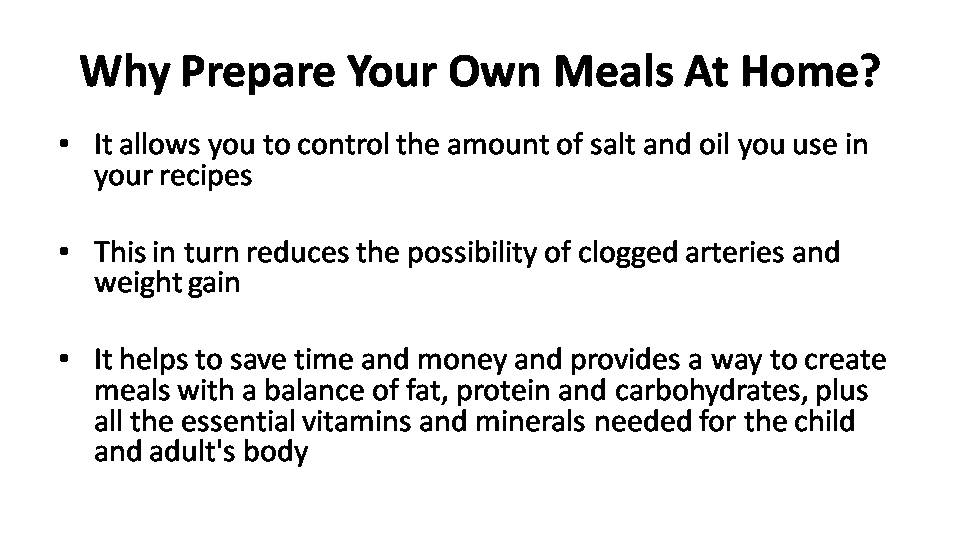
# Chapter 7: Cooking Up Simple Healthy Meals

**S1:** Hello! Welcome and thanks for choosing this video course. In this video, we are going to talk about cooking up simple healthy meals.

When it comes down to feeding your body and mind, nothing is superior to preparing your food from scratch, with quality ingredients and served with love.



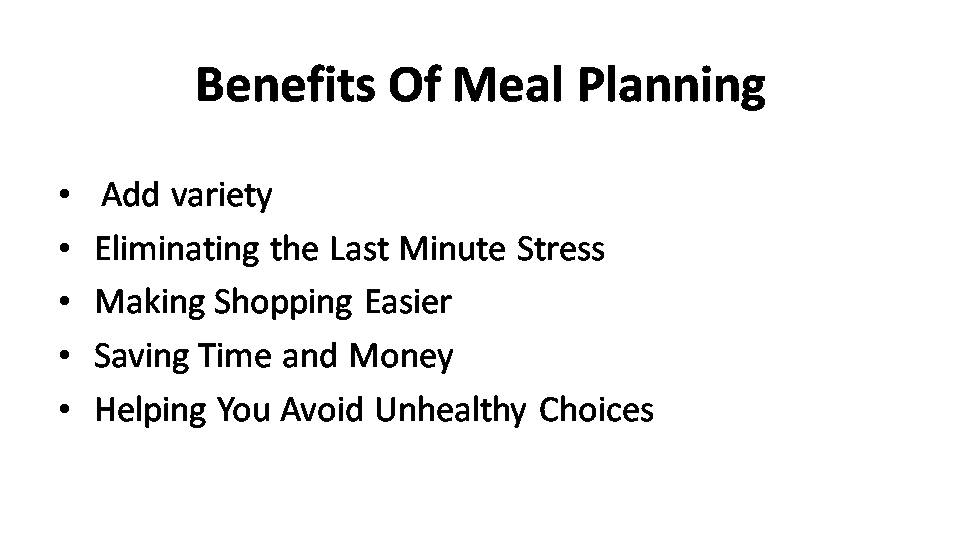
**S2**: Now, have you ever wondered why it's so important to prepare your own meals at home?

**S3**: This is because by doing so allows you to control the amount of salt and oil you use in your recipes. This in turn reduces the possibility of clogged arteries and weight gain.

Not just that, taking the time to plan your weekly menu not only helps to save time and money, but also provides a way to create meals with a balance of fat, protein and carbohydrates, plus all the essential vitamins and minerals needed for the child and adult's body.



**S4:** Now that we know the importance of preparation of meals at home, let's move on to talk about meal planning.

**S5:** One of the best ways to make sure you eat well is to plan your meals ahead of time. It is a vital part of eating a healthy diet and there are many benefits of meal planning:

* Add variety
* **Eliminating the Last Minute Stress**
* **Making Shopping Easier**
* **Saving Time and Money**
* **Helping You Avoid Unhealthy Choices**



**LINKKK**

**S6: The Recipes**

Cooking healthy recipes and meals doesn't have to be difficult or time-consuming! These healthy recipes will please the whole family. Start the day off with a spring in your step with these simple yet healthy recipes that will keep you energized for the entire day. So, how simple can it be? How about as simple as 5 minutes prep-time without any cooking needed? Sounds good? Let’s dive in to know more!

**LINK (8 healthy recipes)**

1. Breakfast Fruits Cup

2. Papaya Boat

3. Tropical Eye Opener

4. Chicken Tomatillo Salad

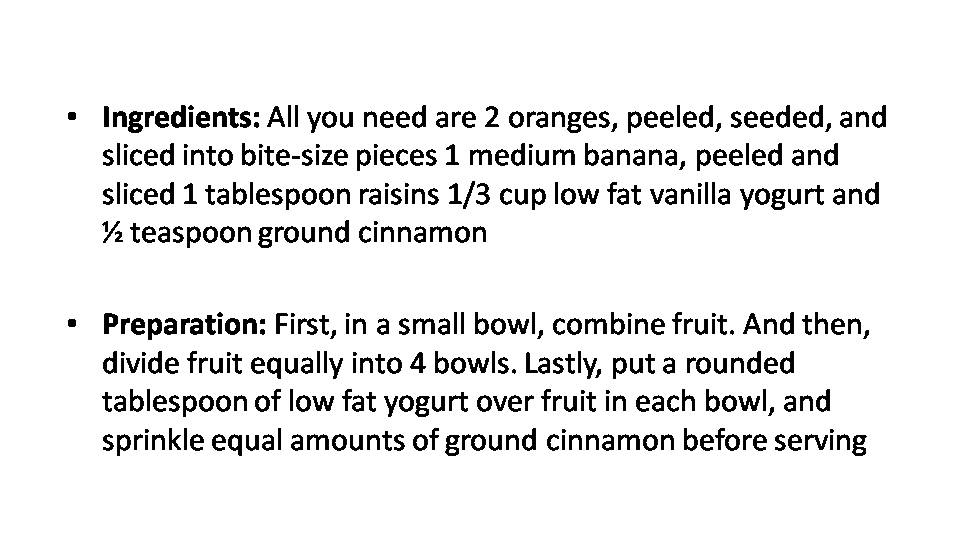
5. Corn and Green Chili Salad

6. Avocado Garden Salad

7. Rosemary Lemon Chicken with Vegetables

8. Spaghetti with Turkey Meat Sauce

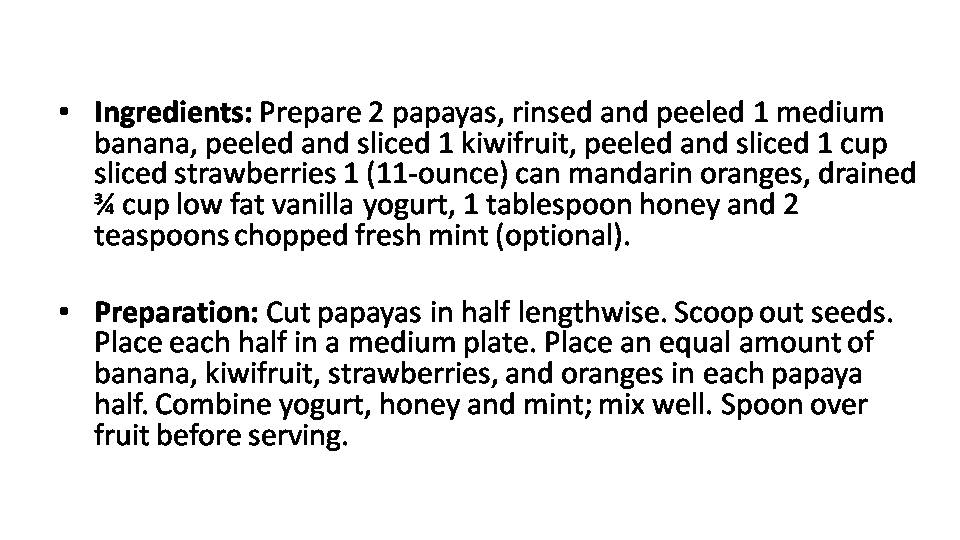
**S7:** 1. Breakfast Fruits Cup

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**S8: Ingredients:** All you need are 2 oranges, peeled, seeded, and sliced into bite-size pieces 1 medium banana, peeled and sliced 1 tablespoon raisins 1/3 cup low fat vanilla yogurt and ½ teaspoon ground cinnamon.

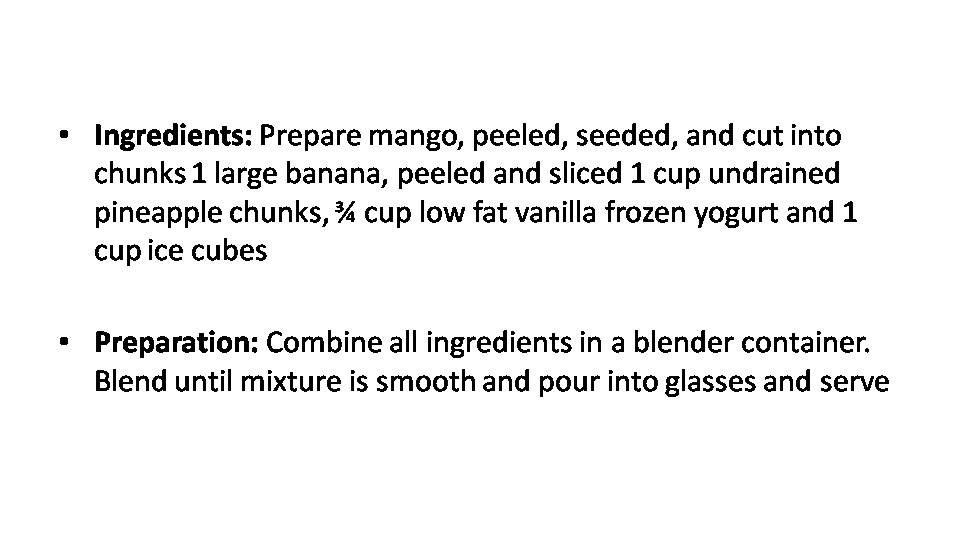
**Preparation:** First, in a small bowl, combine fruit. And then, divide fruit equally into 4 bowls. Lastly, put a rounded tablespoon of low fat yogurt over fruit in each bowl, and sprinkle equal amounts of ground cinnamon before serving.

**S9:** 2. Papaya Boat

**S10: Ingredients:** Prepare 2 papayas, rinsed and peeled 1 medium banana, peeled and sliced 1 kiwifruit, peeled and sliced 1 cup sliced strawberries 1 (11-ounce) can mandarin oranges, drained ¾ cup low fat vanilla yogurt, 1 tablespoon honey and 2 teaspoons chopped fresh mint (optional).

**Preparation:** Cut papayas in half lengthwise. Scoop out seeds. Place each half in a medium plate. Place an equal amount of banana, kiwifruit, strawberries, and oranges in each papaya half. Combine yogurt, honey and mint; mix well. Spoon over fruit before serving.

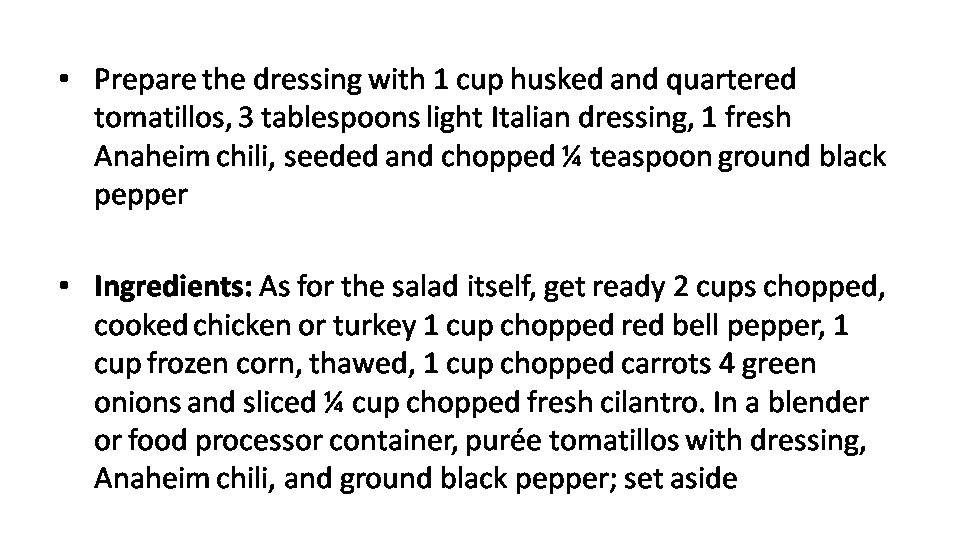
**S11:** 3. Tropical Eye Opener

**S12: Ingredients:** Prepare mango, peeled, seeded, and cut into chunks 1 large banana, peeled and sliced 1 cup undrained pineapple chunks, ¾ cup low fat vanilla frozen yogurt and 1 cup ice cubes.

**Preparation:** Combine all ingredients in a blender container. Blend until mixture is smooth and pour into glasses and serve.

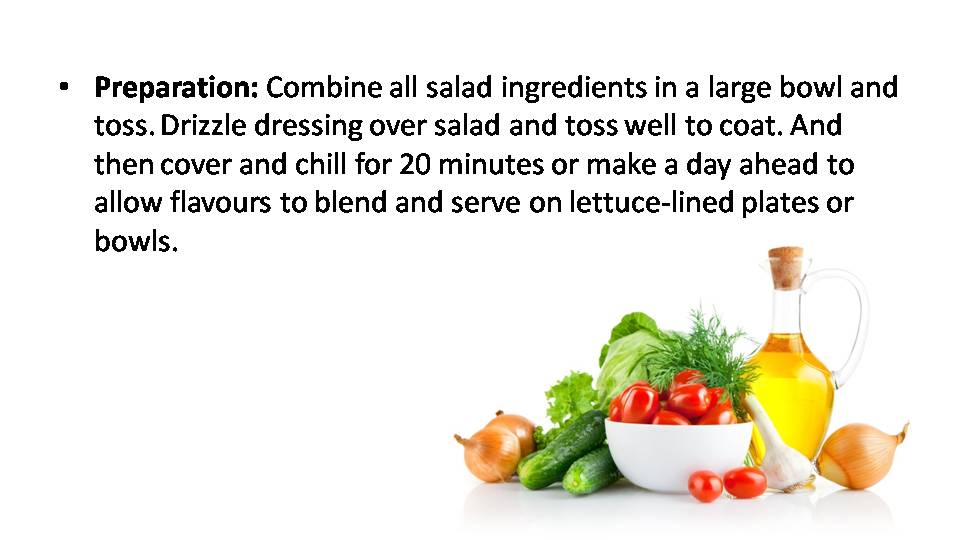


**S13**: 4. Chicken Tomatillo Salad

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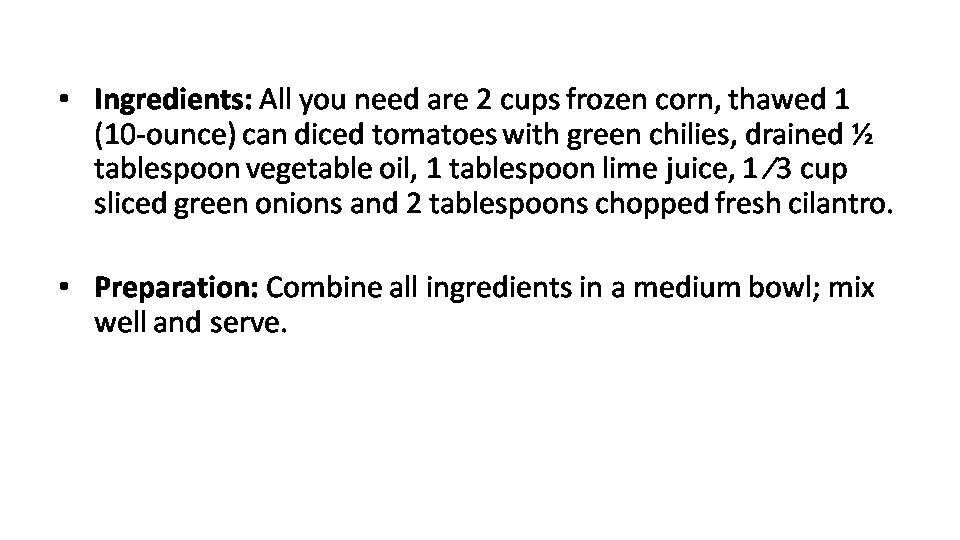
**S14:** Prepare the dressing with 1 cup husked and quartered tomatillos, 3 tablespoons light Italian dressing, 1 fresh Anaheim chili, seeded and chopped ¼ teaspoon ground black pepper.

**Ingredients:** As for the salad itself, get ready 2 cups chopped, cooked chicken or turkey 1 cup chopped red bell pepper, 1 cup frozen corn, thawed, 1 cup chopped carrots 4 green onions and sliced ¼ cup chopped fresh cilantro. In a blender or food processor container, purée tomatillos with dressing, Anaheim chili, and ground black pepper; set aside.



**S15: Preparation:** Combine all salad ingredients in a large bowl and toss. Drizzle dressing over salad and toss well to coat. And then cover and chill for 20 minutes or make a day ahead to allow flavours to blend and serve on lettuce-lined plates or bowls.

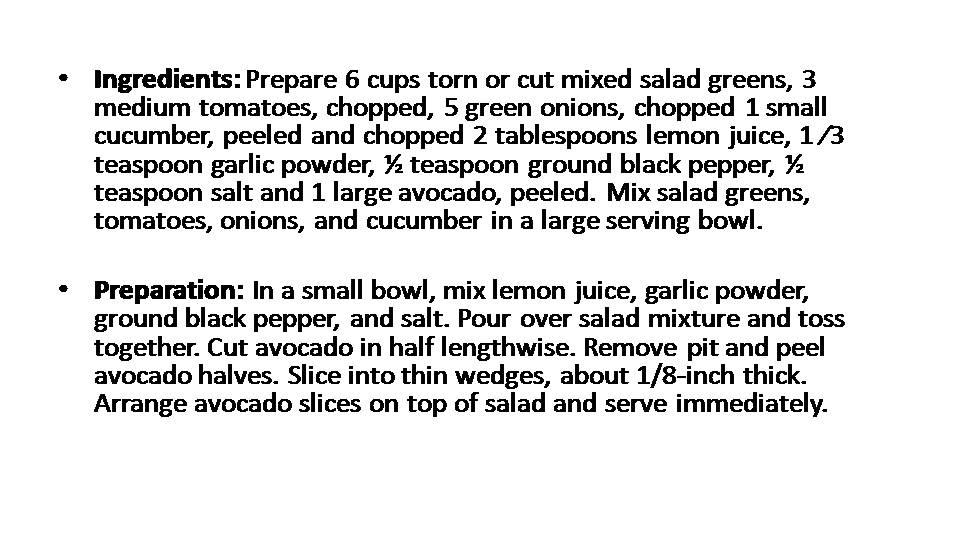
**S16:** 5. Corn and Green Chili Salad

**S17: Ingredients:** All you need are 2 cups frozen corn, thawed 1 (10-ounce) can diced tomatoes with green chilies, drained ½ tablespoon vegetable oil, 1 tablespoon lime juice, 1 ⁄3 cup sliced green onions and 2 tablespoons chopped fresh cilantro.

**Preparation:** Combine all ingredients in a medium bowl; mix well and serve.

**S18:** 6. Avocado Garden Salad

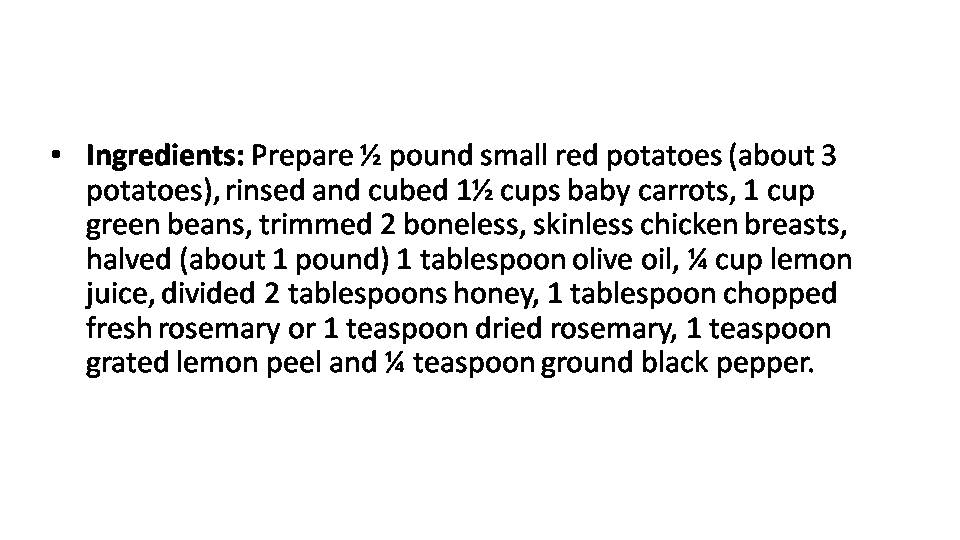
This salad might need a longer prep-time but still, no cooking needed!

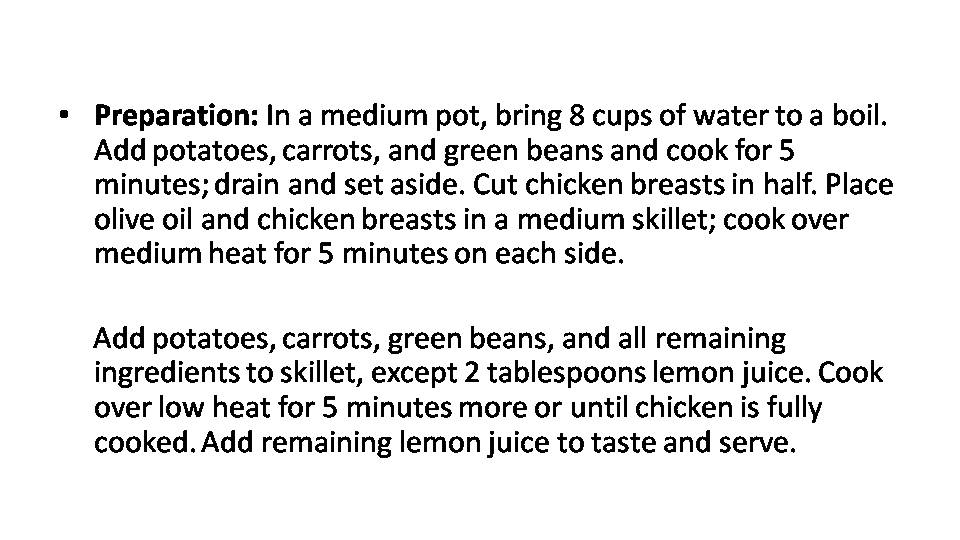
**S19: Ingredients:** Prepare 6 cups torn or cut mixed salad greens, 3 medium tomatoes, chopped, 5 green onions, chopped 1 small cucumber, peeled and chopped 2 tablespoons lemon juice, 1 ⁄3 teaspoon garlic powder, ½ teaspoon ground black pepper, ½ teaspoon salt and 1 large avocado, peeled. Mix salad greens, tomatoes, onions, and cucumber in a large serving bowl.

**Preparation:** In a small bowl, mix lemon juice, garlic powder, ground black pepper, and salt. Pour over salad mixture and toss together. Cut avocado in half lengthwise. Remove pit and peel avocado halves. Slice into thin wedges, about 1/8-inch thick. Arrange avocado slices on top of salad and serve immediately.

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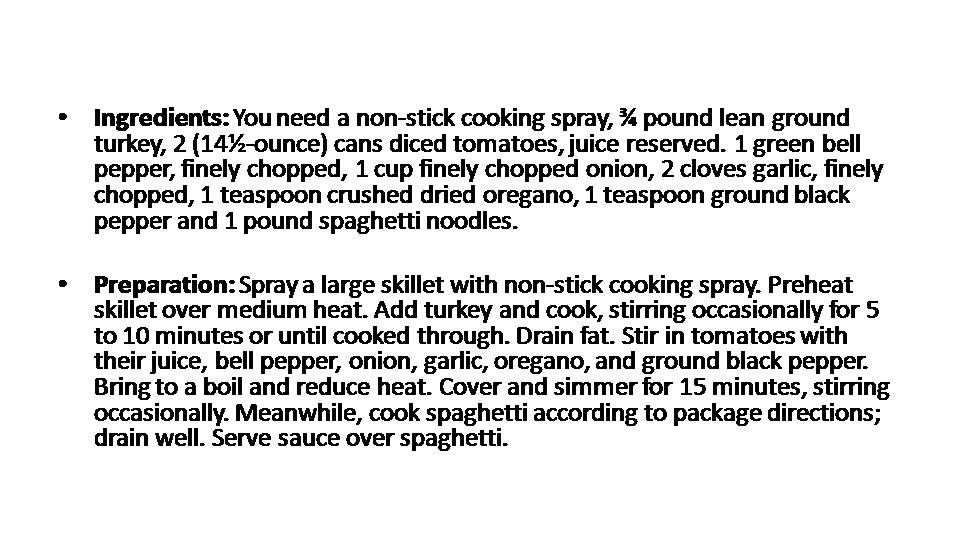
**S20:** 7. Rosemary Lemon Chicken with Vegetables

**S21: Ingredients:** Prepare ½ pound small red potatoes (about 3 potatoes), rinsed and cubed 1½ cups baby carrots, 1 cup green beans, trimmed 2 boneless, skinless chicken breasts, halved (about 1 pound) 1 tablespoon olive oil, ¼ cup lemon juice, divided 2 tablespoons honey, 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary, 1 teaspoon grated lemon peel and ¼ teaspoon ground black pepper.



**S22: Preparation:** In a medium pot, bring 8 cups of water to a boil. Add potatoes, carrots, and green beans and cook for 5 minutes; drain and set aside. Cut chicken breasts in half. Place olive oil and chicken breasts in a medium skillet; cook over medium heat for 5 minutes on each side. Add potatoes, carrots, green beans, and all remaining ingredients to skillet, except 2 tablespoons lemon juice. Cook over low heat for 5 minutes more or until chicken is fully cooked. Add remaining lemon juice to taste and serve.

**S23**: 8. Spaghetti with Turkey Meat Sauce

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**S24: Ingredients:** You need a non-stick cooking spray, ¾ pound lean ground turkey, 2 (14½-ounce) cans diced tomatoes, juice reserved. 1 green bell pepper, finely chopped, 1 cup finely chopped onion, 2 cloves garlic, finely chopped, 1 teaspoon crushed dried oregano, 1 teaspoon ground black pepper and 1 pound spaghetti noodles.

**Preparation:** Spray a large skillet with non-stick cooking spray. Preheat skillet over medium heat. Add turkey and cook, stirring occasionally for 5 to 10 minutes or until cooked through. Drain fat. Stir in tomatoes with their juice, bell pepper, onion, garlic, oregano, and ground black pepper. Bring to a boil and reduce heat. Cover and simmer for 15 minutes, stirring occasionally. Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti.