

Simple Meals for Teens

Move over processed foods! Here are some great, nutritious meal ideas that teens can easily prepare. Teens who build skills in the kitchen are more likely to cook for themselves and their families now and into the future.

Meal Ideas

- ◆ Pasta with tomato sauce
- ◆ Quesadilla
- ◆ Vegetable omelette
- ◆ Tuna melt sandwich
- ◆ Simple salad
- ◆ Tacos
- ◆ Homemade pizza
- ◆ Homemade chicken soup



Tuna Melt Sandwiches

Ingredients:

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| 4 English Muffins | 2 cans (170g) tuna, drained |
| 1 tbsp. cooking oil | 2 tbsp. ketchup |
| 1 red bell pepper, finely chopped | 6 tbsp. mayo/whipped dressing |
| 4 green onions, chopped | 4 slices of cheddar cheese |

Directions:

1. Preheat broiler. Split muffins in half and place inside up on the middle of the oven rack. Toast for about 3 minutes.
2. Heat the oil in a small frying pan over medium heat. Add peppers and green onions. Cook for about 3 minutes. Add the tuna, breaking up the chunks with a fork. Cook for about 1 minute until the tuna is heated through. Remove the pan from the heat and add ketchup and 2 tbsp. of the mayo.
3. Spread the remaining mayo over the toasted sides of the English muffins. Spread 4 halves with the tuna mixture and arrange the cheese on top.
4. Return the 4 halves to the oven and broil until the cheese melts. Remove from the oven and top with the remaining 4 muffin halves. Enjoy!

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