

## Recipes with 5 Ingredients or Less



Recipes with 5 healthy ingredients or less are great for quick meals. They are also an easy way to use leftovers. Try recipes that include at least 2 different food groups (grains, vegetables, fruits, dairy, and protein) for a nutritious meal. Here are a few simple recipes to get you started.

### Wraps

1. Place a few tablespoons of leftover chicken, egg, or tuna salad; 1 or 2 ounces of low-sodium deli meat; or a slice of low-fat cheese on an 8-inch whole wheat tortilla.
2. Add lettuce, tomatoes, onions, or your favorite veggies.
3. Top with 1 tablespoon of your favorite condiment, such as low-fat mayonnaise, hummus, mustard, or salad dressing.
4. Fold and enjoy! Serves 1.

### Pepper and Onion Omelet

1. Crack 2 large eggs into a small bowl and whisk well.
2. Lightly coat a sauté pan with nonstick cooking spray. Heat the pan over medium heat.
3. Pour the eggs into the pan. Once the eggs start to firm up, lift the pan and move it around so the remaining liquid egg pours evenly around the pan. Use the spatula to lift the firm part of the eggs up and help move the liquid egg around.
4. Sprinkle 2 tablespoons each of chopped onion and red or green bell pepper on top of the omelet. Let the omelet sit in the pan for 10–15 seconds.
5. Shake the pan to loosen the omelet. Add 2 tablespoons reduced-fat shredded cheese to the omelet and let it melt for 30 seconds.
6. Slide the omelet out of the pan and onto a plate. Fold the omelet in half and enjoy. Serves 2.

### Homemade Healthy Pizza

1. Take whole wheat pizza dough (about 9 ounces) out of the refrigerator 30 minutes before you prepare the pizza.
2. Meanwhile, chop 1/2 cup of your favorite vegetables into small pieces.
3. Preheat the oven to 400 °F.
4. Using a rolling pin, roll out the dough on a pizza tray until it is 1/2-inch thick.
5. Pour on 1/2 cup tomato sauce. Spread it evenly on the dough using a spoon.
6. Sprinkle the pizza evenly with 3/4 cup shredded part-skim mozzarella cheese and the chopped veggies.
7. Cook the pizza in the oven for 15 minutes, until the cheese has melted. Serves 4.

### Other 5-Ingredient Options

Below are other easy dishes that usually have 5 ingredients or less.

- Smoothies
- Hummus
- Guacamole
- Trail mix
- Chicken, tuna, and egg salads made with lower-fat ingredients

