

Cooking Light Recipes – 2 Easy Quick and Healthy Recipes For Your Dinner

If you already had a full meal for lunch, you most likely don't feel like something so filling again for supper. If you want to eat healthy and balanced, then it's a great idea to choose something light for dinner, especially if your lunch had quite some calories today. And seeing that you already cooked, you definitely don't want to stand behind the stove again, so it should be an easy non-cooking recipe.

Here are 2 easy quick dinner recipes which are light and healthy. Both of them make four servings.

Mixed salad with whole grain rolls
Noodle and mushroom soup

Light dinner recipe #1: Mixed salad with whole grain rolls

Ingredients

1 medium lettuce
2 red and 2 yellow peppers, sliced
250 g fresh mushrooms, sliced
200 g feta cheese, cut into small cubes

Dressing:

4 tbsp. olive oil
2 tbsp. lemon juice
¼ tsp. salt
1 pinch freshly ground black pepper

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1 tsp. thyme
4 whole grain rolls

Wash the salad, tear it into pieces and drain it. Then mix it with the other ingredients. For the dressing, simply mix all ingredients well, pour over the salad and mix thoroughly. Serve with the rolls. This recipe won't take you more than half an hour, and it doesn't require any cooking.

Light dinner recipe #2: Hawaiian Toast

Ingredients

8 slices of brown toast
low-fat margarine
8 slices lean ham
1 large can pineapple rings or peach halves (should contain 8 rings or halves)
8 slices low-fat cheese
yellow curry powder

Preheat the oven on maximum temperature. Spread the margarine on the toast and place it on a baking tray covered with baking paper. First put a slice of ham on each toast, then a pineapple ring and a slice of cheese. Grill the toast for approximately 5 minutes until the cheese has melted and slightly browned. Sprinkle a bit of curry on and serve. Done within half an hour, too.

Now, enjoy your light dinner and come up with more ideas yourself. You can put anything into your salad, be it vegetables that can be eaten raw or fruit, or both. Just choose foods that go quick to prepare. You can also adapt the toast. Maybe you prefer the grilled chicken stripes that you got in your fridge from yesterday's lunch with tomato to ham

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and fruit. Many light soups are also very quick and easy to make if you use canned veggies and leftover rice or soup noodles.

Bettina Berlin is a health professional specializing in healthy nutrition and quick cooking. Eating healthy and thus maintaining a healthy weight can significantly improve your health and help prevent many diseases. Is your life so hectic that preparing healthy food often seems impossible? Then visit <http://www.elishas-quick-recipes.blogspot.com> TODAY and get your FREE fast cooking tips and much delicious quick easy recipes!