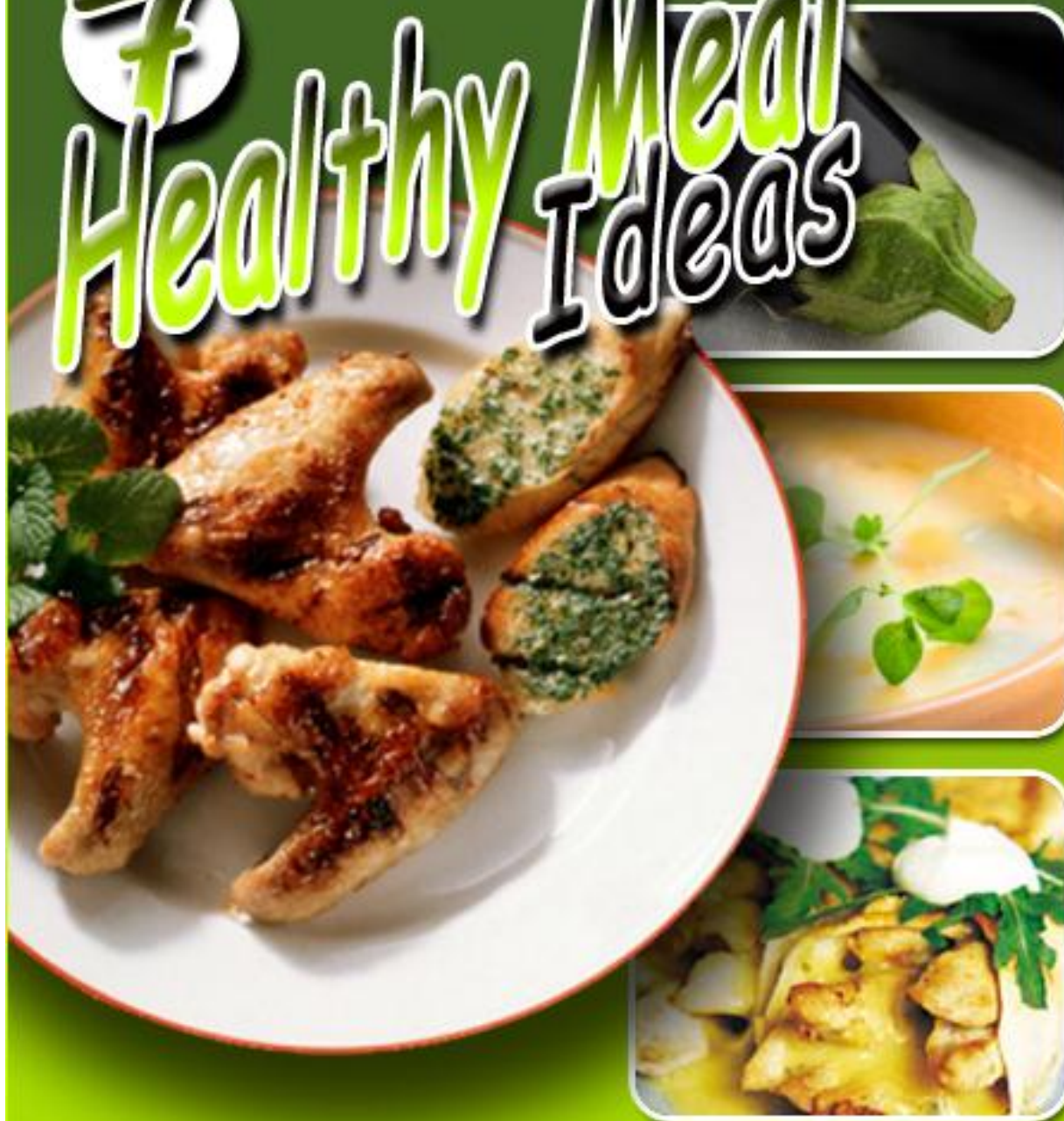


FAVEDIETS



7 Healthy Meal Ideas



How to Have Healthy Eating Habits

How to Have Healthy Eating Habits: 7 Healthy Meal Ideas

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

With so many unhealthy yet tasty meal options out there, it is a wonder that any of us ever choose any healthy meal ideas. Sure, we all want a quick low calorie dinner, but often we choose not-so-savory meal options.

Break this unhealthy eating cycle with the healthy low fat recipes in this brand new free mini eCookbook, *How to Have Healthy Eating Habits: 7 Healthy Meal Ideas*. These seven balanced diet recipes are just what you need to get your heart healthy meal plans back on track.

We have assembled some of the best healthy meal ideas around, including healthy meal ideas for kids, cheap and healthy meal ideas, and healthy meal ideas to lose weight. We have some of the best healthy meal recipes around, including Crispy Baked Chicken, Tortilla Casserole, Slow Cooked Potato Soup and more.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the tasty and healthy delights that can only be found in cheap and healthy meal ideas!

For additional healthy meal ideas, be sure to visit [FaveDiets.com](http://www.FaveDiets.com). While you're there, subscribe to FaveDiets' free Quick and Healthy Recipes newsletter to get free recipes delivered to your inbox every week.

Enjoy your healthy meal ideas and food recipes!

Sincerely,

The Editors of FaveDiets

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www.favedietsblog.com

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Tortilla Casserole

Description

Are you in need of some cheap and healthy meal ideas for kids of all ages? Then this recipe for Tortilla Casserole is just what you need to cure your dinner blues. Chock full of tangy Tex-Mex ingredients, this is one of the tastiest low fat recipe ideas you're bound to find.

Ingredients

- 1 1/2 pounds ground turkey
- 1 large onion, chopped
- 4 garlic cloves, chopped
- 1 green bell pepper, chopped
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 3 to 6 cilantro sprigs
- 1 cup olives, chopped
- 1 pound tomatoes
- 1 1/4 cups enchilada sauce
- 8 corn tortillas
- 1/2 pound reduced fat Cheddar cheese, grated
- 1/2 pound reduced fat Monterey Jack cheese, grated
- 1 cup baked corn chips, crushed

Instructions

1. Brown ground turkey; drain any excess fat. Add onion, garlic and bell pepper; cook until soft.
2. Cut tomatoes into chunks and add to meat mixture, including liquid. Add enchilada sauce, chili powder, cumin and cilantro. Add salt and pepper to taste. Bring to a boil; reduce heat and simmer uncovered for 20 minutes.
3. Grease a 3-quart casserole. Steam tortillas. Put approx. 1/3 of the meat mixture in the casserole dish followed by a layer of tortillas, cheese and olives. Repeat twice.
4. Sprinkle crushed corn chips around the edges and bake at 350 degrees F for 20 minutes or until heated through. Cut into wedges.

Vampire Chicken

Description

Vampires might not like the subtle and delicious flavors and aromas of this recipe, but you're sure to use this as one of your go-to healthy meal ideas to lose weight. This recipe for Vampire Chicken will scare away the pounds, making it one of the best healthy low fat recipes for chicken.

Serves: 8

Cooking Time: 1 hr. 30 min

Ingredients

- 8 chicken pieces
- 4 ribs of celery, sliced thinly
- $\frac{2}{3}$ cup olive oil
- 6 sprigs of parsley
- 1 tablespoon tarragon
- $\frac{1}{2}$ cup dry vermouth
- 2 $\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{8}$ teaspoon nutmeg
- 40 cloves garlic, peeled
- 8 French bread or pumpernickel slices, toasted

Instructions

1. Preheat oven to 375 degrees F. Rinse the chicken in cold water and pat dry with paper towels.
2. Put the oil in a shallow dish or a plate and turn all the chicken pieces in the oil to coat all sides.
3. Lay the celery slices in the bottom of a heavy 6-quart casserole dish with a tight fitting cover.
4. Add parsley and tarragon.
5. Lay the chicken pieces on top and sprinkle with vermouth, 2 teaspoons of the salt, pepper and nutmeg.
6. Pour the oil remaining on the plate into the casserole.
7. Toss in all garlic and sprinkle with the remaining salt.
8. Lay a piece of aluminum foil on top of the casserole to make a tight seal, then place casserole lid on and bake at 375 degrees F for 1 $\frac{1}{2}$ hours without removing the lid.
9. Serve with sliced, toasted French bread or pumpernickel.

Find hundreds of free healthy recipes, diet tips, healthy lifestyle tips and more at <http://www.FaveDiets.com/>

Stupid Casserole

Description

You wouldn't think that healthy meals and food with real flavor would be polar opposites, but too often this is true. It doesn't have to be this way. Let this ridiculously easy Stupid Casserole show you just how mouth-wateringly delicious healthy meal ideas can be!

Preparation Time: 30 min

Cooking Time: 30 min

Ingredients

- 1 large eggplant, or 2 medium eggplants
- 1 cup whole wheat bread crumbs
- $\frac{1}{4}$ cup skim milk, scalded
- $\frac{1}{4}$ cup onion, chopped
- 1 cup reduced fat Cheddar cheese, grated
- Salt and pepper, to taste

Instructions

1. Cut eggplant in cubes and cook in boiling water for 20 minutes until soft.
2. Afterwards, drain and salt eggplant, and then put in baking dish.
3. Add breadcrumbs, milk, onion, and cheese, salt and pepper. Mix together.
4. Cook at 325 degrees F for 30 minutes.

Crispy Baked Chicken

Description

This recipe for Crispy Baked Chicken is a universal delight because it allows you to incorporate the flavor of classic fried chicken into healthy low fat meals. Use healthy meal ideas that incorporate your favorite tastes to make a quick low calorie dinner that anyone can appreciate.

Serves: 6

Preparation Time: 20 min

Cooking Time: 1 hr.

Ingredients

- Light vegetable oil cooking spray
- 6 chicken drumsticks, skin removed
- 3 whole chicken breasts, halved and skin removed
- 3 1/2 cups ice water
- 1 cup plain nonfat yogurt
- 1 cup dried whole wheat bread crumbs
- 1 cup whole wheat flour
- 1 tablespoon Old Bay seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Creole seasoning
- 1/4 teaspoon freshly ground black pepper
- Dash cayenne pepper
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano

Instructions

1. Preheat the oven to 400 degrees F. Coat a baking sheet with 3 sprays of the vegetable oil.
2. Put the chicken in a large bowl with the ice water. Put the yogurt into a medium bowl. Set both bowls aside.
3. Toss bread crumbs, flour, Old Bay, garlic powder, creole seasoning, pepper, cayenne pepper, thyme, basil and oregano into a large, tightly-sealing plastic bag. Seal and shake well to mix.
4. Remove 2 pieces of chicken from the ice water. Roll each piece in the yogurt.
5. Put the chicken into the plastic bag, reseal, and shake to coat thoroughly. Transfer the breaded chicken to the prepared baking sheet. Repeat the process until all 12 pieces are breaded.

6. Spray the chicken lightly with the vegetable oil. Place the baking sheet on the bottom shelf of the oven and bake for 1 hour, turning and checking the pieces every 15 minutes to allow even browning. Serve hot or at room temperature.

Notes

The secret to the success of this recipe is to make sure that both the chicken and the yogurt are very cold, hence soaking the chicken in the ice water. The preliminary soaking will help the breading adhere and produce a crisp coating much like that of fried chicken.

If you're serving the chicken on a platter rather than on individual dinner plates, it looks great over kale.

Fast and Easy Baked Salmon Cakes

Description

One of the keys to developing healthy eating habits is to have an arsenal of healthy low fat recipes to turn to when hunger strikes. Instead of calorie-laden crab cakes, whip up this recipe for Fast and Easy Baked Salmon Cakes, one of the easiest healthy meal recipes for seafood.

Serves: 4

Preparation Time: 15 min

Cooking Time: 35 min

Ingredients

- 1 small can red salmon
- 2 eggs, separated
- 6 tablespoons butter or margarine
- 1 tablespoon flour
- 1 cup fresh bread crumbs
- 1 tablespoon parsley, chopped finely
- 1 cup skim milk
- Salt and pepper, to taste

Instructions

1. Make a roux with the butter and flour; add milk and juice from salmon. Stir to thicken and simmer for 2 minutes.
2. Remove from heat and add the two egg yolks, parsley, and the salmon meat chopped finely. Stir to combine.
3. Whip egg whites until stiff (with a little salt). Grease an ovenproof dish and pour in the salmon mixture.
4. Fold in breadcrumbs and egg yolks until no white blobs remain.
5. Bake in an oven 375 degrees F for about 25 minutes.

Slow Cooked Potato Soup

Description

Round out your healthy meal ideas with some tasty and hearty soup. Loaded with water and nutrients, this Slow Cooked Potato Soup recipe is one of the easiest healthy supper ideas because your slow cooker does all the work.

Ingredients

- 8 potatoes, cubed with the skins on
- 2 onions, chopped
- 2 tablespoons margarine or butter substitute
- 2 low sodium chicken bouillon cubes
- 2 tablespoons fresh parsley
- 6 cups water
- 2 cups skim milk
- Flour, white whole wheat or all-purpose

Instructions

1. Place potatoes, onions, margarine, bouillon cubes, parsley and water into your slow cooker and cook on low. Leave mixture cooking all day.
2. Thirty minutes to 1 hour before serving, add skim milk. Slowly add flour until the soup reaches desired thickness.
3. Serve and enjoy.

Notes

One can evaporated milk may be substituted for the skim milk.

Quick and Easy Healthy Fried Rice

Description

You need to add this recipe for Quick and Easy Healthy Fried Rice to your list of healthy food because it is the perfect way to use leftover food items. Loaded with ingredients that you probably already have in your refrigerator, this is absolutely one of the best cheap and healthy meal ideas around.

Ingredients

- 2 cups leftover brown rice
- 2 egg whites, beaten
- 3 tablespoons butter substitute
- $\frac{1}{3}$ cup onion, chopped
- 3 to 4 green onions, chopped
- 1 handful cashew or almond pieces
- 2 tablespoons low-sodium soy sauce
- $\frac{1}{3}$ cup water

Instructions

1. Cook egg whites in butter substitute in a 10-inch skillet until set.
2. Add onion, green onion, nuts and rice.
3. Cook over medium heat for 5 minutes until lightly browned, stirring frequently.
4. Stir in the mixture of soy sauce and $\frac{1}{3}$ cup water.
5. Add chopped cooked chicken, beef, pork chops or any other lean meat, if desired.

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Free eCookbook from www.FaveDiets.com

Included in this eCookbook

- 7 Healthy Meal Ideas, including:
 - Healthy Meal Ideas for Kids
 - Cheap and Healthy Meal Ideas
 - Healthy Meal Ideas to Lose Weight
 - Low Fat Recipe Ideas

And more!