

THE SUPER SUPPER SAVER

QUICK AND HEALTHY MEALS FOR BUSY DAYS

From our kitchen to yours, here are some quick and healthy recipes specifically designed for those long workdays.

Portobello Burgers

Makes 4 servings

Ingredients

Chickpea Spread

- 1 cup canned chickpeas, drained and rinsed
- 2 tbsp low-fat sour cream
- 2 tbsp minced onions
- 1 tbsp chopped, fresh cilantro
- 2 cloves garlic, minced
- 2 tsp lemon or lime juice
- 1 tsp brown sugar
- $\frac{3}{4}$ tsp ground coriander
- $\frac{1}{2}$ tsp ground cumin

- 1 tbsp each olive oil and balsamic or red wine vinegar
- $\frac{1}{2}$ tsp dried basil
- 4 medium portobello mushrooms, wiped clean
- 1 large red bell pepper, seeded and cut into wide strips
- 1 medium red onion, sliced into thick rings (do not separate)
- 4 multigrain buns
- 1 cup whole baby spinach leaves

Directions

1. To make chickpea spread, combine all ingredients in a blender or food processor and whirl until smooth. Refrigerate until ready to use.
2. In a small bowl, combine olive oil, vinegar, and basil. Brush oil mixture over both sides of mushrooms, pepper strips, and onion rings. Arrange vegetables in a baking pan and place in the broiler, about 5 inches from heat source. Broil for 3 minutes. Remove pan from oven, turn vegetables over, baste with any remaining oil mixture, and return to oven. Broil for 3 to 4 more minutes, until vegetables are tender.
3. To serve, line bottom of bun with spinach leaves. Place one whole mushroom over top. Spread chickpea mixture over mushroom. Top with peppers, onions, and top half of bun. Serve immediately.

Nutrition Info Per Serving: Cal 267 | Fat 6.8g | Carb 45g | Pro 10.4g | Fibre 4g | Sodium 423mg

Source: Podleski, J., Martin, T., & Podleski, G. (2011). Bye-bye burgie. *The Looneyspoons Collection: Janet and Greta's greatest recipe hits plus a whole lot more (p.71)*. Granet Publishing.



Clean up your plate!

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Indian Spiced Chicken Pitas

Makes 4 servings

Ingredients

- 1 lb. boneless, skinless chicken breasts
- 1 ½ tsp garam masala
- ¾ tsp salt
- 1 cup thinly sliced seeded cucumber
- ¾ cup nonfat plain yogurt
- 1 tbsp chopped fresh cilantro, or mint
- 2 tsp lemon juice
- Pepper to taste
- 4 6-inch whole-wheat pitas, warmed
- 1 cup shredded romaine lettuce
- 2 small or 1 large tomato, sliced
- ¼ cup thinly sliced red onion



Directions

1. Preheat grill to medium-high or position rack in upper third of oven and preheat broiler. If grilling, oil the grill rack. If broiling, coat a broiler pan with cooking spray.
2. Sprinkle chicken with 1 teaspoon garam masala and 1/2 teaspoon salt. Place the chicken on the grill rack or prepared pan and cook until no longer pink in the center and an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side, depending on the size of the breast. Transfer the chicken to a clean cutting board and let rest for 5 minutes.
3. Meanwhile, combine cucumber, yogurt, cilantro (or mint), lemon juice, the remaining ½ teaspoon garam masala and 1/4 teaspoon salt and pepper in a small bowl. Thinly slice the chicken. Split open the warm pitas and fill with the chicken, yogurt sauce, lettuce, tomato and onion.

Nutrition Info Per Serving: Cal 333 | Fat 5g | Carb 44g | Pro 32g | Fibre 6g | Sodium 637mg

Source: Eating Well. (2009). Indian-spiced chicken pitas. Retrieved from <http://www.eatingwell.com>



“You don’t have to cook fancy or complicated masterpieces – just good food from fresh ingredients!”

Julia Child