

Quick and Healthy Menu Ideas

Meal Ideas from Cornell Cooperative Extension of Onondaga County

Breakfast

- Spread a thin layer of peanut butter on whole-wheat toast; top with apple slices
- Make a breakfast yogurt by mixing nonfat yogurt with fresh fruit and a cereal.
- Add non-fat dry milk to Pancake, waffle, French toast batters - top with fruits
- Serve low-fat cottage cheese with fruit, sprinkle with crushed cereal flakes
- Make a breakfast pizza by toasting English muffin half and topping with pizza sauce and part skim Mozzarella cheese. Broil until cheese melts.

Sandwiches New Twists, Try it with kids!

- Fill pita bread with veggies and tuna salad or lean sliced turkey, ham or beans.
- Microwave a skinned and boned chicken breast and serve on a bun. Top with lettuce and a tomato slice or try barbecue sauce.
- Try tuna salad made with water packed tuna and reduced calorie mayonnaise or low calorie ranch.
- Add carrot curls, apple bits or raisins for "fruit and fun".
- Add well-drained coleslaw, celery or chopped apple to a sandwich for crunch.
- Use lettuce and tomato in sandwiches for moisture and to replace mayonnaise or margarine. (Sliced apple, pear or kiwi tastes great too!)

Lunch and Dinner

- Make a cold plate in the summer of slice fresh fruit with low fat cottage cheese or sliced lean meats, low fat cheese, and vegetables.
- Top tossed salads with kidney or garbanzo beans - Add cheese and crunchy veggies. Serve with hearty soup in the winter; chilled soup in the summer.
- Fill heated tortilla with refried or black beans and top with salsa. Serve with yogurt, chopped lettuce, and tomatoes- sprinkle with shredded cheese.
- Top a baked potato with low fat canned chili. Add onions and small amount cheese. Enjoy a low-fat fruit shake and breadsticks on the side.
- Make a stir-fry using lean meats, seafood, or poultry and add some vegetables.

Desserts and Snacks

- Top angel food cake with fresh fruit and whipped topping.
- Layer Jello with pudding and fruited yogurt in parfait glasses.
- Choose light popcorn or fat-free pretzels.
- Top rice cakes with low-sugar jam and peanut butter
- Store fresh veggie sticks in plastic bags in the crisper for ready snacks.
- Have a serving of Non-fat yogurt with fresh berries- serve with vanilla, wafers, gingersnaps, graham crackers, animal crackers, fig cookies.

Return to [Nutrition, Health & Food Safety](#)

Created 3/12/02

Last Updated 3/13/02