

# Fresh food, fast

Health and nutrition expert Joy Bauer, RD, shares her secrets for making healthy eats in no time.



## Breakfast

My mornings are *chaotic*. I have to get three kids out of bed, brew coffee (major priority), pack three lunches...and the list goes on. Here are two tricks I use to ensure that every Bauer has a wholesome meal before stepping out the door:

► **Make eggs in the microwave** For a quick protein-packed option, mist a mug with cooking spray, and add one raw egg (stirred) or two raw egg whites. Nuke it for about 45 to 60 seconds, then pop the cooked eggs on a toasted whole-grain English muffin with a tomato slice and a squirt of ketchup. Instant sandwich!

► **Prep at night** Before bed, put ½ cup nonfat milk, ½ cup nonfat Greek yogurt, 1 cup mixed berries (fresh or frozen) and ½ banana into a blender. Store it in the refrigerator overnight. When you wake up, toss in 3 to 5 ice cubes and hit blend!



## TIMESAIVING TOOL

An egg slicer helps you shave seconds off food prep (every little bit counts!). You can also use it to cut produce, like strawberries and mushrooms.



**WD**

### WIN IT!

20 readers will win a Progressive Egg Slicer (value \$9.99). Snap on the tag to enter. For rules, see page 24.



## Lunch

Sick of the same old PB&J sandwich? Make one of these speedy *and* healthy midday dishes:

► **Turkey and spinach rollup** → Take a whole-grain low-cal tortilla, spread on Dijon mustard, then add 3 slices turkey breast, a slice of reduced-fat Swiss cheese and a handful of spinach leaves. Roll up and enjoy!

► **Salmon and chickpea salad** In a medium bowl, mash 6 oz canned wild salmon (it's full of heart-boosting omega-3s). Mix in 1 can rinsed and drained chickpeas. Add ½ cup chopped red bell pepper and ½ cup chopped red onion. Toss with 2 Tbsp olive oil and 2 Tbsp red wine vinegar. Serve over lettuce leaves. (The recipe makes enough for 3 servings.)



## Dinner

If the thought of preparing a meal after a long day seems daunting, use my top rules for whipping up a wholesome meal every night:

► **Memorize three go-to dinners**

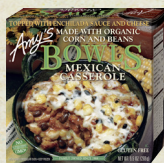
These meals should take less than 20 minutes to prepare and include ingredients you'll likely have on hand already. Think about your top choices, then write them down along with what ingredients you'll need (putting it all on paper helps seal it in your memory). My three go-tos: grilled chicken Parmesan, turkey tacos and spinach turkey burgers. Go to [womansday.com/joydinners](http://womansday.com/joydinners) for my simple and fast recipes.

► **Pile the pantry with canned beans** Since the beans are already cooked (and packed with protein), all you have to do is rinse and drain before tossing into a salad, or quickly heat and season before eating as a stand-alone dish.

## Nutritious packaged picks

Too time-crunched to cook? Try one of these options:

► **Van's 8 Whole Grains Multigrain Waffles** (\$3.49 per box) Made with a combo of whole wheat and oats and sweetened with honey, these waffles are ready to pop in the toaster.



◀ **Amy's Mexican Casserole Bowl** (\$4.99 per bowl)

This gluten-free dish with a hint of spice is just 380 calories and makes a great lunch or dinner.

**JOY BAUER, MS, RD**, is the nutrition and health expert for NBC's *TODAY* show. Visit [JoyBauer.com](http://JoyBauer.com) and follow Joy on Facebook, Twitter (@joybauer) and Pinterest (JoyBauerHealth).