

SHANNON CROCKER RD

Simplify Supper Time

Healthy, energizing recipes plus tips to help you
make mealtime easier



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Simplify Supper Time

Does supper time stress you out?

Need ideas for easy, healthy and tasty recipes?

I'm here to help! I've created this Simplify Suppertime freebie for busy women who enjoy cooking but find the juggling act of life is creating meal prep fatigue.

INSIDE YOU'LL FIND...

- 7 Tips to Simplify Meal Planning
 - The top tips and tricks to make suppertime less stressful
- 7 Time-Saving Tips to Simplify Supper
 - A list of tips and tricks to reducing time, effort, and food waste in the kitchen
- 3 Pantry Meals in a Hurry
 - Quick and easy meals for when you're low on food or lacking inspiration
- 4 simple, healthy, and delicious dinner recipes
 - Each with a list of meal planning tips to save you time, effort, and money
- BONUS: 2 better-for-you desserts and snacks

*Happy healthy cooking,
Shannon Crocker RD*



7 TIPS TO

Simplify Meal Planning

1 CREATE A RECIPE REPERTOIRE

Create a list of the recipes you know well from cookbooks, Pinterest or Instagram



2 START SLOW

Start by planning just 1 - 2 main meals per week. Use recipes from your repertoire



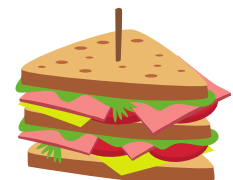
3 COOK YOUR KITCHEN

Have a few easy meals (e.g. pasta) in your repertoire with pantry basics



4 PLAN A NIGHT OFF

Try take out, DIY sandwich night, or DIY salad night to give yourself a break



5 HAVE A THEME NIGHT

Plan to have stir fry every Monday and pasta every Wednesday



6 TRY BREAKFAST FOR DINNER

Keep things simple with eggs, toast and fruit or a veggie frittata for dinner



7 PLAN A LEFTOVER NIGHT

Schedule a couple meals a week that can be repurposed for quick meals another day



7 TIME-SAVING TIPS TO

Simplify Supper

1

NETFLIX AND PREP

Chop veggies and batch cook grains for the week while you watch your favourite show



2

USE COOKING SHORTCUTS

Cut cooking time with healthier convenience foods like store bought hummus, cheese tortellini, and pre-packaged slaw mixes



3

USE MULTIPURPOSE INGREDIENTS

Use multipurpose ingredients in more than one meal e.g. prep sweet potatoes once, then use in both burritos and Buddha bowls



4

STOCK THE STAPLES

Keep basic ingredients like rice and beans on hand to save time from multiple grocery trips



5

TRY CANNED OR FROZEN FOODS

Frozen and canned foods can be nutritious. Make a super quick side-dish from frozen veggies like sautéed green beans or stir-fry peppers



6

USE TIME SAVING APPLIANCES

Use a pressure cooker, slow cooker, rice cooker, or food processor to save time and keep meals easy



7

MAKE BATCH RECIPES

Cook big batch recipes like chili, soup or curry on Sunday - eat for dinner and then freeze extras for a quick meal another time



Pantry Meals

IN A HURRY

Keeping your kitchen stocked with basic, nutrient-rich foods that can be easy meal starters is a super strategy to help you create quick suppers and limit trips to the grocery store.



Not sure where to start? Here are 3 quick and tasty pantry meals for inspiration to spark your kitchen creativity.

1 GOT CANNED TUNA? MAKE THIS MEAL-FOR-ONE IN 5 MINUTES

Place a big handful of arugula on a plate and top with sliced avocado (half a large). Add a can of Italian tuna (drained), sliced cherry tomatoes and green onions. Drizzle all with olive oil, a big squeeze of lemon and a good grind of fresh pepper.

Click: [For More Tasty Tuna Ideas](#).



2 GOT CANNED TOMATOES? MAKE A 5 INGREDIENT SOUP!

Sauté crushed garlic in olive oil for about 30 seconds. Add a can of diced tomatoes (NOT salt free) and black beans (drained). Add the juice of half a lime. Top with chopped cilantro (optional).

Click: For more [budget-friendly healthy foods](#) to keep in the house.



3 GOT CHICKPEAS? MAKE A QUICK PASTA DISH

Toss a can of drained chickpeas with cooked pasta and any veggies you like (leftovers are super!). Add a drizzle of olive oil, pinch of chili flakes, squeeze of lemon, and some crumbled feta cheese. Finish with a pinch of sea salt and freshly ground pepper.

Click: For my [Spicy Pan-Fried Chickpea recipe](#)



Simple Recipes:

Delicious, nutritious recipes that energize

The kitchen is my happy place! I'm passionate about nutrition and food and the potential it has to connect you with others while fueling your body and mind.

I'm all about balance and deliciousness.

I've created the recipes I'm sharing with you to be energizing to promote optimal wellness. Oh, and of course, they're delicious. Enjoy!



For more recipes, visit my blog at
shannoncrocker.ca

TURKEY & BLACK BEAN

Taco Bowls

A quick, energizing build-your-own bowl to keep the whole family happy.

Makes: 4 to 6 taco bowls

Ready in about 30 minutes



INGREDIENTS

- 1 tbsp canola oil
- 1 lb ground turkey
- 1 cup canned black beans, drained and rinsed
- 1 cup water
- 1 tbsp chili powder
- 1 tbsp ground cumin
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp crushed red pepper flakes
- ½ tsp salt
- Optional Bowl Ingredients: shredded carrot, lettuce, chopped tomatoes, shredded cabbage, sliced red peppers, sliced avocado, toasted corn, shredded cheese

DIRECTIONS

- Heat oil in a large skillet, over medium-high heat. Add turkey, breaking up with a spoon. Cook, stirring frequently until browned and cooked through, about 7 minutes.
- Add black beans, water, chili powder, cumin, garlic powder, onion powder, red pepper flakes and salt. Turn heat to medium-low and simmer until water is absorbed, about 5 minutes.
- Build your bowl with taco mix and optional ingredients. Let everyone create their own taco bowl the way they like!

TASTY TIPS FOR Taco Bowls

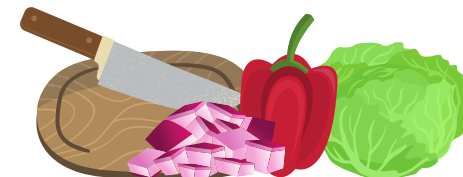
1 MAKE A TANGY RED ONION SALSA

In a small bowl, combine 2 cups thinly sliced red onion, 3 tbsp fresh lime juice, 2 tbsp canola oil, 2 tbsp diced jalapeños, 1 tsp dried oregano, and ¼ tsp salt. Add to taco bowls and enjoy!



2 CHOP SOME VEGGIES AHEAD

Vegetables like onion, cabbage, and pepper can be chopped a couple days ahead to save time. Chop veggies while you watch TV (win-win!).



3 PREP OTHER VEGGIES BEFORE SERVING

Vegetables like lettuce, tomatoes, and avocados taste best fresh. Prep these vegetables right before serving your taco bowls.



4 MAKE ONCE, EAT TWICE

Reinvent your leftovers! Double up on turkey taco mix and veggies so you can enjoy DIY taco bowls one night and then serve with small tortillas to build tacos another night (or as lunch the next day).



5 NUTRITION TIP

A diet rich in antioxidants helps support a healthy immune system. Brightly coloured vegetables like peppers, tomatoes, carrots, and red onions are good sources of antioxidants.



HEALTHY

Broccoli Cheddar Soup

This soup is packed with protein (tofu!) to deliver longer supper satisfaction. I promise you won't even know tofu is in it!

Makes: 4 to 6 servings

Ready in about 30 minutes



INGREDIENTS

- 2 tbsp canola oil
- 1 small onion, chopped
- 1 medium carrot, diced
- 2 large cloves garlic, minced
- 1 big bunch broccoli, washed and cut into “trees”
- 4 cups low sodium vegetable broth
- 4 cups baby spinach, loosely packed
- 1 package (300 g) silken (soft) tofu
- 1 tsp each of thyme, salt, and freshly ground pepper
- Pinch hot pepper flakes
- 1 cup shredded old cheddar

DIRECTIONS

- In a large pot, on medium heat, add canola oil, onion and carrot. Sauté for 3 minutes, until vegetables are slightly softened. Add the garlic and sauté for about 30 seconds, stirring constantly.
- Add broccoli and broth. Bring to a boil over high heat. Reduce heat to medium low, cover, and simmer for about 10 minutes, until broccoli is slightly soft but not squishy.
- Add spinach, tofu, thyme, salt, pepper, and hot pepper flakes. Stir just until spinach has wilted.
- Remove from heat. Puree with an immersion blender directly in the pot (or in small batches in a blender or food processor and then add soup back into the pot). Stir in lemon juice. Reheat until warmed through, adding more broth if desired.
- Adjust seasoning to taste; then ladle into bowls and top with grated old cheddar.

TASTY TIPS FOR Broccoli Cheddar Soup

1 USE FROZEN BROCCOLI

In Ontario, broccoli is in season from June to October while spinach is in season from May to October. Use frozen or sale items when not in season to save money.



2 CHOP VEGGIES THE NIGHT BEFORE

Dice garlic, chop onions and carrots, and cut up broccoli the night before so they are ready to go.



3 MAKE A DOUBLE BATCH

Eat soup for dinner, then freeze the other batch. Warm up to enjoy for dinner antoehr time.



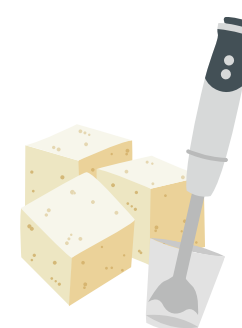
4 SWITCH IT UP

Out of broccoli? Low on spinach? Be flexible with ingredients: use 6 cups total of any dark leafy greens like spinach, kale, collard greens, and Swiss chard.



5 NUTRITION TIP

Add soft tofu to all your blended soups! Not only will tofu add energizing protein, it will make your soup extra creamy!



SIMPLE Skillet Lasagna

A spin on an old classic to bring the same comfort with half the effort.

Makes: 6 to 8 servings

Ready in about 1 hour



INGREDIENTS

- 6 fresh lasagna noodles, cut into thirds (width-wise)
- 3 tbsp canola oil, divided
- 1 small onion, diced
- 1 large clove of garlic, minced
- 4 cups diced mushrooms (about 15)
- 500 g lean ground meat
- 1 tsp each dried oregano and dried basil
- ½ tsp each salt and pepper
- Pinch red pepper flakes, or to taste
- 1 jar (690 mL) strained tomatoes
- ½ cup water
- 1 cup each ricotta cheese and grated mozzarella
- ¼ cup grated Parmesan cheese

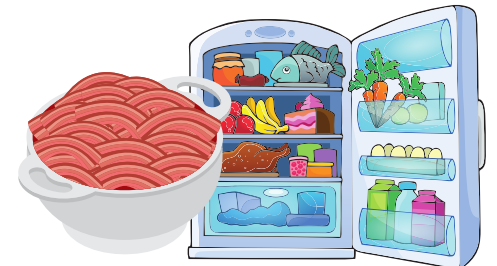
DIRECTIONS

- Cook noodles in boiling water for 3 minutes, then toss with 1 tbsp canola oil
- Cook onion in an oven proof skillet (~12") with remaining oil for 2 - 3 minutes. Add garlic and mushrooms; cook until mushrooms are soft and moisture has been absorbed.
- Add ground meat and cook until lightly browned, then stir in oregano, basil, salt, pepper, red pepper flakes, and tomatoes
- Pour water into tomato bottle, shake and add to skillet; simmer, stirring occasionally, for at least 10 minutes. Then turn heat off
- Add noodles into the pan, one at a time, pushing into sauce so they are nestled throughout skillet
- Place tablespoons of ricotta cheese between noodles throughout the skillet, then sprinkle with mozzarella and Parmesan cheeses
- Return to medium-high heat and simmer for 5 minutes, then place under broiler until golden brown. Cool, serve, and enjoy

TASTY TIPS FOR Skillet Lasagna

1 THAW GROUND MEAT AHEAD

Move frozen ground meat into the fridge the night before to thaw in time for dinner



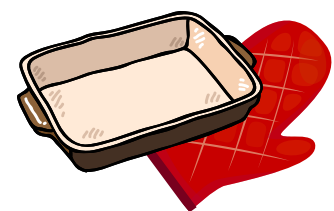
2 ENJOY IT ON THE WEEKEND

Don't have an hour to make dinner during the week? (I get it!) Make it on the weekend when you have time, then enjoy leftovers in the week



3 MAKE A FROZEN DINNER

Double the recipe to have lasagna for dinner, then put one in the freezer to heat up on a busy night.



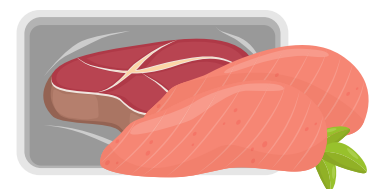
4 SWITCH IT UP

Rinse and drain a can of lentils for a quick swap to plant-based protein in place of meat (or add some in addition to the meat to boost the fibre!)



5 NUTRITION TIP

Mushrooms add moisture and fibre to your ground meat mixture. Plus, adding diced mushrooms is a thrifty tip to make meals go farther.



Turkey Stir Fry

WITH PEANUT SAUCE

In this tasty stir-fry recipe I'm using short-cut ingredients to save you time.

Makes: 4 servings

Ready in about: 30 minutes



INGREDIENTS

- 1 tbsp canola oil, divided
- 1 tbsp freshly grated gingerroot, divided
- 2 small cloves garlic, minced and divided
- 1 tsp crushed red pepper flakes or to taste
- 500-gram turkey breast cut into ½-inch strips
- ¼ tsp salt
- ½ cup peanut sauce (your fave bottled version)
- 1 large bag of broccoli / cabbage slaw mix
- 2 cups sugar snap peas or snow peas
- 2 cups cooked brown rice or barley
- Optional Garnishes: bean sprouts, chopped, salted roasted peanuts, fresh cilantro leaves, green onion,

DIRECTIONS

- In large non-stick skillet or wok, heat oil over medium-high heat. Add pepper flakes and half each of the ginger and garlic; stir-fry for 1 minute.
- Season turkey with salt, add to skillet and stir-fry 3 - 4 minutes until cooked through. Remove turkey and place in a medium bowl. Add peanut sauce to turkey and toss until coated. Cover the bowl with a plate to keep warm.
- Add remaining oil to the same skillet. Add broccoli/cabbage mix, sugar snap peas, remaining ginger and garlic. Stir-fry for 2 - 3 minutes until just tender crisp.
- Divide rice or barley among 4 plates, top each with vegetables and then turkey. Garnish with bean sprouts, peanuts, cilantro and green onion if using. Serve with orange wedges.

TASTY TIPS FOR Turkey Stir Fry

1 MAKE YOUR OWN PEANUT SAUCE

Place ½ cup natural peanut butter, ¼ cup each of canned coconut milk and warm water, 2 tbsp lime juice, 1 tbsp Asian chili paste, 2 tsp each of fish sauce, and grated gingerroot, and 1 minced clove of garlic in a food processor; purée until smooth.



2 COOK GRAINS ON THE WEEKEND

Cook rice or barley on the weekend and refrigerate – that way you'll have it for quick meals during the week.



3 USE UP YOUR VEGGIES

Be flexible with your veggies! Swap in whatever quick-cooking veggies you have on hand. Or, add in extra veggies you have on hand like carrots, bell peppers, onions, or bok choy.



4 SWITCH IT UP

Try extra firm tofu as your protein. Look for extra firm tofu. Drain it, let it sit, wrapped in a clean tea towel to reduce moisture before cubing and stir-frying. Totally tasty!



5 NUTRITION TIP

the veggies in this stir-fry are filled with fibre, helping to keep you feeling fuller longer! Fibre is also key to keeping your gut healthy, which is important for a healthy immune system.



DARK CHOCOLATE

Pumpkin Snack Cake



A moist and decadent snack cake with simple and good-for-you ingredients.

Makes: 16 snack-sized pieces

Ready in about: 45 minutes

INGREDIENTS

- 3/4 cup canned pumpkin puree (not pie filling)
- 1/2 cup almond butter
- 1/3 cup cocoa powder
- 1/3 cup honey
- 1/4 cup dark chocolate chips/chopped dark chocolate
- 2 eggs
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1/4 tsp sea salt

DIRECTIONS

- Preheat the oven to 350°.
- Line a 9" X 9" baking pan with parchment paper.
- Add all ingredients into a large bowl and whisk until smooth (about 1 minute)
- Pour mixture into the prepared pan and bake for 30 - 33 minutes until a toothpick inserted comes out clean.

APPLE PIE

Muffin Top Cookies

A delicious, energizing cookie jam-packed with fibre.

Great as a snack or dessert.

Makes: 24 cookies

Ready in about: 40 minutes



INGREDIENTS

- 1 cup grated apples, packed
- 1 cup finely chopped apple
- 1/2 cup canola oil
- 1/2 cup brown sugar, lightly packed
- 2 eggs
- 2 tsp lemon juice
- 1 1/2 cups large flake rolled oats
- 1 cup barley flour (or whole wheat)
- 1/4 cup ground flaxseed
- 2 tsp cinnamon
- 1/4 tsp nutmeg
- 1 tsp baking soda 1/4 tsp salt

DIRECTIONS

- Preheat oven to 350°F and line two baking sheets with parchment paper.
- In a large bowl, stir together apples, canola oil, brown sugar, eggs, and lemon juice until well combined.
- In another bowl, stir together oats, flour, ground flax, cinnamon, nutmeg, baking soda and salt.
- Add the dry ingredients to the apple mixture and stir until just combined.
- Scoop heaping tablespoons onto baking sheets 1 inch apart and bake for 14 to 15 minutes, rotating pans halfway.
- Store uncovered at room temperature for up to 3 days or in the fridge (covered) for up to 1 week. Freeze for up to 3 months.

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