

Balanced Microwaveable Meals

Whether you're not sure how, or don't have the time or equipment to cook, each of these meals is quick, easy, and balanced, and only requires a microwave!

SWEET POTATO PLATE

<u>Ingredients</u>	<u>Instructions</u>
✓ 1 medium sweet potato ✓ Meatless crumbles or 2 eggs ✓ Desired frozen veggies ✓ Goat cheese crumbles or other desired cheese ✓ Desired herbs/spices ✓ BBQ sauce, hot sauce, etc as desired	-puncture several holes in potato with fork, microwave 6-7 minutes -heat meatless crumbles per package instructions, or whisk 2 eggs with a fork, microwave 1 min 30sec -heat veggies per package -cut potato open (mash if desired), top with all ingredients -add pepper, salt, herbs, desired sauce

RAMEN BOWL

<u>Ingredients</u>	<u>Instructions</u>
✓ Ramen noodles (w/o seasoning packet) ✓ Pre-cooked frozen chicken/steak/edamame/shrimp ✓ Microwaveable veggies ✓ Reduced sodium soy sauce	-Heat each item in the microwave -Combine -Add soy sauce

CHICKEN QUESADILLA

<u>Ingredients</u>	<u>Instructions</u>
✓ Tortillas ✓ Canned corn/beans ✓ Chopped bell peppers ✓ Pre-cooked chicken ✓ Shredded cheese ✓ Avocado/salsa	-Chop bell peppers -Heat chicken in microwave -Rinse canned corn/beans, combine desired amount, heat in bowl in microwave -warm tortillas in microwave (30sec) -place items on tortillas, add shredded cheese, fold tortilla over and warm in microwave for 20-30sec to melt cheese -add avocado slices, salsa

BEEF & BROCCOLI BOWL

<u>Ingredients</u>	<u>Instructions</u>
✓ Microwaveable rice ✓ Pre-cooked steak ✓ Frozen broccoli or Asian medley ✓ Teriyaki sauce	-heat each item -add teriyaki sauce to steak prior to heating -combine all ingredients

LOADED NACHOS

<u>Ingredients</u>	<u>Instructions</u>
✓ Tortilla chips ✓ Pre-cooked chicken or meatless crumbles ✓ Canned black beans ✓ Bell peppers, onions ✓ Shredded cheese ✓ Avocado/salsa	-heat chicken or meatless crumbles -spread tortilla chips on a plate, microwave for 20-30sec -sprinkle cheese over chips -heat 15-20sec at a time until melted -spread all other ingredients over the top, heat 15sec -add avocado and salsa on top

BUFFALO CHICKEN WRAP

<u>Ingredients</u>	<u>Instructions</u>
✓ Tortillas ✓ Frozen chicken strips ✓ Tomatoes, lettuce, other desired veggies ✓ Shredded cheese ✓ Buffalo sauce	-cover chicken strips in buffalo sauce, heat in microwave -place chicken, veggies, shredded cheese on tortilla, roll up and enjoy

CHILI STUFFED BAKED POTATO

<u>Ingredients</u>	<u>Instructions</u>
✓ Microwave-ready potato ✓ Canned chili with beans (vegetarian options available) ✓ Frozen broccoli ✓ Shredded cheese	-follow microwave instructions for potato -heat canned chili in microwave-safe bowl -heat frozen broccoli per package instructions -add all ingredients on top of potato, top with shredded cheese, microwave additional 15-20seconds to melt cheese

BLACK BEAN OR TURKEY BURGER

<u>Ingredients</u>	<u>Instructions</u>
✓ Black bean or turkey burger ✓ Whole grain bun ✓ Hummus or guacamole ✓ Veggies and sliced cheese	-heat burger per package instructions -spread hummus and/or guac on bun -place burger, desired veggies, cheese, any additional sauces on bun

CHICKEN & BROCCOLI ALFREDO

<u>Ingredients</u>	<u>Instructions</u>
✓ Microwave pasta ✓ Microwave chicken, or canned tuna ✓ Microwaveable frozen broccoli ✓ Alfredo sauce ✓ Parmesan cheese	-heat pasta per package instructions -heat chicken per package instructions, or remove tuna from can and break up -heat broccoli per package instructions -heat alfredo sauce for 15-20 seconds if desired -combine ingredients, top with parmesan cheese

PLANT-BASED TACO BOWL

<u>Ingredients</u>	<u>Instructions</u>
✓ Microwaveable rice ✓ Meatless crumbles ✓ Canned black beans ✓ Canned corn ✓ Avocado/salsa	-microwave rice per package instructions -heat crumbles per package -rinse and heat corn/beans if desired, otherwise cold is fine -combine ingredients, top with avocado slices and salsa

Trader Joe's: CHICKEN VEGETABLE FRIED RICE

<u>Ingredients</u>	<u>Instructions</u>
✓ Frozen grilled chicken strips ✓ Frozen vegetable fried rice ✓ 2 eggs (if desired) ✓ Reduced sodium soy sauce	-heat grilled chicken strips per package instructions -microwave rice per package instructions -whisk 2 eggs with a fork, microwave 1 min 30sec (if desired) -combine -add soy sauce

Trader Joe's: TOFU STIR FRY

<u>Ingredients</u>	<u>Instructions</u>
✓ Frozen tofu sheets ✓ Frozen Asian style vegetables with stir fry sauce ✓ Frozen Rice	-heat tofu sheets for 2 ½ minutes -heat vegetables per package instructions -add 2:1 ratio of water to rice, vent container top, cook for 10-15 minutes -combine -add stir fry sauce separately

Costco: PINEAPPLE TERIYAKI CHICKEN MEATBALL BOWL

<u>Ingredients</u>	<u>Instructions</u>
✓ Aidells chicken meatballs (teriyaki and pineapple) ✓ Microwaveable rice ✓ Microwaveable frozen broccoli	-heat meatballs per package instructions -heat broccoli per package instructions -microwave rice per package instructions -combine

Costco: BLACK BEAN BURGER OR CHICKEN PITA WRAP

<u>Ingredients</u>	<u>Instructions</u>
✓ Frozen black bean burger or frozen already cooked chicken ✓ Pita flatbread ✓ Hummus or avocado spread ✓ Tomatoes, lettuce, other desired veggies ✓ Shredded cheese	-heat burger or chicken per package instructions -spread hummus and/or avocado on wrap -place burger/chicken, veggies, shredded cheese on pita, fold and enjoy