**Email blurbs for quick and healthy meal ideas**

**#1 Black bean quesadillas**

Welcome to the first email of Quick and Healthy Meal Ideas! This email campaign contains tried and true recipes by your own EWSN staff who have hand-picked their favourites. The first recipe is one of the quickest meals you can whip up without compromising on flavour or nutrition. Black beans are a great source of protein, fiber, and cheap! Try to get a low-sodium can if you can. Bon appetit!

**#2 Easy chicken curry**

Too intimidated to make curry because it seems too labour-intensive? This recipe is adapted to be simple and quick, featuring the bold and coloured taste or Thai red curry. It is very versatile to include whatever vegetables you have on hand. Try to find low-fat or light coconut milk. Good luck!

**#3 BBQ salmon with steamed spinach**

Have you tried any of the recipes yet? If you haven’t, today is the day. Salmon is known for its high content of omega 3 fatty acids and nicely complimented by iron-packed spinach. This works well for a simple lunch or dinner and can be eaten with brown rice or pasta.

**#4 Tortellini primavera**

This tortellini has tons of vegetables, cheese, and no cream! Try to buy fresh tarragon, dill or chives to maximize on flavour. One of the great things about this tortellini is that it does not get drowned in sauce, and isn’t skimpy on the cheese. Give this a try with only 4g of saturated fat and 14g of protein per serving.

**#5 Cashew chicken stir-fry**

This recipe is a very colourful dish with lots of different textures and flavours. This is a much healthier option than take-out by allowing you to control the sodium and oil levels. Try to get low-sodium soy sauce if you can!

**#6 Chicken parmesan sub**

We are just over the halfway point in our recipe campaign. This recipe takes a healthy spin on a comfort food – chicken parmesan. Instead of breading and deep-frying the chicken, this recipe uses a two-step process to get crispy, (but healthy) chicken. Check it out yourself!

**#7 Indian spiced chicken pitas**

Here is another recipe to help expand your pantry with new spices. Garam masala can be purchased at most grocery stores which gives the beautiful golden colour to this dish. This dish only has 5g of fat, 6g of fiber, and 32g of protein per serving!

**#8 Chopped Greek salad with chicken**

Here’s a quick recipe that is light and simple. In fact, it only requires one step! To get more nutrients, try to mix romaine lettuce with spinach. Opt for low-fat feta cheese if you can. Perfect for lunch and dinner!

**#9 Hearty and healthy chili**

Chili is a great way to get your fiber, protein and carbohydrates but unfortunately can be compromised by way too much sodium. Make sure you get low-sodium beef broth, canned tomatoes, and beans. You won’t even notice the difference once all the ingredients are simmering away. A great meal for leftovers so make extra!

**#10 Portobello mushroom burger**

We have finally reached the last recipe! We hope you have enjoyed trying each of them and if you haven’t, make sure you bookmark them so you can refer back. Today’s final recipe is Portobello Burgers with a homemade chickpea spread. The spread can easily be made in a blender or food processor and really takes this vegetarian burger to the next level. If you’re hesitant to eat a meatless burger, you must give this a try! There’s only 0.1g of saturated fat, 10.4g of protein and only 267 calories per serving.