



## Healthy and Easy Meals for Seniors

### Breakfast

\***Warm oatmeal and berries.** Place frozen or fresh berries in a crockpot at a low heat setting. Add a pat of butter and one serving of old-fashioned oats and water. Cover and cook on low for several hours (or overnight). This will give it the consistency of bread pudding. (The easier option is adding berries to warm oatmeal.)

\***A hard-boiled egg.** Accompany with a side of fresh fruit and a slice of whole wheat toast.

\***Whole grain pancakes or waffles.** Top with fresh berries. For protein, also eat a handful of walnuts or almonds.

\***Yogurt parfait.** Mix together yogurt, nuts and fruit. It's a good combo of healthy fat, Vitamin C and carbohydrates.

\***Power toast.** For healthy fat and some protein, spread peanut butter or almond butter on whole wheat toast. Enjoy fresh fruit on the side.

### Lunch

\* **Chicken salad.** Cook boneless, skinless chicken breast on a medium heat in a skillet with olive oil. Add mayonnaise; season as desired. Shred chicken and reserve in refrigerator to use for wraps, salad or soup.

\* **Eggs and red potatoes.** Melt a pat of butter in a skillet. Chop up potatoes and add to skillet over a medium heat. Cover skillet for two minutes. Then, pour scrambled eggs over potatoes, add pepper and toss until eggs are hot. Rather than season with salt, which can lead to water retention and high blood pressure, use herbs and spices.

\* **Omelet.** Beat two eggs. Put 1 tablespoon olive oil in a skillet. Pour in the egg mixture, and add spices to taste. When eggs are firm, fold and serve with sliced fresh vegetables.

\* **Tuna wrap.** Place canned tuna on a whole grain wrap. Add chopped avocado, tomatoes, greens and plain yogurt. Wrap tightly, cut in half and serve.

### Dinner

\***Baked or grilled Chicken Breast.** Top each breast with tomatoes, sweet onion, chopped garlic and one tablespoon olive oil. Wrap each piece of chicken tightly in aluminum foil and place in the oven on a low heat (350 degrees). If the chicken is thawed, cook for about 20 minutes. Dinner is ready when the chicken registers 165 degrees with a thermometer and golden brown, but still moist.

\***Meat and pasta.** Heat a pat of butter and one tablespoon olive oil in a saucepan. Add chopped herbs and seasonings, garlic and portion of lean meat, sliced thin. Toss and cook until meat is done. Place on a bed of pasta and top with chopped fresh vegetables.

\***Beans and rice.** Heat up a can of black, pinto or white beans. Serve with brown rice, oats or barley. You can warm the meal in a crockpot and serve later.

