

Easy Meals

“No-Cook Cooking”

Preparing a meal does not have to be complicated. It does not have to require the stove, oven, or grill and it does not have to be difficult to prepare. Here are some ideas to prepare a simple, quick, and easy meal!

Sandwiches

- Fillings: tuna, egg salad, cheese, chicken, cold cuts, left over meats, peanut butter and banana,
- Veggies: lettuce, tomatoes, cucumbers, and/or other veggies.

Soups

- Canned soup
 - Veggies: frozen (peas, corn, carrots, green beans, broccoli); fresh (mushrooms, cabbage)

Saimin

- Veggies: Frozen (broccoli or cauliflower); fresh (bean sprouts, chop suey mix, cabbage, spinach, etc.); canned (mushrooms, bamboo, or water chestnuts)
- Protein: tofu, canned tuna, cold cuts, or egg

Quick Salads

- Creamy fruit/vegetable salad: fruit and/or veggies and yogurt
- Corn salad: mix canned corn with beans, salsa, and cheese



* Please check with your doctor or health care professional before making dietary changes

Bean Salad

Ingredients:

- 2 (15-ounce) cans of beans (pinto, kidney, green, garbanzo)
 - ½ small round onion
 - ½ medium carrot
 - ½ clove garlic
 - ¼ cup vinegar
 - ½ teaspoon white sugar
 - ¼ teaspoon pepper
- Optional: 1 teaspoons oregano

Directions:

1. RINSE and DRAIN beans.
2. SLICE onion and carrots into strips.
3. CRUSH garlic clove.
4. In a large bowl, COMBINE beans, carrot, onion, and garlic.
5. In a small bowl, COMBINE vinegar, sugar, pepper, and (optional) oregano together. MIX well.
6. POUR vinegar mixture over bean mixture.
7. TOSS gently and COVER bowl. REFRIGERATE overnight.

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