

A cookbook for easy healthy eating, 30 minutes at a time

30 MINUTES TO HEALTHY EATING *(sample)*

by Matthew Ivan and Plating Pixels

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ABOUT THIS BOOK

This free ecookbook includes 10 recipes from Plating Pixels' full-course 30 Minutes to Healthy Eating Cookbook and Meal Planner.

The full E-Cookbook/Planner includes over 40 recipes with gorgeous full-page photos, plus extra resources.

Favorite recipes from Plating Pixels, as well as exclusives that you'll never find on the blog

- Nutrition labels on all recipes
- Weekly Meal Planner Sheet
- Weekly Meal Planner/Shopping List Sheet
- Monthly Meal Planner Labels
- Monthly Meal Planner Calendar
- Suggested Sample Weekly Menus
- Shopping List Sheet
- Kitchen Pantry Stocking Guide
- Quick Cooking/Time and Money Saving Tips
- Nutrition Label Broken Down
- Nutrition Labels for all Recipes at a Glance
- Gluten-free, vegetarian and vegan alterations



WEEKLY AND MONTHLY MEAL PLANNER PRINTABLES WITH LABELS



HEALTHY PANTRY STOCKING GUIDE AND SHOPPING LIST PRINTABLE



NUTRITION LABEL GUIDE AND NUTRITION LABELS FOR EVERY RECIPE

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Note: All links are clickable and will take you right to the recipe or page.

Each recipe includes description, prep, cook and total time, serving size, ingredients and instructions, and cooking or quick tips.

You'll find a key that designates if it meets special dietary needs; as well as suggestions throughout to alter recipes to meet these diets.



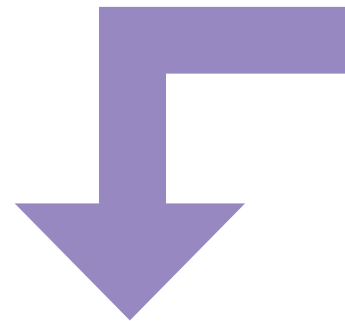
Vegetarian



Vegan



Gluten-Free



IMPORTANT

Click/tap on page number area on ANY page in the book to jump back to this contents page for quick and easy navigation

HEALTHY HUEVEOS RANCHEROS BREAKFAST WRAPS

Quick, easy and healthy way to enjoy protein-rich eggs. Corn, black beans and fresh vegetables create a flavorful wrap that is easy to take on the go.

PREP: 10 COOK: 5 TOTAL: 15 MINUTES SERVINGS: 4



INGREDIENTS

- 2 teaspoons olive oil
- 6 large eggs
- 1/8-teaspoon each salt and pepper
- 2 teaspoons hot sauce (I like Crystal hot sauce)
- 1 tablespoon milk (2%)
- 1/4 cup shredded cheddar cheese
- 1/2 cup frozen whole-kernel corn (or drained canned corn)
- 1/2 cup black beans (rinsed and drained)
- 4 (8-inch) whole-wheat flour tortillas (use corn tortillas for gluten-free)
- 1/2 cup chopped cherry tomatoes
- 1 green onion stalk, sliced
- 3 tablespoons fresh cilantro leaves

QUICK TIPS

- This recipe is easy to take on the go, wrap it up and eat on your way. Or make extras and store in fridge, reheat before serving.

COOKING TIPS

- Fat in the milk coats the egg proteins that bond together while cooking; without this they bond together tighter and squeeze out extra moisture, creating tougher eggs.

INSTRUCTIONS

In medium bowl whisk together eggs, salt, pepper, hot sauce and milk until combined. Heat olive oil in medium non-stick pan on medium-high heat. Add egg mixture to pan, cook 2-3, stirring frequently until eggs start to set. Add cheddar cheese, stir and cook 1-2 minutes until eggs are fluffy and cooked through. Remove from heat.

Place corn and beans in a small bowl and microwave on high for 1 minute (alternately heat in a pan on medium until warm). Heat tortillas according to package directions (in microwave or pan).

Evenly top each tortilla with cooked eggs, then warm beans and corn. Top with uncooked tomatoes, green onion and cilantro. Optional: sprinkle with extra salt and pepper.

MAPLE AND PEANUT BUTTER OATMEAL WAFFLES

Peanut butter and maple syrup make these healthy waffles sugar-free. Oat flour gluten-free waffles.

PREP: 15 COOK: 15 TOTAL: 30 MINUTES SERVINGS: 6



INGREDIENTS

2 ¼ cups oat flour
1 tablespoon baking powder
¾ teaspoon salt
¼ teaspoon nutmeg
1 teaspoon cinnamon
3 large eggs
1 cup milk
½ cup olive oil
½ cup smooth peanut butter, room temperature
3 tablespoons maple syrup
1 tablespoon vanilla extract
Optional Toppings: More maple syrup,
peanut butter, chopped nuts, or fruit

QUICK TIPS

- To keep all waffles crisp while making entire batch, place cooked waffles in oven at 200° F until ready to serve. Don't stack on top of each other or they will steam and get soggy.
- For fresher waffles all week: Make batter (extra if desired), cover and refrigerate; then cook just the waffles you want each morning.

Alternately: Cook all waffles, then freeze extra cooked waffles. Toast before serving.

INSTRUCTIONS

In a large bowl, combine oat flour, baking powder, salt, nutmeg and cinnamon. Whisk together to combine.

In separate medium bowl, whisk the eggs. Add milk, olive oil, peanut butter, maple syrup and vanilla extract. Whisk until completely combined. Pour into flour mixture. Stir with spatula or spoon until just combined, small lumps in the batter are fine. Let the batter sit for 10 minutes so the oat flour can soak up the moisture, batter will be pretty thick.

Plug in and preheat your waffle iron. Gently stir the batter one more time to combine. Pour some batter into center of heated waffle iron. It should fill most of the surface area, but not pour out the sides when closed. Cook each waffle according to waffle iron directions (usually 3-5 minutes). Waffles should be crisp and golden brown. Serve right away or place waffles in oven at 200° F to keep warm and crisp until serving. Top with desired toppings.

30 MINUTE HEALTHY TURKEY CHILI

PREP: 10 COOK: 20 TOTAL: 30 MINUTES SERVINGS: 8



INGREDIENTS

2 celery stalks
2 medium carrots
1 medium white onion, peeled
3 cloves garlic, peeled
2 tablespoons chili powder
1 tablespoon oregano
2 teaspoons ground cumin
½ teaspoon salt
½ teaspoon ground black pepper
1 tablespoon olive oil
1 ½ pounds ground turkey breast
2 (14.5-ounce) cans red kidney beans,
rinsed and drained
5 (14.5) cans fire-roasted diced tomatoes, undrained
1 (4-ounce) medium-heat diced green chili peppers,
undrained
1 green onion, thinly sliced
½ cup shredded reduced-fat cheddar cheese, optional
Optional: Serve over cooked brown rice

INSTRUCTIONS

If serving over brown rice, cook ahead of time, or start now according to package directions.

Meanwhile: Place celery and carrots in food processor or Cuisinart. Cover and pulse until coarsely chopped. Remove and set aside. Place onion and garlic in food processor and pulse until finely chopped, set aside.

Heat olive oil in large pan or 6–8 quart Dutch oven over medium-high heat. Add chili powder, dried oregano and cumin. Stir and heat for 1 minute. Add all chopped vegetables, ground turkey, salt and pepper. Stir and cook 4–5 minutes, or until turkey is browned (use spatula or wooden spoon to break up turkey as it cooks).

Stir in beans, tomatoes, and green chilies. Bring to boil. Reduce heat, cover and simmer for 15 minutes, stirring occasionally

Optional: serve over cooked brown rice and/or sprinkle with shredded cheese and sliced green onions.

NUTRITION FACTS

Amount Per Serving	
Calories 278	Calories from Fat 32
	% Daily Value *
Total Fat 4g	8%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 71mg	24%
Sodium 697mg	29%
Total Carbohydrates 29g	10%
Dietary Fiber 10g	38%
Sugars 7g	
Protein 34g	

QUICK TIPS

- If you don't own a food processor, you can coarsely chop carrots and celery with a knife. Mince onions and garlic with knife as well. The food processor helps to speed up the prep.



HEALTHY & EASY BRUSCHETTA FISH

Quick and easy bruschetta can be made in less than 10 minutes. Place over roasted tilapia fish for a fresh and healthy meal.

PREP: 10

COOK: 15

TOTAL: 25 MINUTES

SERVINGS: 2



INGREDIENTS

- 4 Tilapia fish fillets (about 4-ounces each)
- 2 tablespoons olive oil
- salt and pepper to taste
- 3 large tomatoes or 3 cups cherry tomatoes, chopped
- 2 cloves fresh garlic, minced
- 6 large basil leaves, thinly sliced (about 2 tablespoons)
- 1 tablespoon balsamic vinegar

INSTRUCTIONS

Preheat oven to 375° F. Place Tilapia in large baking dish. Drizzle both sides with 1 tablespoon of olive oil and sprinkle with salt and pepper to taste. Bake for 15–20 minutes or until fish flakes when fork is inserted. Remove from oven.

While fish is baking: Chop tomatoes into roughly ¼-inch pieces. Mince garlic cloves. Thinly slice basil leave into 1/8 pieces.

Place vegetables into medium bowl and add 1-tablespoon olive oil, balsamic vinegar, and salt and pepper to taste. Gently fold and stir together to combine.

Evenly top each cooked Tilapia fillet with bruschetta just before serving.

COOKING TIPS

- Use white balsamic vinegar if you do not want the bruschetta to have a darker hue.
- You can use any fish instead of Tilapia, including salmon or tuna. But I found Tilapia has a nice subtle fish flavor that pairs wonderfully with Bruschetta.

RUSTIC HERBED SKILLET CHICKEN AND VEGETABLES

Flavorful, crisp chicken pairs lovingly with fresh vegetables and rich broth based sauce in this skillet dish.

PREP: 5 COOK: 25 TOTAL: 30 MINUTES SERVINGS: 4 

INGREDIENTS

2 cups fresh or frozen green beans
1 cup water
4 chicken drumsticks (about 16-ounces total)
4 teaspoons fresh thyme, finely chopped
Salt and black pepper to taste
2 tablespoons olive oil
2 medium red onions, sliced and halved
2 cups sliced zucchini
2 cups cherry tomatoes
½ cup dry white wine (or vermouth)
½ teaspoon salt
1 tablespoon Worcestershire sauce

COOKING TIPS

- Food, especially meats, cooked in a pan (other than a non-stick) will leave left over browned bits called fond, that will incorporate with liquid to create flavorful broths and sauces.

This is why a skillet is ideal for this recipe.

INSTRUCTIONS

Cook fresh green beans in medium saucepan in ½ cup water over medium heat, until just tender, 5–8 minutes. Remove from heat and drain excess water (if using frozen green beans follow package directions).

Meanwhile, evenly sprinkle chicken with thyme, salt and pepper. Heat 1-tablespoon olive oil in cast-iron skillet on medium heat, add chicken. Cook chicken 5–6 minutes.

Turn chicken over and add onion slices. Cook 6–8 minutes more, stirring and rotating as necessary, until evenly browned and chicken is tender, reading 165 F. with instant read thermometer (you may need to add more oil to prevent sticking). Remove chicken and onions from skillet.

Heat 1-tablespoon olive oil in skillet, add zucchini, and cook over medium-high heat for 2–3 minutes. Add tomatoes, stir, and cook 2–3 minutes more. Remove from skillet and set aside with chicken and onion.

Add wine, ½ cup water and Worcestershire sauce to skillet. Bring to boil, reduce heat to low and simmer for 2–3 minutes. Scrape bottom of skillet to incorporate browned bits into the sauce. Return chicken and vegetables to pan to heat through. Serve chicken and vegetables with sauce spooned over top.



TRIPLE GARLIC SHRIMP WITH MANGO LIME PUREE

Garlic is used 3 ways in the bold shrimp recipe. Herbs and spices coat spicy shrimp, offset with a sweet and tangy Mango Lime Puree dipping sauce.

PREP: 10 COOK: 8 TOTAL: 18 MINUTES SERVINGS: 4 

INGREDIENTS

2 mangoes, peeled, pitted and chopped (about 1 cup)
Juice and zest of 1 lime
1 ½ teaspoons ground cumin, separated
2 tablespoons, plus one teaspoon, minced garlic cloves, separated
1 pound, deveined, peeled shrimp
1 teaspoon crushed red pepper flakes
1 teaspoon black pepper
1 teaspoon salt (sea salt is best)
2 tablespoons coconut oil

COOKING TIPS

This recipe is flavored in garlic in 3 ways:

1. Garlic cooked in the oil adds essence
2. Garlic mixed with seasoning coats the shrimp
3. Garlic is added to the Mango Lime Puree

QUICK TIPS

- To quickly defrost frozen shrimp; place in a bowl of slightly warm water. Allow to sit for 10–15 minutes to defrost. Drain, pat dry, then cook.

INSTRUCTIONS

If shrimp is frozen, defrost in the refrigerator the night before.

To make Mango Lime Puree Dipping Sauce: Add mango, lime juice and zest, ½-teaspoon cumin powder, and 1-teaspoon minced garlic to a blender or food processor. Puree until smooth and season with salt and pepper to taste. Set aside.

Shrimp: In a large bowl place shrimp, 1-tablespoon garlic, 1-teaspoon cumin, red pepper flakes, black pepper and salt. Mix to evenly coat.

Melt coconut oil in large pan or skillet on medium-high heat. Add 1-tablespoon garlic, cook 2–3 minutes or until browned and fragrant. Remove and discard garlic bits (this flavors the oil). Add coated shrimp (pour out of bag) and cook 4–5, stirring occasionally, until opaque white and cooked through. Remove from heat and serve immediately with dipping sauce (Discard shrimp tails while eating).



UDON NOODLE SALAD WITH PEANUT SAUCE

Sweet, tangy and slightly spicy peanut sauce adds a creamy coating to this fresh recipe. Roasted peanuts and fresh cilantro for garnish adds crunch and rounds out all the flavors.

PREP: 15 COOK: 15 TOTAL: 30 MINUTES SERVINGS: 4



Gluten-free option

INGREDIENTS

Peanut Sauce

- ¼ cup peanut butter (smooth or creamy)
- 1 tablespoon reduced-sodium soy sauce
- 2 tablespoons rice wine vinegar
- 1 tablespoon sesame oil
- 1 teaspoon honey
- 1 teaspoon fresh grated ginger
- ½ teaspoon red pepper flakes

Salad Ingredients

- 10-ounces uncooked udon noodles
- 1 carrot, cut into julienne strips
- 1 medium red or yellow bell pepper, cut into julienne strips
- 2 cups snow peas, cut into julienne strips
- ½ cup dry roasted, halved peanuts
- Fresh cilantro leaves for garnish

COOKING TIPS

• Julienne strips means thinly sliced, about 1/8 inch in diameter and usually about 1 ½ inch long.

• To chill noodles quickly, while keeping them moist, tender and not sticking together: Drain after cooking and rinse with cool water. Then submerge in bowl of water and add ice cubes to chill water and noodles. Remove and drain before assembling salad.

INSTRUCTIONS

Cook udon noodles according to package directions. Drain and place in ice cold water to cool (read cooking tips section for more detail).

To make sauce, in medium bowl add all ingredients from peanut butter to red pepper flakes. Stir well to combine.

In large bowl, combine cooled udon noodles and cut carrots, bell pepper and snow peas. Pour in peanut sauce and gently combine. Serve cold and garnish with peanuts and cilantro.

Gluten-free Option: Use gluten-free noodles, or omit noodles and serve over cabbage instead. Other cooking directions remain the same.



VERACRUZ SHRIMP WITH GREEN OLIVES

Veracruz shrimp is a complete meal made of vegetables, shrimp and rice. Each ingredient adds unique flavor and creates a bold, rich and healthy flavor.

PREP: 5 COOK: 25 TOTAL: 30 MINUTES SERVINGS: 6 

INGREDIENTS

¼ cup, plus 1-tablespoon olive oil
1 large white onion, chopped
3 large garlic cloves, minced
2 (14-ounce) cans diced tomatoes (or 6 large tomatoes, diced)
1 (4-ounce) can roasted, diced green chilies, drained (medium or hot)
6 slices jarred pickled jalapeño, minced (about 1 ½ tablespoons)
Juice of 3 large limes
1 cup diced Manzanilla olives
¼ cup diced fresh cilantro, plus extra for garnish
Salt and pepper to taste
1 pound shrimp, peeled and deveined
2 cups cooked brown rice
1-2 large avocados, chopped or sliced

QUICK TIPS

- The sauce portion of this dish freezes well. You can double recipe (keep shrimp separate) and freeze for 3-4 months. Defrost, heat and add cooked shrimp.
- This dish is similar to soup, as it will thicken up as it sits. It is also great for leftovers, and the flavor is even better the next day once it melds to together.

INSTRUCTIONS

Cook rice according to package directions.

Meanwhile: Heat 1-tablespoon of olive oil in large saucepan to medium-high heat. Add white onion and garlic, sauté till translucent and slightly brown, about 5 minutes.

Add next 7 ingredients to pan, from diced tomatoes to pepper. Stir and bring to low bowl. Reduce heat to low and simmer about 5-10 minutes, or until slightly thickened.

While sauce is simmering, heat remaining ¼-cup olive oil to medium-high heat in separate sauté pan. Add shrimp and cook until white, 3-5 minutes, stir midway to cook both sides.

Add cooked shrimp (including liquid from pan) to simmering sauce, stir and continue to simmer on low heat for 10-15 minutes, letting flavor soak into shrimp.

Spoon desired amount over cooked rice, garnish with desired amount of cilantro leaves and avocado.



ROASTED ONION AND PARMESAN BAKED POTATO CHIPS

Crisp Roasted Onion Parmesan Baked Potato Chips. Red onions and spices add a nice bite and pair well with the creamy and savory Parmesan cheese.

PREP: 10 COOK: 20 TOTAL: 30 MINUTES SERVINGS: 4



Vegan Option

INGREDIENTS

3 large russet (white) potatoes
¼ cup butter, melted
½ teaspoon salt
¼ teaspoon black pepper
¼ teaspoon paprika (preferably smoked)
1/8 teaspoon ground cumin
2 tablespoons finely chopped red onion
¼ cup grated Parmesan cheese

** You can replace the butter with olive oil for a healthier option, but the potatoes crisp up better with butter.*

HEALTHY TIPS

- For certain recipes: If you want to reduce the sugar, and insulin spike, in potatoes: cook them first, then refrigerate overnight. When you're ready to eat, re-heat them before serving.

This breaks down the sugar. The sugar structure of sweet potatoes is different than white, so this only applies to white potatoes.

INSTRUCTIONS

Preheat oven to 425° F. Cut potatoes into 1/8-inch slices. Arrange in single layer on greased baking sheet.

In a small bowl, combine melted butter, salt, pepper, paprika, cumin and onion. Evenly brush mixture over tops of potatoes (You may need spoon onion bits over potatoes).

Bake 15–20 minutes until potatoes are tender and golden brown. Remove from oven and turn oven to medium broil.

Evenly sprinkle potatoes with Parmesan cheese and broil (6–8 inches from heat) until cheese is melted and potatoes are crispy, about 3 minutes. Watch carefully to prevent burning.

Vegan Option: *Replace butter with olive oil. Omit Parmesan cheese. Other cooking directions remain the same.*

WHITE BEAN AND SPINACH QUINOA SALAD

Healthy, rich in flavor, and easy to make with just a short list of ingredients. If you already have pre-cooked quinoa ready in the fridge, it can be made in less than 10 minutes.

PREP: 5 COOK: 15 TOTAL: 20 MINUTES SERVINGS: 4 **GF** **VE** Vegan Option

INGREDIENTS

2 cups cooked quinoa, cooled
1 (15-ounce) can garbanzo beans, drained
¼ teaspoon salt and ¼ teaspoon ground pepper
1 tablespoon olive oil
1 tablespoon white wine vinegar (or balsamic)
1 cup (4-ounces) crumbed feta cheese
1 tablespoon minced fresh basil
4 cups (tightly packed) whole baby spinach leaves

QUICK TIPS

- Make extra quinoa at the beginning of each week. Cook at least two dry cups and store covered in refrigerator. Have ready in order to speed up recipes like this even more.

INSTRUCTIONS

Cook 1-cup dry quinoa according to package directions (cool if desired) (will make about 2 cups)

In medium bowl combine cooked quinoa, garbanzo beans, salt, pepper, olive oil, vinegar, feta cheese, and basil.

Scoop over spinach leaves when serving.

Vegan Option: Omit feta cheese. Other cooking directions remain the same.



WANT MORE?

GET OUR FULL-COURSE HEALTHY EATING ECOOKBOOK AND MEAL PLANNER

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HERE'S A PREVIEW OF SOME OF THE RECIPES YOU'LL BE MAKING

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THANK YOU SO MUCH!

Thank you from Matthew, Olia and Plating Pixels

We sincerely appreciate you downloading our book. We hope you learned a lot, found some favorite recipes and enjoyed eating healthier in the process.

One of our missions at Plating Pixels is to share our love of cooking and food (obsession is a better word) with others. We want you to become as excited about cooking as we are.

This is why every recipe we create for our site has cooking and food science tips, plating tips, and general advice to make cooking easier, more fun and accessible.

If you have any question, comments, suggestions or want to reach out for any reason, please do so at matt@platingpixels.com or through our contact form. Leave a comment on our recipes as well. We will personally respond to any inquiries.

Matt & Olia

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