

SparkRecipes® 15 - Minute Meals

Even on your busiest nights, you always have time for a home-cooked meal--as long as you plan ahead for such occasions.

Here are a week's worth of meals that are ready in less time than it would take to round up the family's fast-food order and drive through for burgers and fries. Some of these meals are so simple they don't require a recipe and allow you to customize them based on what's in your fridge, freezer, and pantry.

Sunday

Loaded baked potatoes

Consider your starchy sides to be a blank canvas, a way to showcase my creations. Whether you choose white or sweet, pop your spuds in the microwave, then top with a protein, some veg and a sauce. Super easy and filling.

- Sweet potato with pinto beans, peppers, and spinach, plus salsa
- White potato with white beans, arugula, and tomatoes, plus pesto
- Sweet potato with split peas, broccoli and peppers, plus red curry sauce

Monday



Easy Poached Eggs and Pasta.

Tuesday



Parmesan Chicken with Tomato-Basil Salad (Chef Meg's Makeover)

Wednesday



Easy Bean Tostadas

Use leftover meat to boost the protein, and turn your favorite taco toppings into Mexican "pizzas." Don't forget the veggies!

Thursday



Cilantro-Lime Tilapia

with heat-and-eat brown rice, homemade or jarred salsa, and a side salad.

Friday



Three-Cheese Alfredo Sauce

with whole-wheat pasta, precooked chicken, and your choice of green veggies

Saturday

Stir-fry

Otherwise known as "throw whatever's fresh in the fridge into a pan and call it dinner." Easy, tasty, fast. Leftover or precooked protein + veggies + grains (try whole-wheat couscous or heat-and-eat rice) on the side. Season to please.

- Chicken, various veggies in assorted colors and soy-ginger sauce.
- Tofu with carrots, peppers, and broccoli, plus curry sauce.
- Pork with peppers, onions and cabbage, with barbecue sauce