

Top 10 Healthy Fast-Food Meals

1. Microwave sweet potato; mash with fork. Top with cooked beans, salsa, prewashed fast-cooking greens, such as spinach or Swiss chard. Add avocado slices, if available.
2. Set out buffet of power-bowl ingredients: cooked grain, cooked beans, cooked broccoli or other cruciferous vegetable(s). Top with quick-to-make **lemon-tahini sauce** [HERE](#), fresh herbs, and lightly roasted seeds.
3. Bean burger with lettuce, tomato, onion, kimchi, and tofu dill mayo on a toasted sesame seed bun.
4. Cucumber & Hummus Roll-Ups – Spread hummus on whole-grain tortillas. Add shredded carrots and cucumber. Roll up and slice into pinwheels.
5. Soak soy curls in hot water/drain. Saute' onion, soy curls, and fresh vegetables in a little broth. Add water chestnuts or sprouts. Add quick-to-make **peanut ginger sauce** [HERE](#). Serve over cooked grains.
6. Thawed pre-made soup with whole-grain toast/hummus or guacamole.
7. Salad with greens, purple cabbage, beans, radish, carrot, celery, sprinkled with reduced balsamic vinegar.
8. Chickpea Salad – Mash cooked chickpeas with lemon juice, mustard, and garlic powder. Mix in pre-chopped celery or bell peppers. Serve in a lettuce wrap.
9. Lentil Vegetable Soup – Heat pre-cooked lentils with frozen mixed vegetables and diced canned tomatoes with chilies. Season with garlic powder, cumin, and black pepper.
10. Zesty Stir-Fry – See recipe [HERE](#).