

HEALTHY MEALS FOR THE FAMILY



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To help you spare some precious time in the kitchen, we have packaged this collection of 22 easy healthy meals, putting fresh and quality ingredients first. Your entire family will go mad for these yummy, hearty and healthy meals. You can't go wrong with this round-up!

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by making meals that are a lot healthier than they appear. Sloppy Joes, anyone? Prepare the filling in one skillet for a quick weeknight dinner your family will love. Making your own sauce is a reduced-sodium alternative to using canned sauce.

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Like lasagna, enchiladas are a surefire family favorite and can also be a labor of love. Between braising the meat; simmering the sauce; and rolling, filling, and layering several tortillas, the preparation alone takes more time than most cooks have on a busy weeknight.

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Meals to Enjoy With Your Family Health

On a cold night, this quick recipe is a crowd-pleaser for a family meal. Hearty and seasoned to perfection, the kids will love the wagon wheel pasta and spaghetti sauce, while lean ground round provides a rich salty flavor. Ingredients: Wagon wheel pasta, ground round, onion, beef broth, spaghetti sauce, kidney beans.

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