

Quick Healthy Dinner Ideas for Busy Nights

A **healthy dinner** does not need hours in the kitchen. These quick recipes save time and still deliver balanced nutrition. Each option includes simple steps and a basic nutrition chart.

Grilled Chicken with Salad

Ingredients:

- 1 chicken breast
- 1 cup mixed greens
- ½ cucumber (sliced)
- 1 tomato (chopped)
- 1 tbsp olive oil
- Salt and pepper

Steps:

1. Season the chicken with salt and pepper.
2. Grill for 6–8 minutes per side until cooked.
3. Toss vegetables with olive oil.
4. Serve chicken over fresh salad.

Nutrition (Approx):

Nutrient	Amount
Calories	350 kcal
Protein	35 g
Carbs	10 g
Fats	18 g

Vegetable Stir-Fry with Tofu

Ingredients:

- 100 g tofu (cubed)
- 1 cup mixed vegetables
- 1 tsp soy sauce
- 1 tbsp olive oil
- Garlic (optional)

Steps:

1. Heat oil in a pan.
2. Add tofu and cook until golden.
3. Add vegetables and stir-fry for 5–7 minutes.
4. Add soy sauce and mix well.

Nutrition (Approx):

Nutrient	Amount
Calories	300 kcal
Protein	18 g
Carbs	20 g
Fats	15 g

Omelet with Whole Grain Toast**Ingredients:**

- 2 eggs
- 1 slice whole grain bread
- ¼ cup chopped vegetables
- 1 tsp olive oil

Steps:

1. Beat eggs and add vegetables.
2. Cook in a pan with oil.
3. Toast the bread.
4. Serve omelet with toast.

Nutrition (Approx):

Nutrient	Amount
Calories	280 kcal
Protein	16 g
Carbs	18 g
Fats	15 g

Quinoa Bowl with Mixed Veggies

Ingredients:

- 1 cup cooked quinoa
- 1 cup mixed vegetables
- 1 tbsp olive oil
- Lemon juice

Steps:

1. Cook quinoa as per instructions.
2. Sauté vegetables lightly.
3. Mix quinoa with vegetables.
4. Add olive oil and lemon juice.

Nutrition (Approx):

Nutrient	Amount
Calories	320 kcal
Protein	12 g
Carbs	40 g
Fats	12 g

These meals keep your **healthy dinner** simple, quick, and balanced. Moreover, they fit easily into a busy schedule while supporting your health goals.