

5 INGREDIENT RECIPES FOR QUICK MEALS

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Published by Dr Miriam Kinai at Smashwords

<http://www.MyBlogBookClub.com>

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5 Ingredient Recipes for Quick Meals

5 Ingredient Recipes for Quick Meals teaches you how to prepare delicious dishes using just a few nutritious ingredients.

You will learn how to use 5 ingredients to prepare:

- * Main meals
- * Casseroles
- * Sandwiches and Wraps
- * Salsas, Salads and Guacamoles
- * Sauces and Dips
- * Smoothies and Hot Drinks
- * Divine Desserts

5 Ingredient Recipes for Quick Meals

Main Meals

Baked Chicken and Potatoes

Ingredients

4 skinless chicken breast halves
8 potatoes, boiled until fork-tender in salty water
4 tomatoes, cored, peeled and quartered
1 cup Cheddar cheese, shredded
Salt or pepper to taste

Instructions

Preheat oven to 375 degrees F (190 degrees C)
Put tomatoes in blender with 1 cup of water and mix until smooth. Season with salt or pepper.
Place chicken breasts and potatoes on lightly greased baking tray. Sprinkle with salt or pepper.
Pour seasoned tomatoes over chicken and potatoes.
Bake at 375 degrees F for 30 minutes or until chicken is tender and juices run clear.
Remove from oven and sprinkle cheese over chicken and potatoes.
Return to oven and bake for another 5 minutes or until cheese has melted.
Serve.

Chicken Cordon Bleu

Ingredients

4 skinless chicken breast halves

8 slices Swiss cheese

4 slices cooked ham

4 potatoes, boiled until fork-tender in salty water

Salt or pepper to taste

Instructions

Preheat oven to 375 degrees F (190 degrees C)

Pound chicken into ¼ inch thick slices.

Sprinkle with salt or pepper on all sides.

Place 1 cheese slice and 1 ham slice on each chicken breast. Roll up the breast and secure with a toothpick.

Cut potatoes in half and season with salt or pepper

Place chicken breasts and potatoes on lightly grease baking tray.

Bake at 375 F for 30 minutes or until chicken is tender and juices run clear.

Remove from oven and place half a cheese slice on each chicken breast and potato.

Return to oven and bake for another 5 more minutes or until the cheese melts.

Remove toothpicks and serve.

Baked Fish

Ingredients

4 salmon steaks

4 potatoes, boiled until fork-tender in salty water

4 tablespoons honey

2 teaspoons lemon juice

Salt or pepper to taste

Instructions

Preheat oven to 350 degrees F (175 degrees C)

Cut potatoes in half and season with salt or pepper

Mix honey and lemon juice and brush salmon and potatoes with the mixture.

Place salmon and potatoes on lightly greased baking tray.

Bake at 350 F for around 20 minutes or until fish flakes easily with a fork.

Serve.

Baked Beef and Mashed Potatoes

Ingredients

1 pound beef, cubed

1 pound potatoes, boiled until fork-tender in salty water

4 green bell peppers, sliced

1 cup tomatoes, cored, peeled and quartered

Salt or pepper to taste

Instructions

Preheat oven to 375 F (190 C)

Put tomatoes in blender with 1 cup of water and mix until smooth. Season with salt or pepper.

Season steaks with salt or pepper.

Place steaks on lightly greased baking tray and pour tomato puree over them.

Cover with foil and bake at 375 F for 30 minutes.

Drain and mash the potatoes until smooth. Season with salt or pepper.

Serve.

Tuna Casserole

Ingredients

3 cup cooked macaroni

6 ounce tuna, drained

1 cup shredded Cheddar cheese

1 cup tomatoes, cored, peeled and quartered

Salt or pepper to taste

Instructions

Preheat oven to 350 degrees F (175 degrees C)

Put tomatoes in blender with 1 cup of water and mix until smooth. Season with salt or pepper

Mix macaroni, tuna and tomato juice and pour into baking dish.

Sprinkle the shredded cheese on top.

Bake at 350 F for 30 minutes.

Serve.

Grilled Beef

Ingredients

1 pound boneless steak, sliced

1 pound potatoes, boiled until fork-tender in salty water

½ cup olive oil

1 teaspoon garlic, minced

Salt or pepper to taste

Instructions

Mix olive oil, garlic and salt or pepper in a small bowl.

Brush steak with olive oil on both sides and grill for 5- 10 minutes each side.

Brush potatoes with seasoned olive oil and grill for 5 minutes each side.

Serve.

Egg Recipes

Egg Casserole

Ingredients

8 hardboiled eggs sliced

8 large boiled potatoes sliced

2 pureed tomatoes

½ cup cheddar cheese

Salt and pepper to taste

Instructions

Layer the eggs and potato slices in a casserole dish.

Pour the pureed tomatoes over the layers and top with cheddar cheese

Bake in a preheated oven at 350 degrees for 15 minutes.

Eggplant Egg Sandwich

Ingredients

8 slices multigrain bread

2 hardboiled eggs, sliced

8 grilled eggplant slices

8 tomato slices

Salt or pepper to taste

Instructions

Toast the bread and season the tomato, eggplant and egg slices with salt or pepper.

Take four slices of bread and on each place 2 eggplant slices, 2 tomato slices and 3 egg slices.

Close the sandwiches with the other 4 bread slices.

Healthy Wraps

Honey Chicken Wrap

Ingredients

4 ounce chicken breast, cooked and cut into thin strips

4 whole wheat tortillas

4 tablespoons honey

2 teaspoons ginger

Salt or pepper to taste

Instructions

Dust the chicken with the salt or pepper.

Mix the honey and ginger to make the dressing.

Spread 2 tablespoons of the dressing on each tortilla.

Place the chicken on the tortilla, wrap it up and cut it in half before serving.

Fruity Chicken Wrap

Ingredients

4 ounce chicken breast, cooked and cut into thin strips

4 whole wheat tortillas

4 tablespoons low fat yogurt

1 cup sliced grapes

Salt and pepper to taste

Instructions

Season the chicken with the salt and pepper.

Spread 1 tablespoon of the yogurt on each tortilla.

Place the grapes and chicken on the tortillas.

Wrap up the tortilla, cut it in half and serve.

Gourmet Sandwiches

Fruit Sandwich

Ingredients

8 slices multigrain bread

2 bananas

2 tablespoons peanuts, toasted

8 apple slices

Cinnamon to taste

Instructions

Blend the bananas and toasted peanuts until they form a thick paste

Toast the bread.

Spread the banana-peanuts paste on each slice of bread. Sprinkle some cinnamon on it.

Place 2 apple slices and on 4 bread slices and close the sandwiches with the other slices.

Vegetarian Sandwich

Ingredients

8 slices multigrain bread

2 bananas

2 tablespoons peanuts, toasted

8 tomato slices

Salt or pepper to taste

Instructions

Blend the bananas and toasted peanuts until they form a thick paste

Toast the bread and season the tomato with salt or pepper.

Spread the banana-peanuts paste on each slice of bread.

Place 2 tomato slices and on 4 bread slices and close the sandwiches with the other slices.

Healthy Salads

Peppery Beef Salad Recipe

Ingredients

1 pound beef steak, cooked and cut into thin strips
2 cups romaine lettuce torn into bite sized pieces
1 cup red tomatoes, diced
½ cup fresh lemon juice
Salt or chili pepper to taste

Instructions

Season the beef with the salt or chili pepper.
Place the vegetables in a large bowl and toss with the lemon juice
Top with the beef and serve.

Berry Tuna Salad

Salad Ingredients

6 oz (1 can) tuna
4 tablespoons low fat yogurt
1 tablespoon fresh orange juice
6 tablespoons sliced fresh strawberries
Salt or ginger powder to taste

Instructions

Mix all the ingredients in a large bowl.

Pineapple Carrot Chicken Salad Recipe

Ingredients

1 pound cooked, skinless chicken breast cut into bite sized pieces
1 cup small pineapple cubes

1 cup grated carrots

½ cup fresh orange juice

Salt or pepper to taste

Instructions

Toss the chicken, pineapples and carrots in the orange juice in a large bowl

Season with the salt or pepper and serve.

Salsas and Guacamoles

Spicy Guacamole Recipe

Ingredients

3 avocados, halved seeded and peeled
2 tomatoes, seeded and diced
1 garlic clove, minced
1 tablespoon lemon juice
½ teaspoon salt or ½ teaspoon cayenne pepper

Instructions

Place the avocado, lemon juice, salt or cayenne pepper in a large bowl and mix with a fork.
Fold in the tomatoes and garlic.

Herbal Salsa Recipe

Ingredients

4 cups tomatoes, diced
½ cup fresh herbs such as rosemary, mint, basil
1 cup onions, diced
1 green bell pepper, chopped
Salt or ground pepper to taste

Instructions

Put all the ingredients in a blender and pulse several times to create a thick paste.
Refrigerate before serving to let the flavors blend.

Cheese Sauces and Dips

Mustard Cheddar Sauce

Ingredients

1 cup (4 oz) cheddar cheese

½ cup mayonnaise

¼ cup sour cream

1 tablespoon mustard

Salt and pepper to taste

Instructions

Place all the ingredients in a saucepan and simmer while stirring until they mix fully.

Mornay Cheddar Sauce

Ingredients

1 cup milk
1 cup grated Cheddar cheese
2 tablespoons butter
2 tablespoons flour
Salt and pepper to taste

Instructions

Melt the butter in a saucepan over medium until it begins foaming.
Add the flour and stir until it becomes a smooth paste.
Add the milk very slowly as you stir to prevent lumps from forming.
Continue stirring the mixture until it becomes thick and smooth and boils.
Remove from the heat source and add the cheese and stir until it becomes silky smooth.
Add the seasonings and serve.

Smoothies

Herbal Smoothie

Ingredients

1 cup frozen mangos

1 cup banana slices

½ cup water

½ cup powdered milk

½ cup ginger slices

Instructions

Put all the ingredients in the blender and mix for a few minutes until you get a smooth consistency.

Minty Smoothie

Ingredients

2 cups strawberries

1 cup banana slices

½ cup water

4 mint leaves

5 medium ice cubes

Instructions

Put all the ingredients in a blender and puree for a few minutes until you get a smooth consistency.

Weight Loss Green Smoothie

Ingredients

2 cups spinach

1 banana

3 cups watermelon, cubed

2 cup grapefruit juice

6 ice cubes

Instructions

Blend the spinach and fruit juice.

Add the fruits and ice cubes and continue blending until you get a smooth consistency.

Mixes and Drinks

Citrus Hot Chai Tea Mix

Ingredients

1 cup instant dry (powder) milk

1/3 cup loose tea leaves

1/3 cup sugar

2 teaspoons dried lemon peel

Honey to taste

Instructions

Put all the ingredients in an air tight glass jar and shake to mix the contents.

Place 1 tablespoon of the mixture in a large saucepan with 1 cup of water and bring to boil.

Remove from heat and let it stand for 3 minutes.

Strain the tea into a warm teapot using a wire strainer lined with a coffee filter or cheese cloth.

Pour into a mug and add honey to taste before drinking.

Viennese Hot Coffee Mix

Ingredients

1 cup instant dry (powder) milk

1/3 cup instant coffee

1/3 cup sugar

2 teaspoons cinnamon powder

Honey to taste

Instructions

Put all the ingredients in an air tight glass jar and shake to mix the contents.

Put a 1/3 cup of the mixture into a mug and add boiling water or boiling milk to fill the mug.

Add honey to taste before drinking.

Spicy Hot Chocolate Mix

Ingredients

1 cup instant dry (powder) milk

1/3 cup cocoa powder

1/3 cup sugar

1 teaspoon ground ginger

Honey to taste

Instructions

Put all the ingredients in an air tight glass jar and shake to mix the contents.

Put a 1/3 cup of the mixture into a mug and add boiling water or boiling milk to fill the mug.

Chocolate Desserts

Chocolate Pudding

Ingredients

2 cups milk

8 tablespoons white sugar

4 tablespoons cocoa powder

3 tablespoons cornstarch

2 teaspoons vanilla extract

Instructions

Mix the sugar, cocoa and cornstarch in a bowl.

Gradually whisk in the milk until mixture is smooth and fully mixed.

Cook the mixture over moderate heat while stirring constantly until the mixture thickens and become shiny (around 7 minutes).

(You can also cook it in the microwave on high for 3 minutes. Remove from the microwave and stir. Then cook for 1 minute intervals while stirring until the mixture thickens like mayonnaise.)

Remove from the heat source and add in the vanilla.

Pour elegant champagne glasses and cover with pudding with plastic wrap to prevent a skin from forming.

Chill in the refrigerator for at least 1 hour.

Before serving garnish with strawberries and whipped cream if so desired.



Chocolate Platter

Ingredients

2 bars dark chocolate, chopped into bite size pieces

2 bars milk chocolate, chopped into bite size pieces

2 bars white chocolate, chopped into bite size pieces

1 cup Strawberries

1 cup blueberries or any other berries

Instructions

Chop the chocolate into bite sized pieces and serve them on a decorative platter with the berries.



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About the Author

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