

# 5 Delicious and Healthy Dinners

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Healthy dinner recipes that are delicious are what most families desire to be prepared on top of their tables. Mothers want to get their children to eat healthy foods such as much as possible. However, getting them to eat healthy foods such as vegetables may sometimes be a problem. Thus, it is necessary to prepare not only healthy but also delicious dinner recipes.

Here are five delicious and healthy dinners that all members of the family will surely enjoy.

- 1. Oven-baked Chicken and Vegetables.** Chicken is undeniably one of the favourite foods of almost everybody especially the children. It contains high amounts of proteins which is necessary for the growth of the young ones. Baking the chicken in the oven and removing the skin as well as other visible fats is a very healthy way of food preparation. You can add some potatoes which are rich and carbohydrates and any other vegetables available in your fridge.
- 2. Pasta topped with Italian Mushroom Sauce.** This pasta dish makes use of various kinds of edible mushrooms. Remember to include oyster mushrooms for they have a delicious flavour which is responsible for the appetizing taste of this recipe. Mushrooms have very low levels of cholesterol content making it one of the best ingredients for these healthy dinners. Mushrooms have very low levels of cholesterol content making it one of the best ingredients for this recipe. Mushrooms have very low levels of cholesterol content making it one of the best ingredients for healthy dinners. In addition, they add texture as well as flavour to food recipes that makes sauces, soups and salads scrumptious treats.
- 3. Stuffed Green Pepper.** This is a very delicious and popular healthy dinner recipe. Since it is prepared in a very appetizing way, stuffed green pepper will surely invite the members of your family to eat. Stuffed with pepper of both green and red colours, you cannot say no to an invitation. You can also include other vegetables cut in very small pieces for a variable taste.
- 4. Spicy Salmon Rice.** This is also one of those healthy dinners you can prepare. It is very easy and fast to prepare that you can cook it over and over again. Since kids prefer canned salmon over the real fish, this is a delectable recipe that your children will surely eat. Just be sure to remove all the fish bones.
- 5. Beef Stroganoff.** Beef stroganoff is a very delectable recipe that is loved by a large number of people. It uses fresh cream making it one of the healthy dinners you can prepare for your family. Since you will be preparing only for your family for a usual dinner, you do not need to achieve a silky and smooth sauce.