

# fast. healthy. customizable.

# 5 family dinners

## 1. PITA PIZZAS



Preheat the oven to 425F. Arrange the pitas 2 per rimmed baking pan. Lightly spray each pita with olive oil mist (or brush on) just around the edges. Spread each pita with marinara sauce, pesto, or hummus. Top with diced vegetables and a sprinkle of cheese. Bake for 7-10 minutes until the edges of the pitas are golden brown and toasty and the cheese is slightly brown.

Need a recipe? <http://www.halfhersize.com/pesto-pita-bread-pizza/>

DINNER IN: 20 MINUTES



TIP: Keep a package of flatbread pitas in the freezer. Defrost them in the microwave on low for 1-2 minutes while you assemble your toppings.

## 2. PASTA PRIMAVERA aka pasta with veggies



Bring 4 cups of broth + 1 cup of water to a boil. Add 2 cups short pasta. Boil uncovered, until the pasta is tender and the liquid reduces and thickens (about 10 minutes). Stir frequently. When the pasta is cooked, Add 2 cups frozen peas or broccoli (or veggie of choice). Optional: Add 2 cups diced chicken. Top with Parmesan cheese and fresh herbs.

Need a recipe? <http://www.halfhersize.com/spring-pasta-asparagus/>

DINNER IN: 15 MINUTES



TIP: Keep a jar of Better than Bouillon in the fridge to make just the right amount of broth any time. Also, try adding a teaspoon to rice or pasta water to boost the flavor during cooking.

## 3. FRITATTA



Set the oven rack to the top position and turn the oven on broil. Whisk together 8 large eggs and couple tablespoons of milk. Generously mist a 10 inch skillet with oil or cooking spray. Heat over medium-high heat. Add 2 cups of diced vegetables and a sprinkle of salt. Cook to soften the vegetables (about 5 minutes). Optional: 1/4-1/2 cup cheese. Pour over the egg mixture and stir once. Transfer to the oven for 3-4 minutes until the eggs have set and the top is light brown. Serves 4.

DINNER IN: 20 MINUTES



Vegetables to try: bell pepper, spinach, broccoli, tomatoes, onion (any color), asparagus, mushroom, zucchini, cooked sweet potato.  
Cheeses: feta, cheddar, Parmesan, soft goat cheese.

## 4. TACO SALAD



Start with a bag of mixed greens, chopped romaine lettuce, or classic coleslaw. Top like a taco! Suggestions: 1/2 cup black or pinto beans, 1/4 cup corn, diced green onion, 1/2 cup leftover chicken or ground meat, 1/4 cup plain yogurt or sour cream, 1-2 tablespoons shredded cheese or queso fresco, salsa, diced avocado, hot sauce, etc. Get creative and have fun! Optional: Serve with a few chips on the side.

DINNER IN: 15 MINUTES



TIP: Serve taco salads buffet style. Let everyone choose their own dinner adventure and you'll have more happy eaters and (fingers crossed) a peaceful meal.

## 5. CHICKEN DINNER CHEAT



Next time you need grab something on the way home, skip fast food and head to the grocery store. From the deli: Pick up a whole roasted chicken. Head to the freezer isle for a ready-to-heat side such as frozen brown rice or quinoa. For your vegetable grab your favorite frozen veggies or head to the produce isle for a salad kit and some fruit for dessert.

DINNER IN: <10 MINUTES



TIP: Create grab-and-go lunches. Divide the remaining chicken and sides into 16 oz containers. Top with a little bbq, soy sauce, or salsa. Eat hot or cold.