**Quick Healthy Home Cooked Meal Recipes**

When you’re getting started with home cooking, you’ll find plenty of inspiration on sites such as Pinterest. There are thousands of different recipes you can try, but not all of them are suitable for beginners.

Here, you’ll discover some of the best quick and healthy home cooked meal recipes you can start with.

**Spinach and pea carbonara**

If you’re looking for a fast mid-week healthy recipe, this spinach and pea carbonara is a great idea. Using eggs as a base for the delicious sauce and fresh pasta to speed up cooking, not only is this recipe quick and easy, but it’s tasty too.

The main ingredients you’ll need include panko breadcrumbs, parmesan cheese, eggs, peas and spinach. Garlic, parsley and salt and pepper are used to flavor the dish. This is also an ideal recipe for vegetarians and it’s one that the whole family can enjoy.

Check out the full recipe [here](http://www.eatingwell.com/recipe/269786/easy-pea-spinach-carbonara/).

**Honey and garlic glazed salmon**

If you’re looking for a delicious quick and healthy home cooked meal, honey and garlic glazed salmon is a great choice. Ideally, you’ll want to sear the fish which means starting by placing the fish skin side down, into a pan with plenty of oil. Cook it until nice and crispy, then flip the fish over and cook for an additional few minutes.

This dish is packed full of flavor thanks to the use of ingredients like honey, soy sauce and lemon. To give it maximum flavor, add the lemon wedges to the pan as you cook the salmon.

You can check out the full recipe [here](https://cafedelites.com/easy-honey-garlic-salmon/).

**Sesame noodles with chicken**

This sesame noodles with chicken recipe is one of the healthiest on the list. It contains lots of vegetables, alongside lean chicken.

You’ll use ingredients such as fresh ginger, sesame oil and brown sugar to add oodles of flavor. The finished dish is sharp, tasty and satisfying. If you’re a fan of Asian style cuisine, this recipe is one of the easiest to satisfy the palate.

Find the full recipe [here](http://www.eatingwell.com/recipe/254642/classic-sesame-noodles-with-chicken/).

**Cauliflower grilled cheese**

Looking for something simplistic to cook? This cauliflower grilled cheese recipe is sure to please everyone in the family. A healthier twist on the classic grilled cheese dish, this is a low carb treat you’ll want to eat again and again.

You’ll use cauliflower as the bread which is surprisingly a lot tastier than it might sound. You need relatively few ingredients to create this recipe too. Cauliflower, an egg, parmesan cheese and any other type of cheese you want to use, are the main ingredients you’ll need.

This recipe also takes very little time to create. So, if you’re looking for a healthy home cooked meal you can create quickly, this is a great one to try out. Find the full instructions to create this tasty dish [here](https://kirbiecravings.com/cauliflower-crusted-grilled-cheese-sandwiches/).

**Beef pad Thai**

Another Asian inspired dish, beef pad Thai is a popular healthy meal idea. You can bulk it up with plenty of vegetables to make it even healthier. Padding it out with veg also enables you to create much larger portion sizes at very little cost.

You’ll want to use whole-wheat brown rice pad Thai noodles for the healthiest dish. Other main ingredients you’ll need include snap peas, ground beef, pad Thai sauce and matchstick carrots. Find the full recipe [here](http://www.eatingwell.com/recipe/267880/beef-pad-thai/).

The above are just a small selection of healthy, quick recipes. There are thousands of recipes for homecooked food online. So, if you’re looking to get started with cooking more meals at home, why not give one of the above recipes a try? Or, if you don’t see anything you fancy, take a look on sites such as Pinterest for inspiration.

**Complementary email**

**Complementary blog post: Quick Healthy Home Cooked Meal Recipes**

**Subject:** New post – Check out these quick and healthy home cooked recipes

{Hi Firstname}

Ready to get started in your home cooking journey? There are literally thousands of great recipes you can try. However, the sheer choice available can make it difficult to know where to start.

In today’s post, I’ll show you some great quick and healthy recipes you can create. If you’re searching for inspiration before you start cooking, you’ll want to check out this blog.

LINK

You’ll discover some delicious yet healthy home cooked recipes such as honey and garlic glazed salmon. There’s even a tasty vegetarian recipe you can try.

Don’t miss this great post!

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