



6 Quick and Easy Dinner Ideas for Healthy Eating in Real Life

Adapted from Jillian Kubala, MS, RD, Healthline.com

You may think that preparing healthy, delicious dinners at home is a complicated process, but it doesn't have to be.

Here are 6 simple dinner ideas that can help you get a healthy meal on the table quickly.

1. Stuffed sweet potatoes

Sweet potatoes are loaded with beneficial nutrients like beta carotene, vitamin C, potassium, and fiber. Plus, they're delicious and pair well with just about anything. This makes them the perfect base on which to build a filling meal.

This meal is super versatile, and you can choose from a variety of flavor combinations.

You can try out one of the simple recipes below or wing it and simply pile your favorite ingredients onto a roasted sweet potato.

- Chicken Pesto Stuffed Sweet Potatoes
- Taco Stuffed Sweet Potatoes
- Vegetarian Stuffed Sweet Potatoes
- Mediterranean Baked Sweet Potatoes

2. Grain bowls

Grains provide an important source of fiber and other nutrients like magnesium. Studies have found that diets rich in grains are linked to a lower risk of several health conditions, including colon cancer, heart disease, and type 2 diabetes.

To prepare a grain bowl, top a serving of cooked grains with cooked or raw veggies and a protein source like chicken, fried or hard-boiled eggs, grilled shrimp, or salmon. Then top it with a store-bought or homemade dressing, or keep it simple with a drizzle of olive oil and lemon juice.

Try grain bowl recipes for a perfect dinner option for nights when you're short on time:

- Thai Chicken Buddha Bowls
- Salmon Grain Bowls with Lemon Tahini Sauce
- Sweet Potato & Chickpea Buddha Bowl
- Green Goddess Buddha Bowl

3. Veggie loaded frittatas

Eggs have you covered when it comes to healthy fat and protein, so all you need to do is add a variety of your favorite veggies to cover your fiber needs.

Favorite vegetables to use in frittatas include asparagus, spinach, sweet potatoes, zucchini, onions, broccoli florets, mushrooms, and tomatoes. You can also add in ingredients like cheese, leftover meat or fish, herbs, spices, or pesto to give your frittata extra flavor.

Look for these tasty and easy frittata recipes:

- Spring Vegetable Frittata
- Cheesy Chicken Pepper Broccoli Frittata
- Wild Mushroom Frittata with Cheddar, Green Onions, and Peas

4. Dinner salad

The problem with most salads is that they're not well composed, and you end up feeling hungry again just a short while after finishing your meal. The key to making a hearty dinner salad is making sure that you include plenty of protein, healthy fats, and fiber.

Start with a base of greens, such as spinach, mixed greens, arugula, kale, or romaine. Add a few more veggies, such as peppers.

Choose a protein source like grilled chicken, shrimp, salmon, or hard-boiled eggs. Add a fiber-rich carb source, such as beans or roasted sweet potatoes. Top your creation with roasted sunflower or pumpkin seeds for a crunchy texture, then drizzle it with a healthy dressing like olive oil and balsamic vinegar.

Here are a few more dinner salad ideas:

- Chicken Shawarma Salad with Tahini Dressing
- Superfood Salmon Salad
- Crunchy Asian Chopped Salad
- Homemade Green Goddess Dressing

5. One-pot soups

Few meals are more satisfying than a hearty, hot bowl of soup. Fortunately, soup can be simple to prepare and makes a perfect choice for meal prep, as you can make large portions easily.

Making soups that require only one pot because this means less time cleaning up. Any of these recipes can be made in an Instant Pot to save time.

- Creamy Yellow Split Pea Soup
- Curry Chicken Soup
- Lentil, Kale, and Quinoa Stew

6. Sheet pan meals

If you're not a fan of cleaning dishes, this idea is for you.

Most recipes require you to use several pots, pans, and bowls. However, sheet pan meals allow you to pile all of your ingredients onto a single sheet pan to cook, which saves you time in the kitchen.

Check out some sheet pan meals:

- Sheet Pan Harissa Chicken with Chickpeas and Sweet Potatoes
- Sheet Pan Lemon Brown Butter Salmon with Parmesan Asparagus
- Sheet Pan Chicken Fajitas
- Vegetarian Mediterranean Sheet Pan Dinner

Google these websites for recipes:

[Epicurious.com](https://www.epicurious.com)

[Downshiftology.com](https://www.downshiftology.com)

[Mydarlingvegan.com](https://www.mydarlingvegan.com)

[Minimalistbaker.com](https://www.minimalistbaker.com)

[Thedomesticdietitian.com](https://www.thedomesticdietitian.com)

[Belleofthekitchen.com](https://www.belleofthekitchen.com)

[Eatingwell.com](https://www.eatingwell.com)

[Primaverakitchen.com](https://www.primaverakitchen.com)

[Timelessfood.com](https://www.timelessfood.com)