20 Minute Meals
from our Dietitian

Swipe for recipes
Chickpea Stir Fry

Saute 1/2 an onion, diced, with 1 tsp oil. Add 1 can drained chickpeas, and a dash of soy sauce or tamari.

Add in 3 cups chopped veggies. Anything goes: peppers, broccoli, mushrooms, green beans, zucchini, carrots. Let simmer 5-10 minutes.

Serve over rice, quinoa, raw spinach, or wrap in a tortilla for an easy meal on the go!

Dietitian Tip:
Swap chickpeas for chicken, tofu, or lentils.
Pasta a la Veg

Set a large pot of water to boil for cooking 1 small box pasta.

In a large frying pan saute 1/2 an onion, diced, with 1 tsp oil. Add in 2 cups chopped veggies. Season with Italian spices, pesto, or a few tablespoons of your favourite salad dressing.

Cook pasta while veggies simmer. Drain pasta and toss with veggies. Top with Parmesan cheese and fresh basil (optional).

Dietitian Tip:
For extra protein toss in a can of tuna, diced chicken, tofu or white beans.
In a large frying pan saute 1/2 an onion, diced, with 1 tsp oil. Add in 1 cup chopped veggies. Season with salt and pepper to taste.

Whisk 5 eggs with 1/4 cup milk. Pour evenly over veggies. Cover and let cook on medium-low heat for 10 minutes or until set. Sprinkle with cheese and cover until cheese melts (optional).

Dietitian Tip: Serve with a side salad and a slice of whole grain bread for a balanced meal.
Combine 1 can drained tuna with 2 tbsp plain Greek yogurt or mayo, and 1/4 cup diced veggies (onion, carrot, celery). Season with salt and pepper.

Spread tuna mixture over sliced bread or a large pita. Top with tomato and cheese (optional).

Place on a baking sheet and broil on low for 5 minutes or until toasted.

**Dietitian Tip:**
Swap tuna for canned salmon, leftover chicken or chickpeas. Double the tuna mix to use as a sandwich filler for lunch the next day!