

Lip-Smacking *Dinner Snacks* For Your Teen



Oven-Fried Chicken

Oven-fried chicken tastes incredible and is also a great alternative to deep-fried chicken. Serve this savory meal and see your teen enjoy it to the utmost!

Beans And Hot Dog Bake

Beans and hot dog bake is a comforting and easy-to-make meal. The addition of bell pepper, tomato sauce, and oregano makes it a flavorful treat.



Cheese, Tomato, And Herb Omelet

A delectable cheese, tomato, and herb omelet is ideal for breakfast. It will give a wonderful start to your teen's day and provide them with healthy protein.

Tortilla Hotdogs

Super quick and easy, tortilla hotdogs with sliced spring onions, ketchup, and mustard are best for days when you don't feel like cooking an elaborate meal.



Quesadilla

Salsa-filled quesadillas can be eaten as a complete meal or a quick snack. You can make them filling or lighter as per your teen's hunger.

Meat Tacos

Protein-rich meat tacos are quick to pull together. Have fun making them with your teens. You can also let them assemble the ingredients and prepare them.

