



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Fresh and Flavorful in FIVE!

Don't get confused about the hype... I'm not talking about getting a homemade, hot meal on the table in **5 minutes**. But, it is possible to get fresh flavors on the dinner table in 30 minutes or less with just **5 ingredients!**

We're here to offer affordable meal ideas to help you put a plan in place for "back to school"... whatever that looks like for you and your family.

Just because the kids may be learning in a virtual classroom from home, doesn't mean the need to feed them affordably and quickly goes away.

It's okay to take some shortcuts with dinner prep by purchasing pre-cut, pre-cooked or partially-prepared items. Just make sure they don't break the bank.

If you need to set up a routine that involves time carved out after grocery shopping to do partial prep for the week, then do it.

And, if it will make life easier... enlist the kiddos! Getting life skills in the kitchen are essential so take advantage of the opportunity extra time at home may be offering.

This bowl meal has 5 ingredients (not including the seasonings) and is made in just 5 simple steps. Frozen ingredients offer convenience, plus you don't have to worry because the nutrients are locked in with the freezing process.

Shrimp Fried Quinoa Bowl

Ingredients:

- 1 cup dry quinoa
- 1 cup frozen peas and carrots
- 1 cup cooked salad shrimp
- 1 Tbsp. less-sodium soy sauce
- 1/2 tsp. each of garlic powder, salt and pepper
- 4 large eggs
- **Optional garnish:** thinly sliced green onions and/or sesame seeds



Directions:

1. Cook 1 cup dry quinoa as label directs.
2. Cook 1 cup frozen peas and carrots in microwave oven as label directs.
3. Heat large skillet over medium-high heat; spray with cooking spray. Add 1 cup thawed cooked salad shrimp and cooked quinoa; cook 3 minutes or until heated through, stirring occasionally.
4. Add 1 tablespoon less-sodium soy sauce, 1/2 teaspoon garlic powder and 1/4 teaspoon each salt and pepper to skillet; cook 1 minute, stirring occasionally. Fold peas and carrots into skillet; cook 1 minute or until heated through, stirring occasionally.
5. Heat large nonstick skillet over medium-high heat; spray with cooking spray. Add 4 large eggs to skillet; cook 3 minutes or to desired doneness. Divide quinoa mixture into 4 bowls; top with eggs and garnish with thinly sliced green onions and/or sesame seeds, if desired.