

60 Recipes To Help You Prepare The Healthy Meals

Eating healthy can sometimes feel like a daunting task, but with the right recipes, it can become an enjoyable and delicious experience. With these 60 recipes, you'll have a variety of options to choose from, ensuring you never get bored with your meals.

1. Avocado and Egg Toast

Start your day off right with this simple yet satisfying breakfast recipe. Toast a slice of whole grain bread, spread mashed avocado on top, and add a perfectly poached egg. Sprinkle with salt, pepper, and red pepper flakes for an extra kick.

2. Quinoa Salad with Roasted Vegetables



Lebanese Cuisine: 60+ Recipes To Help You Prepare The Healthy Meals: Lebanese Main Dishes

by BookSumo Press (Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English

File size : 3430 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 111 pages

Lending : Enabled



This colorful salad is packed with nutrients and flavor. Cook quinoa according to package instructions and let it cool. Meanwhile, roast your favorite veggies, such as bell peppers, zucchini, and cherry tomatoes, in the oven. Toss the veggies with the quinoa and drizzle with a lemon vinaigrette.

3. Lemon Garlic Salmon

Get your omega-3s with this delicious salmon recipe. Marinate salmon fillets in a mixture of lemon juice, minced garlic, olive oil, salt, and pepper for at least 30 minutes. Then, bake the fillets in the oven until they are cooked through and flaky.

4. Spinach and Feta Stuffed Chicken Breast

Elevate your chicken breast by filling it with a mixture of spinach and feta cheese. Season the chicken with salt, pepper, and garlic powder, then stuff it with the spinach and feta mixture. Bake until the chicken is cooked and the cheese is melted.

5. Vegan Sweet Potato and Black Bean Chili

Warm up with a bowl of this hearty and flavorful chili. Sauté diced onions, bell peppers, and minced garlic in olive oil until soft. Add cooked sweet potatoes, black beans, diced tomatoes, vegetable broth, and your favorite spices. Simmer for 30 minutes and serve with avocado slices on top.

6. Greek Salad with Grilled Chicken

Enjoy the fresh flavors of a Mediterranean salad with this recipe. Grill chicken breasts seasoned with oregano, garlic powder, salt, and pepper. Slice the grilled chicken and arrange it on a bed of mixed greens, cherry tomatoes, cucumber, red onion, and Kalamata olives. Drizzle with a homemade Greek dressing.

7. Zucchini Noodles with Pesto

If you're craving pasta but want a healthier alternative, try making zucchini noodles. Spiralize zucchini into thin spaghetti-like strands and sauté them in olive oil until tender. Toss the zucchini noodles with homemade or store-bought pesto sauce and sprinkle with grated Parmesan cheese.

8. Cauliflower Fried Rice

Lower the carb content of your fried rice by swapping rice with grated cauliflower. Sauté diced carrots, peas, bell peppers, and green onions in sesame oil. Add grated cauliflower and continue to cook until the cauliflower is tender. Push the mixture to one side of the pan, crack in an egg, scramble it, then mix it into the fried rice.

9. Berry Smoothie Bowl

Create a vibrant and nutrient-packed breakfast by blending frozen mixed berries, a frozen banana, spinach, almond milk, and a scoop of protein powder. Pour the smoothie into a bowl and top it with granola, sliced fruits, chia seeds, and a drizzle of honey.

10. Caprese Stuffed Portobello Mushrooms

Enhance the natural umami flavors of portobello mushrooms by stuffing them with tomato slices, fresh mozzarella cheese, and basil leaves. Bake the mushrooms in the oven until the cheese is melted and bubbly. Serve as an appetizer or a main dish.

11. Protein-Packed Omelette

Whisk together eggs and your favorite diced veggies, such as bell peppers, spinach, mushrooms, and onions. Cook the omelette in a non-stick frying pan until set. Top with grated cheese and fold it in half. Serve with whole grain toast or a side salad.

12. Teriyaki Tofu Stir-Fry

If you're looking for a vegetarian stir-fry packed with flavor, try this tofu recipe. Press the tofu to remove excess water, then dice it. Sauté tofu in sesame oil until golden brown, then add your favorite stir-fry vegetables and teriyaki sauce. Cook until the vegetables are tender-crisp and serve over rice or noodles.

13. Lemon Herb Baked Cod

For a light and refreshing seafood dish, combine lemon juice, melted butter, minced garlic, fresh herbs like parsley and dill, salt, and pepper. Pour the mixture over cod fillets and bake until the fish is opaque and flakes easily with a fork.

14. Chickpea and Spinach Curry

Warm spices and creamy chickpeas make this vegetarian curry a comforting and satisfying meal. Sauté diced onions, minced garlic, and grated ginger in olive oil until fragrant. Add curry powder, turmeric, cumin, and coriander, then stir in a can of diced tomatoes and a can of chickpeas. Simmer until the flavors meld together and serve over rice or with naan bread.

15. Mexican Quinoa Stuffed Bell Peppers

Fill bell peppers with a mixture of cooked quinoa, black beans, diced tomatoes, corn, green chilies, and spices like cumin and chili powder. Top with shredded cheese and bake until the cheese is melted and bubbly.

16. Shrimp and Broccoli Stir-Fry

Combine cooked shrimp, steamed broccoli florets, and sautéed bell peppers in a pan. Add a mixture of soy sauce, minced garlic, ginger, honey, and cornstarch for a delicious stir-fry sauce. Serve over steamed rice or noodles.

17. Mediterranean Stuffed Portobello Mushrooms

Add a Mediterranean twist to stuffed mushrooms by filling them with a mixture of cooked couscous, chopped sun-dried tomatoes, crumbled feta cheese, Kalamata olives, and fresh herbs like parsley and oregano. Bake until the mushrooms are tender and the filling is heated through.

18. Veggie-Packed Frittata

Whisk together eggs, grated zucchini, chopped bell peppers, diced onions, and a handful of your favorite herbs. Pour the mixture into a greased baking dish and bake until the frittata is set and golden on top. Slice and serve with a side salad.

19. Asian Turkey Lettuce Wraps

For a lighter alternative to traditional wraps, use lettuce leaves as your vessel. Sauté ground turkey with diced water chestnuts, mushrooms, grated carrots, and a mixture of soy sauce, hoisin sauce, and rice vinegar. Spoon the turkey mixture into lettuce leaves and garnish with chopped green onions and peanuts.

20. Ratatouille

This classic French dish is a great way to enjoy a variety of vegetables. Layer sliced tomatoes, zucchini, eggplant, and bell peppers in a baking dish. Drizzle with olive oil, sprinkle with chopped garlic, and season with salt, pepper, and

herbs like thyme and rosemary. Bake until the vegetables are tender and slightly caramelized.

21. One-Pot Chicken and Rice

Create a comforting and wholesome meal by cooking chicken drumsticks, rice, diced carrots, peas, and onions in the same pot. Season with your favorite spices and herbs, add chicken broth, and simmer until the rice is cooked and the flavors are well combined.

22. Stuffed Bell Peppers with Quinoa and Ground Beef

Combine cooked quinoa, browned ground beef, diced tomatoes, corn, black beans, and spices like cumin and paprika. Fill bell peppers with the mixture and bake until the peppers are tender and the filling is heated through. Top with grated cheese and serve with sour cream or guacamole.

23. Balsamic Glazed Salmon

For a burst of tangy and sweet flavors, brush salmon fillets with a mixture of balsamic vinegar, honey, minced garlic, and Dijon mustard. Bake the salmon until it's cooked to your liking and the glaze has caramelized.

24. Spinach and Mushroom Stuffed Shells

Fill cooked jumbo pasta shells with a mixture of sautéed spinach, mushrooms, and ricotta cheese. Place the stuffed shells in a baking dish and pour marinara sauce over them. Top with grated mozzarella cheese and bake until the cheese is bubbly and golden.

25. Honey Sriracha Chicken Skewers

Marinate chicken skewers in a mixture of honey, Sriracha sauce, soy sauce, minced garlic, and lime juice for at least 30 minutes. Grill or bake the skewers until the chicken is cooked through and slightly charred. Serve with a side of steamed vegetables or rice.

26. Coconut Curry Lentil Soup

Combine red lentils, diced onions, minced garlic, grated ginger, curry powder, turmeric, cumin, vegetable broth, and coconut milk in a large pot. Simmer until the lentils are cooked and the flavors have melded together. Garnish with fresh cilantro and a squeeze of lime juice.

27. Greek Turkey Meatballs

Mix ground turkey with breadcrumbs, diced onions, minced garlic, chopped fresh herbs like parsley and dill, crumbled feta cheese, and lemon zest. Shape the mixture into meatballs and bake them until they are cooked through. Serve with tzatziki sauce and pita bread.

28. Zucchini Lasagna

Replace traditional lasagna noodles with thinly sliced zucchini for a lighter and low-carb option. Layer the zucchini slices with a mixture of ground meat, marinara sauce, ricotta cheese, and grated mozzarella. Bake until the cheese is melted and bubbly.

29. Chicken Teriyaki Lettuce Wraps

Marinate chicken breast in a mixture of teriyaki sauce, minced garlic, grated ginger, and soy sauce. Grill the chicken until it's cooked through and slice it into

strips. Serve the chicken strips in lettuce cups and top with diced pineapple, chopped green onions, and sesame seeds.

30. Mushroom and Lentil Bolognese

Sauté diced onions, minced garlic, and sliced mushrooms in olive oil until the mushrooms are soft. Add cooked lentils and marinara sauce, then simmer until the flavors meld together. Serve over your favorite pasta or zucchini noodles.

31. Sweet Potato and Kale Salad

Roast diced sweet potatoes in the oven until tender. Massage raw kale with lemon juice and olive oil to soften it. Toss the kale with roasted sweet potatoes, chopped dried cranberries, crumbled feta cheese, and toasted pumpkin seeds. Dress with balsamic vinaigrette.

32. Lemon Herb Grilled Chicken

Marinate chicken breasts in a mixture of lemon juice, olive oil, minced garlic, chopped fresh herbs like rosemary and thyme, salt, and pepper. Grill the chicken until it's well-marked and cooked through. Serve with grilled vegetables or a side salad.

33. Black Bean and Corn Salsa with Baked Tortilla Chips

Mix black beans, corn kernels, diced tomatoes, diced red onion, diced bell peppers, minced garlic, lime juice, cilantro, and cumin to make a flavorful salsa. Bake corn tortillas until crispy and serve them alongside the salsa for a healthy snack or appetizer.

34. Tofu and Vegetable Stir-Fry

Press tofu to remove excess water, then cut it into cubes. Sauté tofu in sesame oil until golden brown, then add your favorite stir-fry vegetables and a mixture of soy sauce, minced garlic, grated ginger, and honey. Cook until the vegetables are tender-crisp and serve over steamed rice or noodles.

35. Baked Stuffed Zucchini Boats

Hollow out zucchini halves and fill them with a mixture of cooked quinoa, sautéed diced onions and bell peppers, black beans, corn, diced tomatoes, and spices like cumin and chili powder. Bake until the zucchini is tender and the filling is heated through. Top with grated cheese and serve with salsa.

36. Thai Coconut Curry Shrimp

Sauté shrimp in a mixture of red curry paste, coconut milk, minced garlic, grated ginger, and lime juice. Add sliced bell peppers, snow peas, bamboo shoots, and cilantro. Simmer until the shrimp is pink and cooked through. Serve over rice or noodles.

37. Vegan Lentil Sloppy Joes

Simmer cooked lentils in a mixture of tomato sauce, diced onions, minced garlic, brown sugar, Worcestershire sauce (or a vegan substitute), mustard, and spices like paprika and chili powder. Serve the lentil mixture on whole grain rolls or buns.

38. Mediterranean Grilled Vegetable Wrap

Grill sliced zucchini, eggplant, bell peppers, and red onions until tender. Spread hummus on a tortilla or wrap and layer the grilled vegetables on top. Add feta cheese, chopped Kalamata olives, and fresh herbs. Roll up the wrap and enjoy.

39. Baked Garlic Parmesan Chicken Tenders

Dip chicken tenders in a mixture of whisked eggs and minced garlic, then coat them in a mixture of breadcrumbs, grated Parmesan cheese, salt, and pepper. Bake until the chicken is golden and crispy. Serve with marinara sauce for dipping.

40. Salmon and Avocado Sushi Bowl

Enjoy the flavors of sushi without the need for rolling. Place cooked sushi rice in a bowl and top it with sliced salmon, cubed avocado, shredded carrots, sliced cucumbers, and pickled ginger. Drizzle with soy sauce or a homemade sushi sauce.

41. Eggplant Parmesan

Slice eggplant into rounds and dip them in whisked eggs, then coat them in a mixture of breadcrumbs, grated Parmesan cheese, salt, and pepper. Bake the eggplant until it's golden and crispy. Layer the eggplant with marinara sauce and grated mozzarella cheese, then bake until the cheese is melted and bubbly.

42. Grilled Shrimp and Pineapple Skewers

Alternate marinated shrimp and pineapple chunks on skewers. Grill the skewers until the shrimp is cooked and slightly charred. Serve with a side of coconut rice and grilled vegetables.

43. Lentil and Vegetable Curry

Sauté diced onions, minced garlic, and grated ginger in olive oil until fragrant. Add cooked lentils, diced tomatoes, coconut milk, and a mixture of curry powder,

turmeric, and cumin. Simmer until the flavors meld together and serve over rice or with naan bread.

44. Greek Quinoa Salad

Cook quinoa according to the package instructions and let it cool. Toss the cooked quinoa with chopped cucumber, cherry tomatoes, diced red onion, Kalamata olives, crumbled feta cheese, and fresh herbs like parsley and dill. Dress with a lemon-herb vinaigrette.

45. Spaghetti Squash with Turkey Meatballs

Roast spaghetti squash in the oven, then use a fork to scrape the strands. Serve the spaghetti squash with homemade turkey meatballs and marinara sauce. Top with grated Parmesan cheese and chopped fresh basil.

46. Chicken and Vegetable Kebabs

Thread marinated chicken cubes, cherry tomatoes, bell peppers, red onions, and zucchini onto skewers. Grill the kebabs until the chicken is cooked through and the vegetables are slightly charred. Serve with a side of tzatziki sauce and pita bread.

47. Mediterranean Quinoa Stuffed Peppers

Fill bell peppers with a mixture of cooked quinoa, diced cucumbers, cherry tomatoes, Kalamata olives, crumbled feta cheese, and fresh herbs like parsley and mint. Drizzle with a lemon-herb vinaigrette and bake until the peppers are tender and the filling is heated through.

48. Shrimp and Asparagus Stir-Fry

Combine shrimp, blanched asparagus, and sautéed bell peppers in a pan. Add a mixture of soy sauce, minced garlic, ginger, honey, and cornstarch for a flavorful stir-fry sauce. Serve over steamed rice or noodles.

49. Caprese Quinoa Salad

Cook quinoa according to the package instructions and let it cool. Toss the cooked quinoa with diced cherry tomatoes, fresh mozzarella cheese balls, chopped basil leaves, and a balsamic vinaigrette. Season with salt and pepper.

50. Pesto Baked Chicken

Coat chicken breasts with homemade or store-bought pesto sauce. Place the chicken breasts in a baking dish and bake until they are cooked through. Serve with a side of roasted vegetables or a mixed green salad.

51. Black Bean and Sweet Potato Tacos

Sauté diced onions and minced garlic in olive oil until soft. Add cooked black beans, diced sweet potatoes, diced bell peppers, and spices like cumin and chili powder. Cook until the sweet potatoes are tender and serve the filling in taco shells or tortillas with your favorite toppings.

52. Greek Yogurt Chicken Salad

Mix cooked and shredded chicken with Greek yogurt, diced cucumbers, halved cherry tomatoes, chopped olives, minced garlic, and fresh dill. Season with salt and pepper. Serve the chicken salad on whole grain bread or lettuce leaves.

53. Beef and Broccoli Stir-Fry



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Lebanese food brings to mind a kaleidoscope of sensory elements: From the aromatic, sharp perfume of cinnamon, cumin, thyme, and roasting meat to the clear, refreshing notes of leafy green herbs, zesty lemon, and garlic. With bright pops of citrusy sumac, earthy za'atar, and the floral sweetness of desserts laced with golden honey rounding out the flavorful cuisine.

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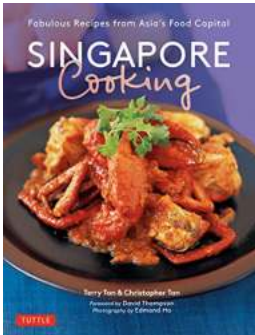
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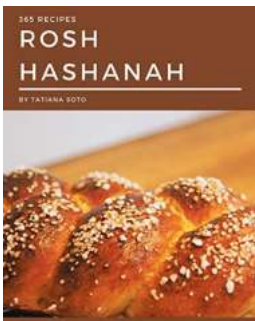
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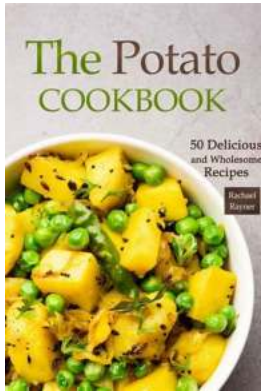
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