



## Expert tips for **Quick Dinners**

When life gets busy, whipping up a delicious, well balanced dinner that the whole family will enjoy can seem like a big task. Follow these tips from some of our Registered Dietitian Nutritionists to make dinner time more manageable.



### Plan and Prep Ahead:

Spreading the work of meal prep to less hectic days can be a big time saver. CulinArt's Director of Wellness, Kimberly Hoban, does just that. "When it comes to throwing together a quick, healthy dinner, I suggest taking a few hours on the weekend or one weeknight to prep and cook healthy 'components.' I like to roast a few types of veggies, cook some grains (barley and farro are my favorites) and prep one or two proteins like hardboiled eggs or tempeh. Then during the week, I can mix and match these pieces of a meal, add a dressing or avocado and have a complete healthy dinner in a snap."



### Smart Time Savers:

Weekdays don't always lend themselves to spending a lot of time in the kitchen, but that doesn't mean that the healthfulness of your meals has to suffer. Michelle Sadlowski, Eurest's Eastern Division Wellness Director, keeps low-sodium microwavable bags of whole grains on hand that cook up in 90 seconds and are a perfect portion for two. She also makes a super-fast dinner by microwaving a large sweet potato and topping it with black beans, sautéed veggies, and a sprinkle of cheese. Jill Woodward, Eurest Central Division Wellness Director looks for vegetables that don't require a lot of prep, like Delicata squash that has tender skin and does not require peeling.



### Quick Sustainability Tips:

Being short on time doesn't mean we forget about sustainability. Eurest's Senior Director of Wellness and Sustainability, Suzanne Landry, uses the Monterey Bay Aquarium Seafood Watch® app when shopping to quickly identify seafood that's fished or farmed in sustainable ways. Michelle Sadlowski cuts down on food waste by using up veggies she has on hand in a stir fry before they can go bad. She also freezes extra fresh herbs in ice cube trays with a little water to add flavor for dishes later.

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#### RESOURCES:

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