

Dinner Ideas for Healthy Eating

Shrimp + cannellini beans + kale + garlic

This is a simple Mediterranean style meal that tastes great & will keep you full for hours. You've got protein from shrimp, filling fiber from beans and kale, and low-calorie flavor from piquant garlic.



Ingredients

1 bag of shrimp (500g)	2-3 large cloves of garlic
1 cups of chopped kale	2 tablespoons of olive oil
1 can of cannellini beans drained and rinsed	Salt and pepper to taste

Directions

1. Start by sautéing shrimp and minced garlic cloves in a drizzle of olive oil approx 1 tablespoon
2. Once the shrimp is cooked through, toss in a few large handfuls of shredded kale and a can of rinsed, drained cannellini beans.
3. Add salt and pepper and any additional flavors you like. Cook until kale is wilted.

Chicken + quinoa + veggies

Including complex carbs like whole grains in your diet can actually help you reach your goal weight faster. Research has frequently associated a whole grain-rich diet with significant decreases in body fat.

Though technically a seed, quinoa is classified as a whole grain—and it comes with a host of high-impact nutrients like calcium, fiber, and protein. Pair it with roasted veggies like sweet potato and kale and pre-cooked chicken for a convenient protein in this Kale-Quinoa Salad.



Ingredients

1 medium sweet potato	6 cups coarsely torn, trimmed kale
2 Tbsp olive oil, divided	2 cups coarsely shredded, cooked chicken
1/8 tsp salt	1 medium apple, quartered, cored, and thinly sliced
1 1/2 cups reduced-sodium chicken broth	1 recipe Dijon Vinaigrette (recipe below)
3/4 cup dry quinoa, rinsed and drained	1/2 cup coarsely chopped walnuts or pecans (toasted)
1/2 cup thin wedges red onion	

Directions

1. Preheat the oven to 425°F. Peel sweet potato. Cut into quarters lengthwise; thinly slice quarters crosswise. Arrange potato slices in a shallow baking pan. Drizzle with 1 Tbsp of the oil; sprinkle with salt. Toss potatoes to coat. Roast, uncovered, for 15 to 20 minutes or until potatoes are just tender, stirring once halfway through roasting.
2. Meanwhile, in a large skillet, heat broth and quinoa to boiling; reduce heat. Simmer, covered, for 12 to 15 minutes or until quinoa is tender and most of the liquid is absorbed. Drain if needed; transfer quinoa to a bowl. Cover to keep warm.
3. In the same skillet, heat the remaining 1 Tbsp oil over medium heat. Add onion; cook for 4 to 5 minutes or until onion is starting to soften, stirring occasionally. Add kale. Cook for 2 to 3 minutes more or until kale is just wilted, tossing frequently with tongs.

4. Immediately divide kale mixture among four shallow serving bowls. Top kale with cooked quinoa, sweet potato, chicken, and apple. Drizzle with dijon vinaigrette (recipe below). Sprinkle with walnuts.

How to Make Dijon Vinaigrette

In a small screw-top jar, add 3 Tbsp cider vinegar, 1/3 cup olive oil, 2 tsp Dijon mustard, 1/2 teaspoon dried thyme, and 1/4 teaspoon salt. Cover; shake well until fully combined.

Salmon + chickpeas + olive oil + lemon + herbs

Fatty fish, especially salmon, is well known for its beneficial omega3 fatty acids. Their anti-inflammatory properties may do more than just boost heart health. Reducing systemic inflammation throughout the body can also set the stage for weight loss. In a study from the *European Journal of Clinical Nutrition*, men and women who ate salmon three times per week for eight weeks experienced lower overall inflammation and lost a significant amount of weight (other dietary factors & exercise to be considered here).



Ingredients

Wild salmon filets, 2 (6 oz/185 g each)
Olive oil, 2 tablespoons, plus more as needed
Kosher salt and freshly ground black pepper
Lemon zest, finely grated from 1 lemon
Ground cumin, 1 teaspoon, plus more as needed
Red onion, 1/2, chopped

Smoked paprika, 1 1/2 teaspoons
Ground coriander, 1 teaspoon
Cayenne pepper, 1/8 teaspoon
Chickpeas, 1 can (15 oz/470 g), rinsed and drained
Fresh lemon juice, 1 tablespoon
Fresh cilantro, 2 tablespoons minced

Directions

1. Place the salmon on a plate. Brush with olive oil, then sprinkle with salt, black pepper, lemon zest, and a little cumin.
2. Prepare a grill for direct-heat cooking over high heat. Meanwhile, in a large nonstick frying pan over medium-low heat, warm 2 tablespoons of oil. Add the onion and sauté until translucent, about 5 minutes. Add the paprika, the 1 teaspoon cumin, coriander, and cayenne and sauté until fragrant, about 30 seconds. Add the chickpeas and 3 tablespoons of water and simmer until the beans are tender, stirring frequently—about 3 minutes. Remove from the heat and mix in the lemon juice. Season to taste with salt and pepper. Cover the pan and keep warm.
3. Place the salmon skin side down on the grill, cover the grill and cook without turning until the salmon is just opaque in the center, about 8 minutes.
4. Divide the salmon and chickpeas between 2 warmed plates. Sprinkle with the cilantro and serve right away.

Black beans + eggs + salsa

A combination of black beans, eggs, and salsa is an excellent way to skip the meat but still get plenty of protein. These Vegetarian Black Bean Omelets incorporate all three. Going vegetarian isn't necessarily a guarantee of losing weight, but it certainly may help!

A large German study from 2020 found that the fewer animal products people ate, the lower their body mass index was likely to be. This is likely due to 2 factors which are; Plant foods are not only typically lower in calories than animal-based foods, they're also higher in fiber, which keeps hunger in check.



Ingredients

1 can (14–16oz) black beans, drained
Juice of 1 lime
1/4 tsp cumin
Hot sauce (optional)
8 eggs

Salt and black pepper to taste
1/2 cup feta cheese, plus more for serving
Salsa
Sliced avocado
Add in onion, mushroom, spinach or bell peppers as well

Directions

1. Pulse the black beans, lime juice, cumin, and a few shakes of hot sauce in a food processor until it has the consistency of refried beans, adding a bit of water to help if necessary.
2. Coat a small nonstick pan with nonstick cooking spray or a bit of butter or olive oil and heat over medium heat.
3. Crack two eggs into a bowl and beat with a bit of salt and pepper.
4. Add the eggs to the pan, then use a spatula to stir and then lift the cooked egg on the bottom to allow the raw egg to slide under.
5. When the eggs have all but set, spoon a quarter of the black bean mixture and 2 tablespoons of feta down the middle of the omelet.
6. Use the spatula to fold over a third of the egg to cover the mixture in the center, then carefully slide the omelet onto a plate, using the spatula flip it over at the last second to form one fully rolled omelet.
7. Repeat with the remaining ingredients to make four omelets. Garnish with pico de gallo, avocado slices if you like, and a bit more crumbled feta.

****For more great recipe ideas, health tips & wellness information visit my website & check out the blog or Instagram sections****



Happy Out Nutrition
Where Happy In Leads to Happy Out!
Website: www.happyoutnutrition.com
Email: info@happyoutnutrition.com
Phone: 087 440 5199