Meal in One Dish Requirements

#1 – Look at the time  
    (prep in 50 min, bake in 50 min)

#2 – Recipe needs to include the following:

**Protein**: meat, poultry, fish, cheese, eggs, legumes, nuts, etc. (8-12oz)

**Starches**: grains, pasta, high starch vegetables (corn or potatoes, etc.)

**Nutrient Dense vegetable or fruit**: 
  high color and high fiber: broccoli, carrots, cauliflower, spinach, strawberries, blueberries, etc.

**Binders**: Sauces, broths, liquid, eggs

**Seasonings**: herbs, spices
Brainstormed list of possible types of meals in one dish

- Casseroles
- Stir fried
- Salads
- Pizzas
- Soups
- Stews
- Layered dishes
- Calzone
- Potpies