

Healthy Recipes Ideas By Ingredients

As we become more health conscious people are becoming more and more creative with the types of recipes they're creating. Taking standard ingredients that we use almost daily, you can create stunning, delicious and simple recipes from home without needing a deep culinary background. There's a growing trend among health enthusiasts utilizing supplements like protein powder into their recipes, which is great, but there are lots of other ways to super-charge your basic foods without the use of supplements. These [recipe ideas by ingredients](#) will help give you some inspiration when planning out your next set of meals.

Chicken:

Chicken is a staple in healthy foods – a high source of protein, low source of fat and, like all meats, carries 0 carbs along with it. Chicken can be used in a variety of different methods, the most common of which among healthy eaters being skinless, boneless chicken breasts. On their own, chicken breasts are fairly bland, but a simple marinade can make a world of difference. [Here's a list of marinades](#) that you can try out, all will provide tons of flavor. Of course, heavier marinades will carry a higher calorie count, so depending on what your goals are will determine which is best for you.

Chicken thighs are also a great way to save money on chicken and create a great meal. Chicken thigh carry a higher fat count than chicken breasts and require quite a bit more prep work, especially if you plan on trimming off some of the extra fat on them (recommended). Chicken thighs can come with either bone in or out as well as skinless or not. Bone-in gives a bit more flavor, but is a bit harder to work with, whereas boneless gives less flavor but is a bit easier to eat, and it gives you a better idea of your portion size. Luckily the flavoring process for chicken thighs is basically the same as a chicken breast, so you don't need to change much of anything. A simple marinade will have you eating gourmet recipes from the comfort of your own home.

Beef:

Beef is an ingredient that makes for much better hearty meals than chicken. You probably know the staple "meat and potatoes" which, to this day, still stands true as a very good recipe that can be enjoyed by anyone. Beef has more variation on chicken because of the range of cuts you can get – from tenderloins, New York strips, rib eyes, filet mignon, you name it. Each one is prepared a bit differently and, when prepared correctly, can be a delicious meal.

Beef also carries a higher fat content than chicken, so you have to be wary of the fat content when determining your consumption. Higher fat contents will bring more flavor but will also be much harder

to burn off. Trimming your beef can significantly reduce this and will still provide you with immense amounts of flavor.

So what should you be looking for with beef? A lean cut that, once again, you're willing to let marinate for at least a few good hours. New York strips are a better alternative if you're on the go, since you can apply a variety of steak rubs to these before (and sometimes after) cooking to still get a great cut of meat along with delicious flavor. Make sure you're looking at the type of cut as well. You don't want to have too much fat in your meat and you want it to be high quality – free roam is always better!

Vegetables:

A must-have in nearly every dish, vegetables are the cornerstone of so many dishes. Vegetables can be used to create delicious side dishes like a breakfast hash, eaten on their own in a stir fry, turned and utilized in multiple soups, or just eaten raw as a snack. Vegetables are the universal food because they aren't restricted by diet type and can be consumed in much larger quantities. There's no shortage of vegetable recipes and even the simplest veggie can be used in gourmet styles. Preparation with vegetables is key, that being what they accompany.

When paired with meat it should be a complimentary flavor and preparation – like roasted carrots with steak or steamed broccoli with chicken. When eaten on their own, vegetables should carry a lot of flavor and also be filling, as is the case with many fibrous vegetables like turnips, parsnips and other root vegetables. Using leafy veggies like spinach and kale help to round out a full serving of vegetables and provide you with all the nutrients your body needs to survive.