

# **Multi-Quick Healthy Snack Meals & Recipes In 30 Minutes or Less. Vol.1**



**"For the Busy Moms In Mind"**

*by Terry D. Clark*

## **Introduction**

Let me first say, Thank You for downloading my ebook and all this would not have been possible if it wasn't for the support of my wife, kids and friends -- this is one of many cook books and delicious recipes that I plan to publish soon.

Living in (Chicago, IL) has taught me a valuable lesson in being more frugal. This economy has changed the way my wife and I feed our family, pay bills, etc -- And I suspect that to be with most American families and people around the world too!

I have put together some of my favorite recipes created by myself (grandma, mom, wife, friends) --with their permission of course (LOL). These are delicious recipes meals you can use and quick & easy to make in 30 minutes or less!!

Busy moms all over the world are searching for better ways to cook a quick meal for their kids and family members without spending all day in the kitchen and would like it to be healthy at the same time.

My quick and easy to make recipes at home will have you cooking good healthy meals in no time flat -- even your kids will enjoy to eat and not get enough of. And we all know

how hard it is to get kids to eat anything, besides junk food!!

Times are hard these days and money is very tight -- families are forced to re-think their budget (mortgage, gas, clothing, school, etc) -- especially groceries. Finding deals at the grocery store, are becoming an adventure now; You have to go to 2 or more stores to find stuff on sale (produce, meats, can goods, etc) in order to save money.

I hope these recipes will help make your life much easier in your home kitchen when preparing each dish -- their cheap and delicious to make recipes that your family will LOVE to EAT...or just a treat for yourself.

Note: Sometimes throughout the ebook I may suggest a beverage (wine, beer, etc) to go with your meal.

Finally, spend less time in the kitchen...And more time with your kids.

Enjoy!

Now for the LEGAL stuff/DISCLAIMER NOTICES:

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**Resource:**

Don't Know What to Cook; Let "Menu Planning Central" Help Plan Your Meals.

<http://www.menuplanningcentral.com/order/go.php?r=10822>

**RECIPES:**

## 1. Almond Dairy Cream Cheese-Packed Olives

Need:

- \* Twelve very huge natural green olives, pitted
- \* half to one cup (more or less) cream cheese, softened
- \* Twelve Whole cooking salted almonds

Set olives on a small dish. To make them take a position up directly, cut just a small bit off the end.

Smash the cream cheese until tender and creamy.

Stuff the olives complete with cream cheese.

insert one almond into the cream cheese in the olive until cream cheese ooze- out.

Serve instantly.

This recipe is a high sodium, crispy, creamy treats that meets the taste-buds and explodes with satisfaction.

## 2. The apple Cooked/Baked Compote

Need:

- \* Two oranges
- \* Two Tablespoons of honey

- \* Quarter Teaspoon or 1/4 of cinnamon
- \* Quarter Teaspoon or 1/4 of ground cloves
- \* Three green 'Granny Smith Apples' peeled, cored and cut in half inch pieces.
- \* Quarter or 1/4 cup of raisins
- \* Quarter or 1/4 cup of chopped up walnuts, separated
- \* Quarter or 1/4 cup vanilla yogurt

Preheat the stove to 450 degrees. Get out small cooking bowl or whatever you have available.

Zest one orange into a bowl; set aside.

Juice both orange into a bowl; set aside.

Now grab the bowl with the orange juice, include the honey, cinnamon, cloves, and 50 percent of the orange zest and mix to merge well.

In a cooking bowl, arrange 50 percent the apple pieces, then top with the raisins and ( two tablespoons of the walnuts). Equally add 50 percent the orange juice/honey/spice combination on top.

Top with the rest of the apple pieces and add more -- of the last orange juice combination.

Put the last of the walnuts in the cooking bowl with the orange zest, mix together , then spread over the top of the apples.

Cover cooking bowl with aluminum foil.

Bake in pre-heated stove for 25 to Half an hour or until the apples are soft and the liquid is boiling hot.

Remove and let sit for 5 moments, then scoop into your favorite fruit containers and top with whipped cream or Breyer's ice cream.



Will serve 4.

### 3. Bananas Peanut Butter Shake'em Up

Need:

- \* One cup milk (2% or Whole) will do just fine.
- \* Half of cup vanilla flavor yogurt
- \* One frozen banana, cut up
- \* Two Tablespoons of peanut butter

Put all the components in your mixer and combination until it looks like a smoothy drink. You can add a sugar if you like.

Note: Before you start this recipe, whatever glass or glass's your going to drink out of -- make sure you put it in the freezer first -- so it can be nice and frosty for about 30 minutes. Once done now start the recipe!

Pour into frosty glass.

Wonderful summer beverage!

Will provide 2 serving- if you want to make more for friends,

just double the 'Shake'em Up' drink.

#### 4. Banana Split with A Healthy Twist

Need:

- \* Two large clean/ripe bananas
- \* Eight watermelon 'scoops' (use your ice cream scooper)
- \* Two Cups of freshly clean blueberries
- \* Half of cup vanilla yogurt (Dannon yogurt)
- \* Quarter or 1/4 cup sliced nut products (your choice)

Get out 4 containers or banana split size dish.

Peel bananas and cut in 50 percent lengthwise, then in 50 percent crosswise.

Lay down two of the banana in a banana split bowl.

Add two small 'scoops' of fresh watermelon on your banana split, then spread the blueberries all over the banana, then spoon yogurt natural over and spread sliced nuts on top.

Repeat for each banana split recipe.

Will provide 4 serving.

If you want more sweet taste, drop a little raw honey over

your yogurt. A healthy treat without the bad stuff!!!

## 5. The Chicken Sausage Flavored Sliders

Need:

- \* Half to 3/4 lb ground chicken breast
- \* One tablespoon of black pepper
- \* One garlic clove, minced
- \* One Tablespoon of balsamic vinegar
- \* Half cup of grated fresh onion
- \* One teaspoon of fennel seed, finely crushed and chopped

Blend together all the ingredients in a glass bowl container; be sure it's blended but don't over-work the chicken or it will get hard.

Cover the bowl and let chill in the refrigerator for One hour.

To get ready, divide the chicken mixture into 3 or 4 evenly sized patties.

Grill or put under the stove broiler until cooked through.

Take out and serve on large or small-buns, pita bread, English muffins cut to size, or other rolls or bread.

Put on your favorite veggies; Tomato slices, lettuce, cucumbers -- whatever you like.

The raspberry vinegar and fennel seeds give the chicken a (Porky Sausage & beefy Steer) like flavor that me and my kids all love, while still keeping a healthy diet.

This recipe Goes great with "Barefoot" wine called: Riesling -- best served chilled.

## 6. The Chilly Spinach Mushroom Veggie Finger Dip

Need:

- \* One box (10 oz size) frozen diced/chopped spinach, thawed and liquid squeezed out
- \* One half of cups sour cream
- \* One cup of mayonnaise ( your favorite)
- \* One cup finely chopped fresh mushrooms
- \* Three fresh green onions, chopped fine

Mix all the ingredients, mixing up well, in a glass bowl.

Place cover over the the bowl and put in the refrigerator for at least One hour.

Eat cool with fresh veggies for dipping, such as celery, carrots, cauliflower, bell peppers, and tomatoes.

## 7. The Crunchy Honey Oat Fruits And Nuts Snack

Need:

- \* Half of a cup of butter
- \* Third or 1/3 of a cup of honey
- \* Quarter or 1/4 of a cup packed brown sugar
- \* One Teaspoon of ground cinnamon
- \* Half or 1/2 Teaspoon of salt
- \* Three cups squared-shape oat cereal
- \* One & half or 1 1/2 cups old-fashioned oats
- \* One cup of diced nuts, whatever you like
- \* Half cup or 1/2 cup of dried cranberries
- \* Half or 1/2 cup raisins

Pre-heat oven to about 250 degrees.

Preferably in a saucepan, mix the butter, raw honey, brown sugar, cinnamon, and salt, stir and cook over very low heat until the butter is melted and the sugar is dissolved; remove and set aside.

In a large bowl, throw together the cereal, oats, and nuts.

Drop heated mixture over and toss again until blended well.

Pour out the ingredients onto a large baking sheet.

Cook in preheated oven for 45 to 55 minutes, stirring around every 15 minutes.

Take out and let cool at room temperature, tossing a few times.

Pour out the chilled mixture into a large bowl container, add the cranberries and raisins and toss well.

Quickly serve or store in an airtight bowl container or tupperware.

Even though it's not a 30 minute recipe dish, 45 minutes isn't that bad -- but this treat is worth the wait!!

## 8. The Cucumber Greek Yogurt Dip

Need:

- \* Two small fresh cucumbers
- \* One cup of Greek yogurt
- \* An eight or 1/8 teaspoon of garlic powder
- \* light salt and pepper as needed to taste.

Clean and Scrub the cucumbers thoroughly , slice the long way and scrape out seeds with a spoon, throw-away.

Chop up the cucumbers and put in food processor.

Include the remaining ingredients and beat until well blended.

Take your spoon and empty it into a bowl and cover with plastic. Put in the refrigerator for 30 minutes.

Serve with pita chips or fresh raw vegetables as a dip.

Goes very well with 'Barefoot' wine --called Riesling. Chilled!

#### 9. The Curried Cabbage Late Night Craving Soup Dish

Need:

- \* One medium size head cabbage, cut/chop into shreds
- \* Two onions, diced up
- \* Two green bell peppers, chopped up
- \* Two stalks celery, chopped up
- \* One (28 oz) can of diced tomatoes by Hunts or Red Gold
- \* Two (15 oz) cans broth, chicken, veggie, or beef by 'College Inn'
- \* Half or 1/2 Tablespoon of curry powder, more or less to taste
- \* Kosher salt and pepper to taste

Add all the ingredients in a large soup pot, stir, and bring to a boil, cover and decrease heat to low; simmer for 15

to 20 minutes or until veggies are nice and tender.

Serve hot.

Will serve 2 -- for family of 4 -- you can double the recipe

This makes a soup to satisfy any late night cravings, and you can eat as much as you want because it's so healthy.

#### 10. The Double Cheese Baked Artichoke Dip Dish

Need:

- \* One can or glass jar (fourteen ounce) artichoke hearts, drained and chopped-up
- \* Half or 1/2 cup of your favorite mayonnaise
- \* Half or 1/2 cup light cream cheese by (Dannon) or your favorite, softened
- \* Half or 1/2 teaspoon of garlic salt
- \* Half or 1/2 teaspoon of black pepper
- \* One Tablespoon of freshly chopped-up green onions
- \* One Tablespoon of chopped-up fresh parsley
- \* One cup of shredded fresh Parmesan, separated
- \* One cup of shredded fresh Mozzarella, separated



Set or Preheat your oven to 350 degrees and grab out a small casserole dish bowl.

In your large tupperware container bowl, place the mayonnaise, parsley, green onions, pure ground black pepper, garlic salt, cream cheese & artichoke.

Include ( Half or 1/2 cup Parmesan and Half or 1/2 cup Mozzarella ) to the bowl and mix together until all is well combined.

Pour mixture out into the casserole dish.

Spread the left-over cheeses evenly over the top.

Bake in preheated oven (uncovered) for 25 to 30 minutes or until bubbling hot and golden brown around the edges and on top.

Serve warm with pita points, crackers, or celery and carrot sticks.

## 11. The Double Cheese Whole Wheat Bread-sticks

Need:

- \* Half or 1/2 cup of grated Parmesan cheese
- \* Quarter or 1/4 cup of finely shredded Cheddar cheese
- \* Half or 1/2 teaspoon of Italian seasoning
- \* Half or 1/2 teaspoon of garlic powder
- \* An Eighth or 1/8 teaspoon of onion powder
- \* One or (1 lb) loaf frozen whole wheat bread dough,

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