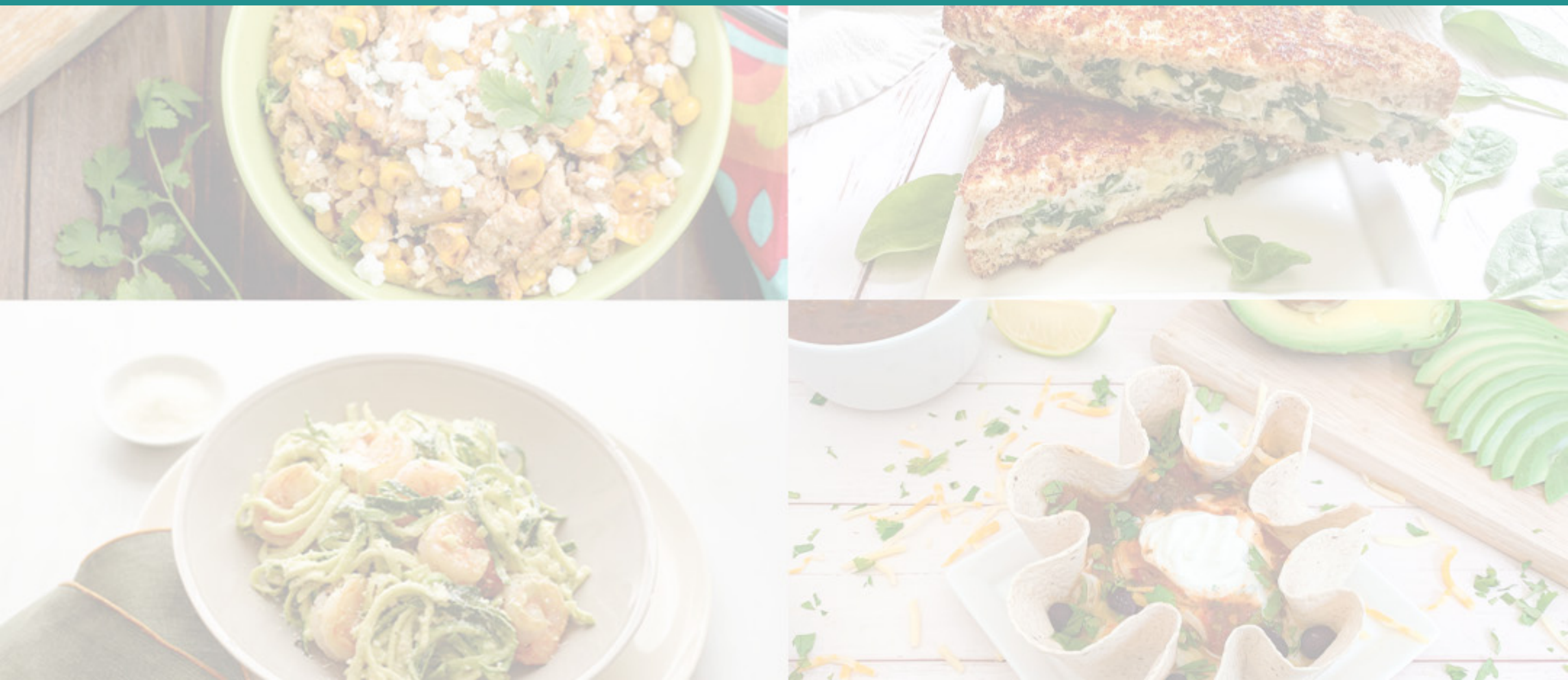




Hungry Girl

15 Recipes
in 15 Minutes or Less





Hi,

It's me, Lisa Lillien, aka Hungry Girl! Thanks for signing up for my free daily emails. (What's that? You didn't? [Click here](#) and do it now!) The emails are packed with healthy recipes (easy & delicious ones), smart food finds, Amazon deals, and tips & tricks for a healthy lifestyle. I'm not a dietitian or gourmet chef: I'm just hungry!

I hope you love this collection of speedy breakfasts, lunches, dinners, and desserts that can be made in a mere 15 minutes or less. Stay tuned to your daily emails for the latest recipes and more.

And now, the recipes...

😊 Lisa

Visit hungrygirl.com/fifteen for links to the WW Points® for these recipes.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Recipe Guide

As you read through this booklet, look for these symbols for an at-a-glance snapshot of the recipe's attributes.



Recipes with 5 Ingredients or Less



Vegetarian Recipes



Gluten-Free Recipes



Air-Fryer Apple Pie Breakfast Bowl

Entire recipe: 243 calories, <0.5g total fat (0g sat. fat), 60mg sodium, 48g carbs, 5g fiber, 39g sugars, 14.5g protein

This is a great way to turn a simple fruit & yogurt bowl into something special!

Prep: 5 minutes

Cook: 10 minutes

Ingredients:

1 large apple, chopped

1/8 tsp. cinnamon, or more for topping

3/4 cup (about 1 single-serve container) fat-free vanilla Greek yogurt

Directions:

In a medium bowl, toss chopped apple with cinnamon.

Place apple in an air fryer sprayed with non-aerosol nonstick spray. Set to 380°F (or nearest degree). Cook until softened and lightly browned, about 10 minutes, shaking the basket halfway through.

Let cool slightly, about 10 minutes. Serve yogurt topped with apple.

MAKES 1 SERVING

Oven Alternative: Bake at 450°F until softened and lightly browned, about 12 minutes, flipping halfway through.

Get more healthy air-fryer recipes in my book...

Hungry Girl Simply Comfort: Feel-Good Favorites for Your Slow Cooker & Air Fryer!



It's All Greek to Me Egg Mug

Entire recipe: 117 calories, 2g total fat (1g sat. fat), 459mg sodium, 8g carbs, 1g fiber, 3g sugars, 16g protein

I eat egg mugs for breakfast several times each week. They're egg scrambles made in the microwave in minutes.

Total: 5 minutes

Ingredients:

1/2 cup chopped spinach
1/4 cup chopped red onion
1/2 cup (about 4) egg whites or liquid egg substitute
2 tbsp. diced tomato, patted dry
2 tbsp. crumbled reduced-fat feta cheese
1/2 tbsp. chopped fresh basil

Directions:

In a large microwave-safe mug sprayed with nonstick spray, microwave spinach and onion for 1 1/2 minutes, or until softened.

Blot away excess moisture. Add egg and stir. Microwave for 1 minute.

Stir in tomato, feta, and basil. Microwave for 1 minute, or until set.

MAKES 1 SERVING

Check out this Hungry Girl email...
[16 Healthy Egg Mug Recipes!](#)

**5i****GF****V**

Banana-Chocolate Blender Pancakes

Entire recipe: 200 calories, 3g total fat (1.5g sat. fat), 391mg sodium, 25.5g carbs, 2.5g fiber, 14.5g sugars, 20.5g protein

Mixing batter in a blender is a timesaver, and cooking with protein powder is genius!

Prep: 5 minutes

Cook: 10 minutes

Ingredients:

1/3 cup mashed extra-ripe banana

1/4 cup (about 2 large) egg whites or liquid egg substitute

1/4 cup vanilla protein powder with about 100 calories per serving

1/2 tsp. baking powder

1 1/2 tsp. mini semi-sweet chocolate chips

Optional toppings: sliced banana, lite pancake syrup

Directions:

In a blender, combine all ingredients except chocolate chips. Blend until mostly uniform. (Batter will be thin.)

Bring a skillet sprayed with nonstick spray to medium-low heat. Form 2 pancakes with half of the batter. Top with 3/4 tsp. chocolate chips. Cook until bubbles form and pancakes are solid enough to flip, 1–2 minutes. Gently flip. Cook until lightly browned and cooked through, about 1 minute.

Plate pancakes. Remove skillet from heat, respray, and return to medium-low heat. Repeat with remaining batter and chips.

MAKES 1 SERVING

Gluten FYI: Most protein powder is gluten-free, but check the ingredients list if you avoid it.

Check out this Hungry Girl email...

[Blender Batter: Pancakes, Muffins & More!](#)



Open-Faced Breakfast Burrito

Entire recipe: 285 calories, 8.5g total fat (4.5g sat. fat), 860mg sodium, 30.5g carbs, 9g fiber, 5.5g sugars, 24g protein

Here's a creative take on the microwave egg concept. So satisfying!

Prep: 5 minutes

Cook: 5 minutes or less

Ingredients:

1 low-carb flour tortilla with 100 calories or less
1/2 cup (about 4 large) egg whites or fat-free egg substitute
2 tbsp. black beans
2 tbsp. shredded reduced-fat Mexican blend cheese
1/8 tsp. garlic powder
1/8 tsp. onion powder
2 tbsp. salsa
2 tbsp. light sour cream
1 tbsp. chopped fresh cilantro
Optional topping: sliced black olives

Directions:

Place a tortilla in a wide microwave-safe mug or bowl; let it naturally fold to fit the shape. Carefully add egg whites/substitute to the center.

Add beans, cheese, garlic powder, and onion powder. Microwave for 2 minutes, or until set.

Top with salsa, sour cream, and cilantro.

MAKES 1 SERVING

Check out this Hungry Girl email...

[10 Healthy Breakfast Recipes in 10 Minutes or Less!](#)



Mexican Street Corn & Chicken Bowl

Entire recipe: 337 calories, 8.5g total fat (4g sat. fat), 683mg sodium, 29.5g carbs, 6g fiber, 8.5g sugars, 37g protein

Cauliflower rice is the base of this delicious protein-packed meal. Get it in the fridge or freezer section.

Prep: 5 minutes

Cook: 10 minutes

Ingredients:

1 1/2 cups frozen riced cauliflower
1 1/2 tsp. taco seasoning, divided
2 tbsp. chopped fresh cilantro, or more for topping
1/2 cup frozen sweet corn kernels
3 oz. cooked and chopped skinless chicken breast
1 wedge The Laughing Cow Creamy Light cheese (or 1 tbsp. light/reduced-fat cream cheese)
2 tbsp. crumbled feta cheese, divided

Directions:

Bring a skillet sprayed with nonstick spray to medium-high heat. Add cauliflower and 1 tsp. taco seasoning. Cook and stir until hot, about 3 minutes. Transfer to a medium bowl. Stir in 1 tbsp. cilantro. Cover to keep warm.

Remove skillet from heat; clean, if needed. Respray and return to medium-high heat. Add corn. Cook and stir until lightly blackened, about 4 minutes. Add chicken and remaining 1/2 tsp. taco seasoning. Cook and stir until hot, about 1 minute.

Remove skillet from heat. Add cheese wedge, 1 tbsp. feta, and remaining 1 tbsp. cilantro. Stir until well mixed and cheese wedge has melted. Add to the medium bowl. Top with remaining 1 tbsp. feta.

MAKES 1 SERVING

HG FYI: Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

Check out this Hungry Girl email...
How to Make a Healthy Power Bowl!



Shrimp & Avocado Z'paghetti

Entire recipe: 300 calories, 10.5g total fat (2.5g sat. fat), 780mg sodium, 22g carbs, 7g fiber, 12g sugars, 33.5g protein

Zucchini noodles fulfill my pasta cravings for fewer carbs and calories. Find them in the fridge or freezer, or DIY with a veggie spiralizer.

Prep: 10 minutes

Cook: 5 minutes

Ingredients:

1 1/2 oz. (about 3 tbsp.) mashed avocado
3 tbsp. fat-free plain Greek yogurt
1/8 tsp. salt, or more to taste
1/8 tsp. black pepper, or more to taste
2 tsp. grated Parmesan cheese, divided
4 oz. (about 8) raw large shrimp, peeled, tails removed, deveined
1/8 tsp. onion powder
1/8 tsp. garlic powder
14 oz. (about 2 medium) spiralized zucchini
1 1/2 tsp. chopped garlic

Directions:

In a small bowl, combine avocado, yogurt, salt, pepper, and 1 tsp. Parm. Mix until smooth and uniform.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add shrimp, onion powder, and garlic powder. Cook and stir for 1 minute. Add zucchini and chopped garlic. Cook and stir until shrimp are cooked through, zucchini has slightly softened, and garlic is fragrant, about 3 minutes.

Transfer skillet contents to a medium bowl. Blot away excess moisture. Add avocado mixture. Stir to coat. Serve topped with remaining 1 tsp. Parm.

MAKES 1 SERVING

Check out this Hungry Girl email...
[15 Healthy Veggie-Based Carb Swaps!](#)



Meatless Cheeseburger Tacos

Entire recipe: 259 calories, 11g total fat (5g sat. fat), 667mg sodium, 26.5g carbs, 6g fiber, 1.5g sugars, 18g protein

Meatless crumbles are a fantastic freezer staple—great for last-minute meals, since they're precooked and only need to be heated up.

Total: 5 minutes

Ingredients:

1/2 cup frozen meatless crumbles
2 corn taco shells (flat-bottomed, if available)
3 tbsp. shredded reduced-fat cheddar cheese
1/4 cup shredded lettuce
2 tbsp. chopped hamburger dill pickle chips
2 tbsp. chopped tomato
1 tbsp. chopped onion
Optional: ketchup, mustard, and light mayonnaise

Directions:

Microwave crumbles for 1 minute, or until hot. Divide crumbles and cheese between the shells on a microwave-safe plate. Microwave for 15 seconds, or until cheese has melted. Top with remaining ingredients.

MAKES 1 SERVING

HG FYI: Some meatless crumbles contain gluten, so read labels carefully if that's a concern.

[Click here for many more vegetarian recipes!](#)



GF

Meat Lovers Pizza Zucchini Boats

Entire recipe: 241 calories, 11g total fat (5g sat. fat), 766mg sodium, 14g carbs, 3g fiber, 7.5g sugars, 20.5g protein

Here's a low-carb way to get your pizza fix...

Prep: 5 minutes

Cook: 5 minutes

Cool: 5 minutes

Ingredients:

1 medium-large zucchini
1 frozen meatless or turkey sausage patty with 80 calories or less
1/4 tsp. garlic powder
1/4 tsp. onion powder
2 tbsp. pizza sauce
1/4 cup shredded part-skim mozzarella cheese
3 slices turkey pepperoni, chopped
1 1/2 tsp. precooked crumbled bacon

Directions:

Pierce zucchini several times with a fork. Microwave for 1 minute. Flip zucchini. Microwave for 1 minute, or until softened. Let cool, about 5 minutes.

Cook sausage per package directions. Chop or crumble into pieces.

Cut zucchini in half lengthwise. Gently scoop out and discard the insides, leaving about 1/4 inch inside the skin. Thoroughly pat dry. Top with garlic powder and onion powder.

Divide sausage between zucchini halves. Top with sauce, cheese, pepperoni, and bacon. Microwave for 1 1/2 minutes, or until cheese has slightly melted.

MAKES 1 SERVING

Check out this Hungry Girl email...

Healthy Stuffed Veggies!



No-Noodle Veggie Lasagna in a Mug

Entire recipe: 228 calories, 10g total fat (6g sat. fat), 676mg sodium, 16.5g carbs, 3g fiber, 12g sugars, 19g protein

Eggs aren't the only thing I make in the microwave!

Prep: 5 minutes

Cook: 5 minutes

Ingredients:

1/4 cup + 2 tbsp. light/low-fat ricotta cheese
1 tbsp. chopped fresh basil, or more for topping
1/2 tsp. garlic powder, divided
5 oz. (about 1 small) zucchini, ends removed
1 dash salt
1/4 cup low-fat marinara sauce with 70 calories or less per serving, divided
1/4 cup shredded part-skim mozzarella cheese

Directions:

In a small bowl, mix ricotta, basil, and 1/4 tsp. garlic powder.

Cut zucchini lengthwise into 1/4-inch slices, and cut each slice in half. In a covered wide mug, microwave for 1 1/2 minutes, or until soft. Transfer to a plate.

THOROUGHLY blot dry. Season with salt and remaining 1/4 tsp. garlic powder.

Place 1/3 of zucchini slices in the mug. Top with 1/3 of ricotta and 2 tbsp. marinara. Repeat with half of remaining zucchini, half of remaining ricotta, and remaining 2 tbsp. marinara. Top with remaining zucchini and ricotta.

Top with mozzarella. Cover and microwave for 1 1/2 minutes, or until cheese has melted and lasagna is hot.

MAKES 1 SERVING

Get more speedy recipes with my book...

Hungry Girl Fast & Easy: All-Natural Recipes in 30

Minutes or Less!



One-Pan Ranch Chicken

1/2 of recipe: 297 calories, 10g total fat (5g sat. fat), 629mg sodium, 17g carbs, 3.5g fiber, 8.5g sugars, 32g protein

I love a single-skillet meal! Ranch seasoning is a smart pantry staple that's very versatile.

Prep: 5 minutes

Cook: 10 minutes

Ingredients:

8 oz. raw boneless skinless chicken breast, cut into bite-sized pieces

1 dash salt

1 dash black pepper

1 1/2 cups frozen riced cauliflower

1 cup frozen petite mixed vegetables

1/4 cup light sour cream

3 tbsp. light/reduced-fat cream cheese

1 tbsp. ranch dressing/dip seasoning mix

Directions:

Bring a skillet sprayed with nonstick spray to medium-high heat. Add chicken, salt, and pepper. Cook and stir until browned, about 3 minutes.

Reduce heat to medium. Add cauliflower and mixed veggies. Mix well. Cover and cook for 4 minutes.

Add sour cream, cream cheese, and ranch seasoning mix. Cook and stir until chicken is fully cooked and entire dish is hot and well mixed, about 2 minutes.

MAKES 2 SERVINGS

Check out this Hungry Girl email...

[16 Easy Chicken Recipes Under 325 Calories!](#)



GF

Southwest Meatloaf in a Mug

Entire recipe: 250 calories, 6g total fat (2g sat. fat), 522mg sodium, 20.5g carbs, 3.5g fiber, 2.5g sugars, 27.5g protein

I use oats in many of my meatloaf recipes... They add texture and nutrition.

Prep: 5 minutes

Cook: 5 minutes

Ingredients:

4 oz. raw extra-lean ground beef (at least 96% lean)
2 tbsp. canned black beans, drained and rinsed
2 tbsp. frozen sweet corn kernels, thawed
2 tbsp. old-fashioned oats
2 tbsp. salsa, or more for topping
2 tbsp. chopped fresh cilantro, or more for topping
1 1/2 tsp. taco seasoning

Directions:

Spray a large microwave-safe mug with nonstick spray. Add ingredients, and mix until uniform.

Smooth out the top. Cover and microwave for 3 1/2 minutes, or until beef is cooked through.

MAKES 1 SERVING

Check out this Hungry Girl email...

[Easy Microwave Mug Recipes!](#)



Spinach Artichoke Grilled Cheese

Entire recipe: 270 calories, 11g total fat (4.5g sat. fat), 620mg sodium, 33g carbs, 7.5g fiber, 5g sugars, 13.5g protein

I'm a kid at heart, so I love to take childhood favorites and give them a grownup twist.

Prep: 5 minutes

Cook: 5 minutes

Ingredients:

- 1 1/2 cups chopped spinach
- 1 artichoke heart packed in water, drained, chopped
- 1 tbsp. whipped cream cheese
- 1 tsp. grated Parmesan cheese
- 1/8 tsp. garlic powder
- 2 slices whole-grain bread with 60–80 calories per slice
- 2 tbsp. shredded part-skim mozzarella cheese
- 2 tsp. light butter, divided

Directions:

Microwave spinach for 45 seconds, or until wilted. Thoroughly pat dry. Add chopped artichoke, cream cheese, Parm, and garlic powder. Mix until uniform.

Spread 1 bread slice with spinach mixture; top with mozzarella and other bread slice. Spread top of the sandwich with 1 tsp. butter. Bring a skillet sprayed with nonstick spray to medium heat. Add sandwich, buttered side down. Spread with remaining 1 tsp. Butter.

Cook until bread is lightly browned, filling is hot, and cheese has melted, about 2 minutes per side, flipping carefully.

MAKES 1 SERVING

[Click here for more healthy grilled cheese recipes!](#)

**5i****GF****V**

Loaded Caramel Apple Nachos

1/2 of recipe: 212 calories, 6g total fat (3.5g sat. fat), 72g sodium, 41g carbs, 4g fiber, 28.5g sugars, 2.5g protein

I love finding creative ways to satisfy my sweet tooth while still eating fruit.

Total: 5 minutes

Ingredients:

1 large (or 2 small) Granny Smith apple(s)
3 tbsp. light caramel dip, plus more for dipping
1 tbsp. mini semisweet chocolate chips
1/4 oz. (about 1 tbsp.) chopped peanuts
2 tsp. unsweetened shredded coconut

Directions:

Core apple(s) and cut into half-moon slices about 1/4-inch thick. Place on a large plate.

In a small bowl, microwave caramel dip for 15–20 seconds, or until very warm.

Drizzle caramel over apple slices, and top with remaining ingredients.

MAKES 2 SERVINGS

Check out this Hungry Girl email...

[20 Better-for-You Desserts in 15 Minutes or Less!](#)

**5i****V**

Yum Yum Chocolate Cake Mug

Entire recipe: 166 calories, 3g total fat (1g sat. fat), 332mg sodium, 34g carbs, 2.5g fiber, 18.5g sugars, 2.5g protein

Cake in a mug is a Hungry Girl staple, and this one couldn't be easier!

Total: 5 minutes

Ingredients:

1/4 cup devil's food cake or chocolate cake mix
2 tbsp. canned pure pumpkin
Optional topping: powdered sugar

Directions:

Spray a microwave-safe mug with nonstick spray. Add ingredients and 1 tbsp. water. Thoroughly mix. (Batter will be THICK.)

Microwave for 1 minute, or until set.

MAKES 1 SERVING

Check out this Hungry Girl email...

[2-Ingredient Desserts Under 200 Calories!](#)



Chocolate & PB Stuffed Strawberries

Entire recipe: 148 calories, 4.5g total fat (1.5g sat. fat), 187mg sodium, 21.5g carbs, 5.5g fiber, 11.5g sugars, 10.5g protein

I love finding creative ways to satisfy my sweet tooth while still eating fruit.

Prep: 10 minutes

Ingredients:

1/4 cup powdered peanut butter
6 large strawberries
1 tsp. mini semi-sweet chocolate chips

Directions:

In a medium bowl, combine powdered peanut butter with 2 tbsp. water. Mix until smooth and uniform. If needed, add water in 1-tsp. increments and mix again.

Slice the stem ends off the strawberries, about 1/2 inch below the stem, revealing an opening in each berry. Use a narrow spoon to remove about half of the flesh inside each berry, allowing room for filling.

Spoon peanut butter into the bottom corner of a plastic bag, snip off the tip of that corner to create a small hole, and pipe mixture through the hole into the strawberries.

Lightly press chocolate chips into the filling.

MAKES 1 SERVING

For great finds like powdered peanut butter...

[Check out my shoppable Amazon lists!](#)

There you have it... 15 recipes in 15 minutes or less!
Remember to stay tuned to your daily emails for the latest healthy recipes, smart food finds, Amazon picks & deals, and more. And if you haven't signed up, [click here](#) and hop to it.

'Til next time... Chew the right thing!

😊 Lisa



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