



Week Two Participant Manual:  
**Fantastic Fast Food!**  
**Quick Cooking Techniques**  
**for Breakfast, Lunch and Dinners**



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## JOURNALING

- What are your thoughts about the fast food industry in America?
- What are the ways you currently eat out? Do you do it for convenience, entertainment, work, etc? What is something you can do to make the ways you eat out a healthier approach?
- What is something you can do to eat in the home more often?

## The Secrets of a Health Kitchen

### Short Cuts for Meal Prepping

- **We need to start viewing cooking as a de-stressor as opposed to a stressor**
  - Get the kids involved. Think of what you want to make and see what roles the kids can have to help out.
    - It has been shown that children are more likely to try a new food if they took part in helping to prepare it.
  - Make meal time a joyful time and a social time.
    - This will help limit the amount of time your family is eating out and increase the amount of time you are eating in the home. The more you eat at home the more you know what is in your food.
- **Take some time and do some menu planning**
  - A great strategy to get you in the mood to do this is to read and flip through cookbooks and cooking magazines.
    - Ask your relatives for family dishes and commit to trying to make them on a regular basis.
  - Make lists to take with you to the grocery store based on the recipes you are going to prepare for the week.
  - Make it a family approach. Have every family member pick a meal for the week.
  - Have a special night of the meal week. Can one night be a meal that is representative of your culture or another culture?
    - The family will look forward to this. This is a great way for children to learn about their culture, spend time with their family and learn to appreciate quality food.
      - And again it becomes the families' form of entertainment.
  - Try having more vegetarian based meals.
  - Use meat in moderation, when sliced, cut up and chopped a little goes a long way.
- **Anytime you have a moment prep food (cook in short bursts)**
  - Chop the onions the night before. Chop extra and just leave them in the fridge for later use.
  - Chop the vegetables that you will use for the dinner before you head to work
  - Soak beans right before you go to bed
  - Grate cheese as soon as you get home before you run the kids to soccer
  - Mix dry ingredients during a commercial break during a TV show



- **Getting the tasks done**

- Prep dough and freeze some of it. Pull some out to have a pizza for a quick meal.
- Cook in bulk and then freeze sauces, soups and quick breads.
- Make sauces such as a teriyaki or peanut one night and use them for meals throughout the next couple of weeks.
- Have a cooking buddy, you make one soup they make another and then you switch
- If you live alone have a work lunch buddy one day they bring the lunch and the next day you bring the lunch for the both of you.
- Freeze in portion sizes
- Can you assign certain jobs to other household members?
- Prepare hard boiled eggs to use in salads or as a part of your lunch to take to work.

- **Jazz up salads enough to make them be the main part of the meal**

- Top it with beans and seeds, grilled vegetables, meat or seafood. Add some dried or fresh fruit.
- Serve it with a nice piece of bread and cheese.

- **Utilize cooking gadgets to your advantage:**

- Rice cookers
- Pressure cookers

- **Desserts as an appropriate part of the meal**

- It is nice to enjoy desserts every once in a while because when people deprive themselves they often tend to binge on a food item at some other time.
  - Prepare cookie dough and roll the dough into balls and freeze the cookie dough. Then every once in a while after dinner, prepare enough cookies for everyone to enjoy one. It is warm and tasty.
  - Dark chocolate is a satisfying and nutritious dessert that takes no time to prepare.

- **If you are leaning to using a convenience meals remember to read the ingredients.**

- Cut out:
  - High fructose corn syrup
  - Aspartame
  - Sucrolose
  - Partially hydrogenated oils
  - Monosodium glutamate
  - BHT
  - Artificial flavors
- Many convenience foods contain a lot of excess sodium and sweetener both which are harmful to your health.

## Cooking Without a Recipe

### Breakfasts

- Scrambled egg prepared with chopped bell pepper, onion, fried in olive oil, toast or tortilla, and a piece of seasonal fruit
- Whole-wheat toast topped with peanut butter and a tiny bit of honey
- Nuts, dried fruit or fresh fruit, tea with milk
- Fruit smoothie milk or coconut milk or a mixture of yogurt and fruit juice, fruit of choice, splash of vanilla
- Plain oatmeal and jazz it up
  - Add a combination of your choice: dried or fresh fruit, cream, nuts, nut butter, pinch of cinnamon, drizzle of maple syrup or honey or tiny bit brown sugar.
- Buckwheat
- Couscous or bulgur (add same choices you would add to oatmeal)
- Grits
- Granola, make a batch it keeps for weeks.
- Make a large amount of a fruit smoothie and store the extra in the fridge.
- Yogurt as your base:
  - Add: nuts of choice, sliced apple or banana a pinch of cinnamon and a tiny drizzle of maple syrup or brown sugar
  - Yogurt with granola
- Half bagel with cream cheese or avocado and tomato
- Toast with butter, seasonal fruit
- Banana or apple with nut butter of choice
- Cheese and bread
- Cappuccino or hot cocoa



## Bases for Lunches and Dinners

### Pastas & Grains

- Angel hair pasta and couscous can be staples in the pantry and they only take 3 to 5 minutes to cook.
  - Angel hair pasta with tuna fish, olives and artichokes. Piece of fruit, piece of dark chocolate.
  - Couscous topped with shrimp sautéed in butter and steamed broccoli, piece of fruit, hot chocolate.
- Bulgur is a great grain that cooks quickly and can be used in a variety of ways.
  - Bulgur topped with sautéed vegetables, grilled chicken, piece of fruit
- Oil-based Pasta: Pasta of choice, olive oil and sautéed veggies as a base. Add cooked chicken or shrimp
- Rice (or grain of choice) Bowl: topped with beans or fish salsa and veggies
- Rice noodles take no time to cook and can be the base for many meals. So always keep some in the pantry. Remember to use the sauces you already have made.



### Sandwiches, Subs, & Wraps

- Wrap: tortilla, beans, shredded cheese or hummus and veggies, or sautéed veggies
- Quesadillas: tortilla, cheese veggies, cooked chicken
- Salad Sandwiches: Tuna, chicken or egg salad, complement with a side of fruit and nuts
- Having deli meat sandwiches/subs a couple times a week can work too. Choose deli meats that are free of nitrates and nitrites. If those are not available, limit consumption to once per week.
- Fresh bread and vegetables topped with a balsamic vinaigrette, olives, some slices of cheese and some nuts.
- Fancy Toasted Sandwiches: Cheeses, meats, roasted pepper, sun-dried tomatoes, artichokes, spinach, etc.
- Chicken sausage sandwich or cut up the chicken sausage and put it in a pasta. Many brands are starting to make chicken sausage free of additives and preservatives.
  - Aidell's is one brand and is fairly common and can be found at many grocery stores.

### Soup and Salad

- Taco Salads are quick, easy, and can be very nutritious. Open up a can of beans, top with lettuce, sour cream, diced peppers, salsa, and olives.
- Have a box or can of broth on hand at all times. Need a quick meal? Make a soup with some chopped veggies, noodles, and herbs.

### Seafood

- Crab or salmon cakes
- Shelled fish in white wine and olive oil butter
- Fish is also a food that can be cooked fast and does not need to marinate for that long of a period of time.
- Also prepare shrimp with a marinade unpeeled. It will take less time and it will cause whomever is eating the dish to eat the shrimp slowly. Eating slowly does help to control portion size.

### Vegetarian

- Hard-boiled egg, olive oil, bread, sliced tomatoes, slices of cheese. Or take the boiled egg and mash it with a little bit of olive oil, lemon juice, salt and pepper.
- Sauté vegetables in olive oil, serve with bread and cheese.
- Jazzed up Baked Potato (or sweet potato): Kids love a baked potato bar when they get to pick their toppings.
- Canned beans are also a helpful ingredient for the base of a quick meal. If you do not want to use canned beans but would rather prepare the beans from the dried state and want to do it in a short amount of time cooking them in a pressure cooker is the way to go. When you cook beans from the dried state in a pressure cooker, you cook the beans and a fourth of the time when compared to using the stove.

### Others

- Stir fry: Cooked rice, egg, veggies and/or meat of choice
- Frittata, or Omelet: Eggs, cheese, meats and veggies of choice
- French Bread Pizza: take some pesto or sauce, place it on the bread, top with vegetables and cheese of your choice and bake.
- Every once in a while to purchase foods from the prepared food section of the grocery store is an okay thing to do.
  - Many times you can find grilled fish, couscous salads, hummus wraps, pasta dishes and fruit salads etc...
- Buy a roasted chicken and use it for more than one meal. Roasted chicken with potatoes one night and quesadillas the next.
- If every once in a while you are going to choose something from the frozen section, just make sure you are choosing an all-natural product and be aware of the fact that the sodium content is probably quite high and you should try to reduce your sodium intake at other meals during the day.
- There are many frozen pizzas out there these days that are free of additives and preservatives. This would be the better option to choose.

## Quick Cooking Recipes

### Crab Cakes

#### You'll need

- 1 egg
- 1 teaspoon mustard
- 1 Tablespoon, freshly squeezed lemon juice
- 6 Tablespoons olive oil, divided (4 Tablespoons and 2 Tablespoons)
- ½ teaspoon salt
- ½ teaspoons freshly ground black pepper
- 1/2 cup bread crumbs
- 1 pound lump crabmeat
- 1 pinch of cayenne pepper
- 4 Tablespoons butter
- Parsley as a garnish
- Serve with lemon wedges

#### Directions

- Using an electric blender or wire whisk, beat together mustard, lemon juice and egg until thoroughly combined.
- While beating vigorously, gradually pour 4 Tablespoons of olive oil into the egg mixture in a thin stream.
- When smooth and creamy, stir in salt and pepper.
- Gently fold in crabmeat, then bread crumbs and cayenne pepper.
- Shape into patties, each about a half-inch thick.
- They will want to fall apart, but that's the idea of a good crab cake. (You want only enough non-crab stuff to just barely bind them.)
- Melt butter together with 2 Tablespoons of olive oil in skillet over medium heat.
- When butter sizzles (but before it burns!) gently ease the crab cakes into the skillet to cook.
- When well browned (2 to 3 minutes), gently turn and cook other side.
- Serve immediately.

#### Play with Your Food

- Add in some chopped herbs of choice or a pinch of Old Bay Seasoning.
- Try making a special sauce to serve on top of crab cake.



## Black Bean Salsa

### You'll Need

- 1, 14.5 ounce can black beans, drained (or use black beans that have been cooked from the dried state)
- 1, 14.5 ounce can corn drained (or use fresh corn)
- 1, 12 ounce jar salsa
- ¼ cup cilantro, chopped
- 1 ½ tablespoon fresh lime juice

### Directions

- Mix all of the above together and use this as your base.
- Serve on top of a salad, or baked potato. Or serve, in a wrap, or in a taco shell. Or serve as dip with some corn chips.

### Play with Your Food

- Add some chopped vegetables or fruit such as bell pepper, carrots, yellow onion, red onion, green onion, avocado, tomato or mango.
- Add some cooked chicken or fish or shrimp.
- Add a chopped chili or jalapeno for a spicy flavor. Or add some chili powder.

## Veggie Couscous

### You'll Need

- Olive oil
- 1 cup uncooked couscous
- 2 chopped, carrots
- ¼ cup chopped, onion
- 2 chopped, celery stalks
- ½ Tablespoon butter
- ¼ teaspoon salt
- ½ teaspoon cumin
- Fresh ground pepper to taste
- Parsley to garnish

### Directions

- Prepare couscous: Boil 1 ¼ cups water, add boiling water to couscous, remove from heat and couscous will absorb water. After water is absorbed mix in butter.
- While couscous is preparing, chop all vegetables and sauté in some olive oil for approximately 10 minutes. Next mix couscous and vegetables together, and add seasonings. Serve with a garnish of parsley on top. Enjoy!

### Play with Your Food

- Choose whole wheat couscous.
- Try cooking it chicken or vegetable broth instead of water.
- Switch up the vegetables.
- Leave the butter out.

## Tuna Salad

### You'll Need

- 1 can tuna, packed in water
- 1 tablespoon mayonnaise
- 1 teaspoon of spicy mustard
- extra virgin olive oil
- capers
- ½ teaspoon tarragon
- Salt, pepper, and cayenne to taste

### Directions

- In a medium mixing bowl. Empty the tuna and then mix in the mayonnaise, olive oil, capers, tarragon, salt, pepper, and cayenne.
- Taste and fix the flavors to your liking.

### Play with your Food

- For an open-faced tuna melt, lightly butter both sides of a bread slice, and brown each side over medium heat. As the second side browns, place sliced cheddar cheese on the toast to melt. When the cheese softens, add a slice of tomato, a smear of mayonnaise, salt/pepper/oregano to taste, and then tuna over the top.
- Try this with goat cheese and you'll be hooked for good

## Angel Hair with Veggies with Shrimp or Chicken

### You'll Need

- 8 ounces raw angel hair pasta (will yield 4 cups cooked)
- 1/3 cup olive oil
- 1 cup tomato, chopped
- 1/2 small onion, chopped
- 3 1/2 cups steamed broccoli- stems and florets, chopped
- 1/2 cup whole olives of choice (or cut in half)
- 3 cloves garlic, minced
- 1/2 teaspoon salt
- 1 Tablespoon fresh basil (finely chopped) or 1 teaspoon dried
- Fresh ground pepper to taste
- Freshly grated Parmesan cheese (or other cheese of choice) to top

### Directions

- Steam broccoli.
- Bring 8 cups of water to a rapid boil. Cook pasta in boiling water. Once pasta is cooked and drained add all other ingredients.
- Serve warm or cold.

### Play with your Food

- Switch up the vegetables.
- Choose to use whole wheat angel hair pasta.
- Add some pine nuts for extra protein and omega three fatty acids.
- Leave out the cheese and serve it as a vegan dish.

## Granola

### You'll Need

- 4 cups old-fashioned oats
- 6 to 7 Tablespoons softened butter or 5 to 6 Tablespoons coconut oil
- 5 to 6 Tablespoons brown sugar (Start with 6 and then as you continue to make it, slowly cut down on amount of sugar used. Eventually you may even notice you are using less than 5 Tablespoons.)
- ¼ cup to 1/3 cup chopped nuts of choice
- A pinch of salt
- ½ teaspoon cinnamon

### Directions

- Preheat oven to 350.
- Grease a 9 x 13 inch baking pan.
- Mix all of the above ingredients together.
- Place mixture in greased baking pan.
- Bake for 23 to 25 minutes or until lightly browned (bake shorter for a softer granola and longer for a crunchier granola).
- Let sit and slightly cool. Roughly cut into chunks or crumble into loose granola. Store granola in an airtight container.

### Play with Your Food

- This recipe serves as a very versatile base. Get creative. Add some ground-flax seed, sunflower seeds, raisins, dried-fruit or, shredded-coconut. Add a teaspoon of vanilla. You could also add a ½ cup to ¾ cup of nut butter and leave out the chopped nuts. Or you could add a tiny bit of maple syrup or honey. When adding some other form of food that could sweeten the granola, hold back a tiny bit on the amount of brown sugar.
- Serve this granola mixed into some plain yogurt or with a piece of fruit for a delightful breakfast.

## Sundried Tomato and Zucchini Frittata

### You'll Need

- 2 Tablespoons olive oil
- 1 small yellow onion, finely chopped
- 1 clove garlic, crushed
- 3 sundried tomatoes, finely chopped
- 1 medium zucchini, chopped
- 6 eggs
- 1/8 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/3 cup grated Parmesan cheese

### Directions

- Preheat oven to 350.
- In a frying pan, heat the oil over medium heat.
- Add onion, garlic, and zucchini; cook, stirring occasionally, until vegetables are soft (about 5 minutes).
- Remove from heat and mix in sundried tomatoes and let cool slightly.
- In a bowl, beat eggs lightly with, salt, pepper, basil, and oregano.
- Stir in cheese and vegetables.
- Pour into a greased 9-inch pie pan.
- Bake for 25 to 30 minutes or until puffed and brown.
- Serve hot or at room temperature.

### Play with Your Food

- These vegetables are just suggestions to use. Alter the use of vegetables based upon what is available to you and what's in season. For example try broccoli or spinach.
- Substitute with fresh herbs when you can.
- Switch up or leave out the cheese.
- You can easily double this recipe and then bake it in a 9x13 baking dish.
- Try also baking the frittata in muffin tins and provide people with individual servings.

## Seafood Scampi

### You'll Need

- 6 Tablespoons butter
- 1 teaspoon salt
- 3 cloves of garlic, crushed
- 2 teaspoons grated lemon peel
- 2 Tablespoons lemon juice
- 2 pounds of a combination of mussels, calamari, clams, scallops and shrimp. Or use just one type such as jumbo shrimp or mussels. (They can be frozen or fresh).
- ¼ cup parsley, chopped
- Lemon wedges

### Directions

- Boil water and prepare Linguini pasta following directions on box.
- Put butter, salt, garlic, lemon peel and lemon juice in a pot (that the seafood can also fit in) and melt together.
- Add seafood to above sauce and sauté on low-medium heat until done (raw shrimp will turn pink, and mussels will open). If the seafood you are adding is already cooked, just heat through.
- Serve over linguini pasta.
- Spoon excess sauce from pan over seafood.
- Top each serving with parsley and serve with a lemon wedge.

### Play with Your Food

- Try it with just one kind of seafood.
- Serve with a nice piece of crusty bread instead of pasta.
- If you do not have the grated lemon peel you can leave it out. It just adds a wonderful burst of extra flavor.

## Quesadillas

### You'll Need

- Sliced vegetable of choice (bell pepper, zucchini, mushrooms, tomatoes, yellow squash, etc)
- Cumin
- Chili Powder
- Salt and pepper
- Olive Oil
- Tortillas
- Grated Cheese of Choice

### Directions

- Sauté sliced veggies with some chili powder, cumin, salt, and pepper in some olive oil.
- In another skillet, place a tortilla and top with a tiny bit of grated cheese.
- Add some of the veggies and a tiny bit more cheese and with other tortilla or if using a large tortilla fold in half and heat up a few minutes.
- Flip and heat other side until cheese is melted.

### Play With Your Food

- Add cooked chicken
- Add cooked shrimp or fish of choice
- Serve with guacamole or salsa