

# "No Cook Meals" – Ideas & Recipes

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No Cook Meal Recipes can be very handy when the weather is hot & many of us do not want to heat up our kitchens. Some of these No Cook Meal Recipes can also be handy if there is a power outage.

A balanced meal incorporates protein, produce (fruit or non-starchy vegetables), & starch (starchy vegetables or grains). A balanced snack incorporates protein & fiber (fruit, vegetable, grains).

## Pantry/Grocery List:

- Canned beans, canned chicken, canned tuna
- Yogurt, cottage cheese, cheese, pre-cooked/pre-shelled hard-boiled eggs
- Nuts, nut butter, dried fruit, seeds (chia, flax)
- Produce: fresh, frozen, canned fruit & vegetables
- Oats
- Seasonings/Flavorings

## Breakfast Ideas:

- Overnight Oats made with oats, protein, fruit.
- Smoothie bowl made with yogurt, fruit, topped with cereal.
- Pre-cooked/pre-shelled hard-boiled eggs paired with bread/toast & a vegetable or fruit.
- Mashed avocado on bread/toast paired with milk to drink.
- Nut butter on bread/toast paired with fruit.

## Lunch/Dinner Ideas:

- Sandwiches, tortilla wraps, or lettuce wraps made with protein, canned chicken or tuna, lunchmeat, canned beans & vegetables.
- Bean Salads paired with protein – can eaten alone or paired with greens.
- Meal Salads made with vegetables, protein, & starch (starchy vegetable or grain).

## Snack ideas:

Fresh vegetables paired with hummus or a dip made from cottage cheese.

Trail mix made with nuts & dried fruit.

Yogurt paired with fruit or a smoothie made from yogurt & fruit.

## Dessert ideas:

- Avocado mousse
- Chia pudding
- "Nice" cream made from a blended frozen ripe banana.
- Yogurt/fruit popsicle

## No Cook Meal Recipes

### Avocado/Cottage Cheese Toast

Servings: 1

Ingredients:

- 1/4 avocado, mashed
  - 1/4 c LF (2%) cottage cheese
  - 1-2 slices bread/toast
  - 2 tsp. Everything Bagel seasoning
- Mix mashed avocado with cottage cheese, spread on toast and top with seasoning.

### White Bean, Tomato, Feta Salad

Servings: 4

Ingredients:

- 2 Tbsp olive or canola oil
- 1 Tbsp red wine vinegar
- 1 tsp - 1 Tbsp. minced shallot or preferred type of onion
- 1 (15 oz) can white beans, drained
- 1-pint grape tomatoes, halved
- 4 oz feta cheese, crumbled
- 1/2 c fresh coarsely chopped parsley leaves (or 1 Tbsp dried)
- 2 Tbsp fresh chopped oregano leaves (or 1 tsp dried)
- Salt & pepper

1. Whisk the oil, vinegar, shallot, a pinch of salt, and a few generous grinds of black pepper together in a large bowl.

2. Add the beans, tomatoes, feta, parsley, and oregano and toss to combine.

Taste and add more salt and pepper as needed.

Sources: EatingWell.com and Kitchn.com

## Chinese Cabbage Salad with Chicken

**Servings: 6**

Ingredients:

- 1/3 cup rice wine vinegar
- 1/3 olive or canola oil
- 2 tsp sesame oil
- ¼ cup bottle Thai peanut sauce
- ½ head napa cabbage or *\*6 cups chopped green cabbage used for Demo*
- 1 cup shredded carrot
- 4 scallions, green & white parts thinly sliced
- 4 cups shredded chicken - *\*3 cups rotisserie used for Demo*
- Black pepper (1/4-1/2 tsp)
- 2 tsp black sesame seeds – or 2 Tbsp almond slivers
- 2 more scallions sliced

Instructions:

1. Whisk together rice wine vinegar, olive oil, sesame oil, and peanut sauce in a medium bowl; set aside.
2. Toss together cabbage, shredded carrot, 4 thinly sliced scallions, and chicken in a large salad bowl.
3. Pour the peanut sauce dressing over the cabbage salad and toss together until all of the ingredients are evenly coated.
4. Season salad with freshly ground black pepper, and evenly sprinkle with black sesame seeds (or almonds) and 2 thinly sliced scallions. Divide the salad among 6 plates; serve.

Source: Health.com

## Sun-dried Tomato & Garlic Hummus: Serving size: ¼ cup

Ingredients:

- 1 (15 oz) can chickpeas, liquid drained & set aside
- ¼ cup liquid drained from chickpeas (or water)
- 1-2 garlic cloves
- 2 Tbsp oil packed sun-dried tomato halves, chopped
- ¼- ½ tsp salt
- ¼ tsp pepper

Instructions:

1. Combine all ingredients in a food processor & process until smooth.
2. Pair with your favorite fresh vegetables.

**Trail Mix:** (Makes 1- 2 servings)

Ingredients: ¼ cup favorite nuts + ¼ cup favorite dried fruit

Instructions: Mix together & store in air-tight container.

Source: Health.com

## Yogurt Parfait

### Servings 1

#### Ingredients:

- ½ - 1 cup plain yogurt (regular or Greek consistency)
- ½ - 1 cup favorite fruit (rinsed & sliced if fresh)
- 1 tsp sweetener (honey or maple syrup)
- Crunch: 2-4 Tbsp nuts or cereal (Grape Nuts, low-fat granola, plain Cheerios)
- Optional: ½-1 tsp vanilla extract + sprinkle of cinnamon

#### Instructions:

1. Layer ¼ c – ½ cup yogurt in bottom of parfait dish.
2. Top with ¼ c – ½ cup fruit on top of yogurt.
3. Top with 1-2 Tbsp of nuts or cereal.
4. Drizzle with ½ tsp sweetener.
5. Create a second layer following steps 1-4.

