

## **Healthy Dinner Recipes for Families**

### **Easy Skillet Dinner**

1 large bag frozen vegetables – choose a colorful mix  
1 cup cooked lean hamburger or chicken pieces  
1 can of beans, drained and rinsed – try kidney, black bean or small white beans  
2 cups instant brown rice, uncooked  
1 cup low sodium broth  
1 cup water  
Fresh cilantro, chopped

In a large skillet, combine frozen vegetables, cooked meat, beans and rice. Add broth and water. Cook, covered over medium heat for about 20 minutes until liquid is absorbed and rice is tender. Stir occasionally. Serves six.

Sprinkle with fresh cilantro. Serve with low-fat or fat free milk.

### **Meat and Vegetable Pitas**

meat (beef strips, chicken chunks, pulled pork, etc)  
Sliced cucumbers  
Chopped tomatoes  
Spinach  
Peppers (red, green and yellow)  
Hummus or yogurt dressing  
Whole wheat pita pockets

Properly prepare meat, season if desired. Fill pita with meat, vegetables, and spread (hummus or dressing).

Serve with low-fat milk, fresh fruit and brown rice.

### **Easy Quesadillas**

ground beef or chicken chunks  
salsa  
black beans  
corn  
tomatoes  
onions  
lettuce  
shredded cheese  
whole grain tortilla

Properly prepare meat, season if desired. Combine cooked meat, beans, corn, tomatoes, and onions. Spray baking sheet with cooking spray. Arrange tortillas on baking sheet. Sprinkle cheese evenly over tortillas. Spoon beef mixture evenly on top of cheese, top

with lettuce, salsa and more cheese. Spray top of tortillas with cooking spray. Bake at 400 degrees for 10 to 15 minutes or until quesadillas are lightly browned and crisp.