

## **Fast and Easy Dinners in 15 Minutes or Less**

Summary: Looking for ways to simplify life and spend less time in the kitchen? Our health and wellness team has some suggestions to help you create delicious meals in no time.

Whether you're a gourmet chef or a complete novice in the kitchen, over the last few months we've all had to make our share of at-home meals. But here's the great news, cooking a delicious, satisfying and healthy meal doesn't have to be difficult or time consuming. In fact, most hearty and nutritious meals can be tailored to fit our work-from-home lifestyles and, best of all, they can be put together in a snap.

Here are some ideas for quick and easy dinners you can whip together in 15 minutes or less courtesy of Wakefern's health and wellness team.

For more meal ideas, check out *The Recipe Shop* on [shoprite.com](http://shoprite.com). To chat (virtually) with a ShopRite dietitian, visit [shoprite.com/welleveryday](http://shoprite.com/welleveryday).

### **Enchiladas**

Smother tortillas with vegetarian refried beans, spinach, and cheese. Wrap them up, line them in a casserole dish, and cover evenly with salsa. This is also a great dish for using up any leftover rice or roasted vegetables you have. Bake for 15 minutes or until the tortillas start to crisp. Serve alongside fresh fruit, like apple slices or berries.

### **Breakfast-For-Dinner Scrambles**

In a large skillet, sauté garlic and onion for a few minutes. Add chopped veggies like mushrooms, zucchini, and bell peppers. To make it vegetarian, use eggs for your scramble and add cheese if you like. For a vegan version, use crumbled firm tofu and nutritional yeast. Season with salt, pepper, cumin, turmeric, or other spices. Sauté for 15 minutes or until eggs are cooked and veggies are soft.

### **Chopped Salads**

Salads can become time consuming if there's a lot of chopping, so here's a short cut: Add a bundle of kale, a few large carrots and stalks of celery, a handful of spinach or arugula, half of a red onion, and any other veggies you like to a food processor. Pulse until slightly chopped. You can then top with anything else you enjoy, like raw nuts and seeds, beans, tofu, or meat. Add a favorite dressing or a quick blend of oil and vinegar.

### **Bean Soup**

Canned beans come in handy for this one, and you can use as many cans as you like. All you need is a carton of broth, water, fresh vegetables (like garlic, onions, carrots, celery, and bell

peppers), canned beans, and dry noodles or gnocchi. Cook the veggies for a few minutes in olive oil. Add the broth and equal amounts of water, and bring to a boil. If using dry noodles or gnocchi, cook for the time allotted on the packaging. Add drained canned beans for the last 2-3 minutes, along with any leafy greens you might have on hand, like chopped kale or Swiss chard.

### **Avocado Toast**

This can be as simple or complex as you prefer. Start by toasting some seedy, multigrain bread. Smash avocado on each piece with a fork. Add other toppings, such as sliced tomato, cucumber, olives, white beans, shredded carrots, and lemon juice. Serve with green smoothies.