

# SIMPLE MEALS

WITH YOUR CAFÉ DIETITIAN

## 5 Tips for Healthier Family Meals

1. Get into a routine and schedule a time to pack meals.
2. Include whole grains, calcium rich foods (dairy and non-dairy options), proteins, fruits and vegetables. Aim to incorporate at least 3 of these 5 in every meal.
3. Portions should be about the size of a fist – a child's fist for a child's portion
4. Be colorful! Aim for a rainbow of colors to get lots of different vitamins and minerals, and it's less boring!
5. Drink more water. Other drink options include low fat or fat free milk and juices that are labeled 100% fruit juice.

## One Pot Meals

Back to school season can be stressful time as you get back into the school routine. Between picking up the kids from after school activities, finishing homework and getting to bed on time, a healthy dinner can be challenging to put together. One pot/ pan meals are a great simple solution to preparing a healthy meal for the family.

In today's cooking demo we will prepare a one pan meal that requires a few ingredients and will be ready in 30 minutes. What you will be cooking today:

- **Sweet Potato Ribbons** – sweet potato ribbons are a fun way to prepare sweet potatoes. The sweet potatoes are tossed in a jalapeno, ginger oil mixture for slightly spicy and flavorful taste. If you don't have a spiralizer easily accessible, you can purchase sweet potato ribbons from some grocery stores or dice your sweet potatoes.
- **Jalapeno, Ginger Salmon** – Omega 3 rich salmon is tossed in the same jalapeno ginger mixture to decrease prep while maintaining flavor. You can swap the salmon with your favorite protein such as chicken breast, flank steak, or tofu.
- **Roasted Bok Choy** – Bok Choy, also known as Chinese Cabbage, is a mild flavored green that can be enjoyed raw for a crunchy texture. The bok choy in this recipe is simply roasted.



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