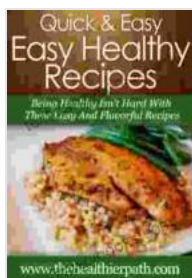


# Being Healthy Is Not Hard With These Easy and Flavorful Recipes

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## Easy Healthy Recipes: Being Healthy Isn't Hard With These Easy And Flavorful Recipes. (Quick & Easy Recipes) by Mary Miller

★★★★☆ 4.6 out of 5

Language : English  
File size : 3657 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 40 pages  
Lending : Enabled



If you're looking to eat healthier, you don't have to sacrifice flavor. With a little creativity, you can create delicious meals that are also good for you. In this article, we'll share some of our favorite easy and flavorful recipes that will help you get on the path to a healthier lifestyle.

### 1. Roasted Veggie Bowls

These veggie bowls are a great way to get your daily dose of vegetables. They're also customizable, so you can add your favorite toppings and

seasonings.

**\*\*Ingredients:\*\***

- 1 pound of vegetables (such as broccoli, carrots, zucchini, and potatoes),chopped
- 1 tablespoon of olive oil
- 1 teaspoon of salt
- 1/2 teaspoon of black pepper
- 1/4 cup of chopped fresh herbs (such as parsley, cilantro, or basil)

**\*\*Instructions:\*\***

1. Preheat the oven to 400 degrees Fahrenheit (200 degrees Celsius). 2. Toss the vegetables with the olive oil, salt, and pepper. 3. Spread the vegetables on a baking sheet and roast for 20-25 minutes, or until they are tender and browned. 4. Serve the veggie bowls with your favorite toppings, such as hummus, guacamole, salsa, or yogurt.

## **2. Quinoa Salad with Roasted Chicken and Vegetables**

This quinoa salad is a great source of protein and fiber. It's also flavorful and satisfying.

**\*\*Ingredients:\*\***

- 1 cup of quinoa
- 2 cups of water or broth

- 1 pound of boneless, skinless chicken breasts, cooked and shredded
- 1 cup of roasted vegetables (such as broccoli, carrots, zucchini, and potatoes)
- 1/2 cup of chopped red onion
- 1/2 cup of chopped fresh parsley
- 1/4 cup of olive oil
- 2 tablespoons of lemon juice
- 1 teaspoon of salt
- 1/2 teaspoon of black pepper

**\*\*Instructions:\*\***

1. Combine the quinoa and water or broth in a saucepan. Bring to a boil, then reduce the heat and simmer for 15 minutes, or until the quinoa is cooked through. 2. Fluff the quinoa with a fork. 3. In a large bowl, combine the quinoa, chicken, roasted vegetables, red onion, and parsley. 4. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper. 5. Pour the dressing over the quinoa salad and stir to combine. 6. Serve the quinoa salad immediately or chill for later.

### **3. Slow Cooker Turkey Chili**

This turkey chili is a hearty and flavorful meal that's perfect for a cold night. It's also a great way to use up leftover turkey.

**\*\*Ingredients:\*\***

- 1 pound of ground turkey
- 1 onion, chopped
- 2 bell peppers, chopped
- 1 can (15 ounces) of black beans, drained and rinsed
- 1 can (15 ounces) of kidney beans, drained and rinsed
- 1 can (15 ounces) of diced tomatoes
- 1 can (15 ounces) of tomato sauce
- 1 can (15 ounces) of corn, drained
- 1 teaspoon of chili powder
- 1 teaspoon of cumin
- 1 teaspoon of oregano
- 1/2 teaspoon of salt
- 1/4 teaspoon of black pepper

**\*\*Instructions:\*\***

1. In a large skillet, brown the ground turkey over medium heat. Drain any excess grease. 2. Add the onion and bell peppers to the skillet and cook until they are softened. 3. Stir in the black beans, kidney beans, tomatoes, tomato sauce, corn, chili powder, cumin, oregano, salt, and pepper. 4. Bring the mixture to a boil, then reduce the heat and simmer for 1 hour, or until the chili has thickened. 5. Serve the chili with your favorite toppings, such as sour cream, cheese, or chopped onions.

## 4. Salmon with Roasted Asparagus and Potatoes

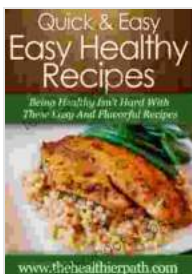
This salmon dish is a healthy and delicious way to get your omega-3 fatty acids. It's also easy to make and can be on the table in under 30 minutes.

### \*\*Ingredients:\*\*

- 1 pound of salmon fillets
- 1 pound of asparagus, trimmed
- 1 pound of potatoes, chopped
- 1 tablespoon of olive oil
- 1 teaspoon of salt
- 1/2 teaspoon of black pepper

### \*\*Instructions:\*\*

1. Preheat the oven to 400 degrees Fahrenheit (200 degrees Celsius). 2. Line a baking sheet with parchment paper. 3. Place the salmon fillets, asparagus, and potatoes on the prepared baking sheet. 4. Drizzle the vegetables with olive oil and season with salt and pepper. 5. Roast for 20-25 minutes, or until the salmon is cooked through and the vegetables are tender. 6. Serve the salmon with your favorite sides, such as rice, quinoa, or roasted vegetables



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