



# Easy Eating

## Not hungry for a full meal? Try a snack.

Eating small amounts of food as snacks throughout the day makes it easy to get the nutrients you need.

### Here's how you can make eating easy.

Not in the mood for making breakfast? Start your day with a light snack of a ready to peel and eat banana or orange or rinse and enjoy strawberries, blueberries, raspberries or a peach.



### Ready for a morning snack break?

#### Have a glass of milk with:

- A bowl of cereal
- A cereal or granola bar
- A slice of whole grain bread and peanut butter
- A hard-boiled egg

#### Want a mid-day bite? Try:

- Deli-sliced turkey breast rolled up with a cheese slice
- Hummus dip with baby carrots and sliced peppers
- A handful of almonds or walnuts and dried fruit

#### Need an afternoon pick-me up? Have:

- Cheese with crackers, apple slices and grapes
- A container of yogurt over sliced bananas or berries

#### Looking for easy evening eating?

- Add variety (and fiber) to a heat and eat dinner with a piece of whole grain bread or roll and a salad of leafy greens and sliced cucumbers and tomatoes.
- If you don't feel like cooking or by the time the food is cooked you don't feel like eating it, choose foods that can be ready to eat in minutes. Try:
  - A tomato stuffed with tuna salad or cottage cheese and whole-wheat crackers.
  - A sliced avocado topped with salsa and cherry tomatoes with baked corn chips.
  - Canned salmon, sliced strawberries and almonds on a bed of leafy greens.



### Mediterranean Lentil Salad

- ½ C. lentils
- 2 C. water
- 1½ bell peppers, chopped\*
- 1 clove, chopped garlic
- 15 cherry tomatoes, cut in half
- 4 ounces feta cheese, crumbled

Cook the lentils in boiling water for 15 minutes. While the lentils cook, chop the peppers and garlic and put in a bowl. Drain the lentils and add them to the bowl of chopped peppers and garlic. Pour on dressing. Top with tomatoes and feta cheese. Toss and chill.

#### Dressing:

- 3 T. olive oil
- 1 T. red wine vinegar
- ¼ C. fresh, chopped basil
- ½ T. oregano

*\*Make it colorful and attractive by using one-half of three different colored (red, orange, green or yellow) bell peppers.*

When you do feel like cooking, try these easy bean salads that can be ready to scoop into a bowl and enjoyed with wheat crackers or baked corn chips.



### Black Bean and Corn Salsa

- 15 oz can black beans, rinsed and drained
- 15 oz can whole kernel corn, drained
- 1 C. salsa

Combine all ingredients. Cover and chill.

### Time for a bedtime snack?

Finish off the day with:

- A cup of cottage cheese or yogurt with pineapple or mixed berries.
- A cup of hot herbal tea.
- An easy baked apple—Sliced apple sprinkled with cinnamon and heated in the microwave.

**Enjoy getting the nutrients you need the easy way—in snacks throughout the day.**