**Have A Plant® Cook Along:**

**Fast Family Meals: Using Staple Fruits & Veggies To Make Simple Meals**

**September 14, 4:00 pm EST**

**With Liz Weiss, MS, RDN**

**Shopping List**

* 5 large eggs
* Frozen chopped kale or spinach
* Green onions
* Reduced-fat cheddar cheese
* Dried oregano
* Shredded Parmesan cheese
* 5-ounce can solid white tuna in water
* Celery
* Medium apple
* Fresh tarragon, dill, or parsley
* 1 Lemon
* Mayonnaise
* Dijon mustard
* Kosher salt and pepper
* Whole wheat bread
* 1 avocado
* 1 head Bibb lettuce
* 15-ounce can black beans
* Frozen or fresh corn kernels
* Salsa
* 1 red bell pepper
* 1 lime
* Chili powder
* Ground cumin
* Optional toppings for soup: Reduced-fat plain Greek yogurt, roughly chopped cilantro, crushed tortilla chips

**Egg & Veggie Dinner Muffins**

Makes 3 Servings (2 muffins each)

Eggs aren’t just for breakfast. By pairing with vegetables like frozen, canned, or fresh kale or spinach, mixing in some seasonings and shredded cheese, and baking in muffin cups, you’ve suddenly got a hearty dinner that’s ready in minutes. Serve these egg muffins with fresh fruit and a green salad.

**Ingredients:**

* 5 large eggs
* 1¼ cups frozen chopped kale or spinach, thawed and squeezed dry
* 2 green onions, trimmed, sliced into rounds, and chopped
* 1/2 cup shredded reduced-fat Cheddar cheese
* 1/2 teaspoon dried oregano
* 2 tablespoons shredded Parmesan cheese

**Directions:**

1. Preheat the oven to 350°F. Lightly oil or coat a 6-cup muffin pan with nonstick cooking spray and set aside.
2. Crack the eggs into a large bowl. Whisk until well combined. Stir in the kale, green onion, Cheddar cheese, and oregano until well combined.
3. Use a 1/3 measuring cup to divide the mixture evenly into the prepared muffin cups. Top evenly with the Parmesan cheese.
4. Bake until the eggs are set, about 18 minutes. Cool slightly, remove, and serve.

**Tuna, Celery and Apple Salad Sandwich**

Makes 2 Servings

This is not your grandmother’s tuna sandwich. This updated version of old-fashioned tuna salad calls for celery, apple, green onion, mayo, lemon zest and Dijon mustard. And it’s served on a sandwich with avocado and Bibb lettuce. (But don’t stop there: You can also add slices of juicy tomato or shredded radish to the sandwich.)

**Ingredients:**

* One 5 ounce can solid white tuna in water, drained and flaked with a fork
* 1 stalk celery, peeled, trimmed, sliced in half lengthwise, and thinly sliced, about 1/3 cup
* 1/4 medium apple, cut into 1/4-inch dice, about 1/3 cup
* 1 green onion, trimmed and thinly sliced
* 1 to 2 teaspoons chopped fresh tarragon, dill, or parsley, optional
* Zest ¼ lemon, plus more to taste
* 3 to 4 tablespoons mayonnaise
* 1 teaspoon Dijon mustard
* Kosher salt and pepper
* 4 slices whole wheat bread, lightly toasted
* 1/2 avocado, seeded and peeled
* 2 Bibb lettuce leaves

**Directions:**

1. Place the tuna, celery, apple, onion, tarragon as desired, and lemon zest in a bowl and stir to combine. Mix in the mayonnaise, mustard, and salt and pepper to taste.
2. Lay 2 of the bread slices on a work surface. Use the back of a fork to smash and spread the avocado evenly over each. Top evenly with the lettuce, tuna mixture, and remaining slice of bread. Slice each in half and serve.

\* Note: Other ways of serving include as an open-face sandwich, over a tossed green salad, or scooped onto a halved avocado.

Nutrient Analysis per serving (1 sandwich):
Calories: 470; Total fat: 27 g; Sat fat: 4 g; Cholesterol: 36 mg; Sodium: 690 mg; Total carbohydrate: 37 g; Dietary fiber: 8 g; Sugars: 6 g; Protein: 24 g

**Last-Minute Black Bean Soup**

Makes 4 Servings

There’s nothing easier than opening a can of beans, a jar of salsa, thawing corn kernels, chopping a bell pepper, and tossing everything together for a warming and satisfying soup. This easy-to-make black bean soup is filled with fiber, flavor, and big-time family appeal. Let everyone at your table pick and choose their favorite toppings.

**Ingredients:**

* One 15-ounce can black beans, undrained
* 1½ cups frozen or fresh corn kernels
* ¾ cup salsa (I like mild)
* ½ cup water
* ½ cup finely diced red bell pepper
* 2 tablespoons fresh lime juice (juice of 1 lime)
* 1 teaspoon chili powder
* 1 teaspoon ground cumin
* ¼ cup shredded reduced-fat Cheddar cheese
* Optional toppings: Reduced-fat plain Greek yogurt, roughly chopped cilantro, diced avocado, crushed tortilla chips

**Directions:**

1. In a medium saucepan, combine the beans, corn, salsa, water, bell pepper, lime juice, chili powder, and cumin. Cover and bring to a boil. Reduce the heat and simmer, uncovered, 10 minutes.
2. Serve in individual bowls and top with the cheese and optional toppings as desired.

Nutrient Analysis per serving (1 cup):
Calories: 180; Total fat: 1.5 g; Sat fat: 1 g; Sodium: 330 mg; Total carbohydrate: 33 g; Dietary fiber: 7 g; Protein: 10 g

Recipes courtesy of Liz Weiss, MS, RDN
[www.lizshealthytable.com/](http://www.lizshealthytable.com/)