

Time-crunched?

Good-for-you meals can take less time than take-out! Take-out meals might seem like a simple solution, but they can be more expensive and less healthy than homemade versions. Try these tasty ideas, ready in 20 minutes or less:



- Quesadillas with black beans, peppers, salsa and cheese served with guacamole
- Whole grain pita pizzas topped with chicken, mozza cheese and lots of veggies

