

Good Grinding for Wise Dining
Strategies for Eating
Lesson 4: One-Pot Meals
“One-pot hits the spot!”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience. Record the number of participants on the tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the number of people agreeing with the statement on the tally sheet.

Action: Pass out “One-Pot Meals” handout. Begin lesson when everyone receives a handout.

Read the following: Today, we will talk about ways to prepare tasty one-pot meals. In a pot, we can make delicious chili, soups, stews, pasta, or even quick salads. One-pot hits the spot!

Action:
Have participants repeat the following: Everyone repeat after me, “one-pot hits the spot!”
"One-pot hits the spot!"

Action:
Ask the following question: Preparing a healthy and delicious meal does not mean we need to use many pots and pans. One-pot meals can be very easy and simple. It can also make clean-up after eating a quick process. What are some examples of “pots” we can use to prepare one-pot meals?

Action:
Ask the following question: There are a variety of ways to make one-pot meals and some meals may not require a stove or oven. Have any of us ever made a complete one-pot meal in a skillet, pot, pan, rice cooker, casserole dish or even a salad bowl?

Action:
Ask the following question:

Who knows of a favorite hot or cold meal that can be made in just one-pot?

*Gently encourage people to participate. Thank participants for sharing.

Read the following:

Chili, soups, stews, noodle dishes, and salads are all examples of meals that can be made in one-pot. A one-pot meal is putting ingredients together all in one dish such as chili. We can add ground lean meat or poultry, veggies, beans, corn, tomato sauce, and chili powder into a pot and cook it. It's an easy and simple one-pot meal. We can enjoy our one-pot chili with a spoonful of low-fat cheese and diced onions, alongside a *starch* such as brown rice, a piece of cornbread, or with a baked potato.

One-pot meals can also be easily prepared in a microwave too. We can bake a potato in the microwave, then add a generous topping of beans, salsa, and a sprinkle of low-fat cheese. Another quick meal can be made by heating up a bowl of canned soup in the microwave with an addition of veggies and tofu or an egg. One-pot hits the spot!

Action:
Have participants repeat the following:

Isn't this easy? Everyone repeat with me, "one-pot hits the spot!"

"One-pot hits the spot."

Read the following:

After grocery shopping for our one-pot meals, we should use safe food handling strategies to store our foods safely. As soon as we get home from grocery shopping, don't wait...refrigerate! Unload perishable foods first, putting them directly into the refrigerator or freezer. *Perishable foods* are foods that need to be refrigerated, frozen, or kept hot. If we can't use fresh meat, poultry, or fish within two to three days, freeze it right away. When storing food, don't wait...refrigerate!

Action: Everyone repeat with me, “don’t wait...refrigerate!”
Have participants repeat the following: "Don't wait... refrigerate!"

Read the following: How many of us have thought about making a one-pot meal in a bowl? What about a quick and hearty salad such as a *taco salad*?

We can make a great taco salad by starting with lettuce, carrots, and tomatoes, then adding some onions and sliced cucumbers. Top it with some canned beans, shredded cheese, *tofu* or cooked ground meat, and finally finish it with *salsa*. This salad is a quick and easy one-pot meal idea for any day.

How many of us like to eat soup such as a Portuguese Bean Soup? Or stews such as Beef Stew or Curry? What about porridge such as *jook*? These are all examples of one-pot meals. We put all of our ingredients into one pot and cook them together.

Other one-pot ideas are one-pot snacks or a breakfast meal. It could be as simple as fruit salad made with fresh, frozen or canned fruit, some *cottage cheese* or *yogurt*, and topped with nuts or *granola*.

<u>*Optional:</u> <u>Read the following:</u>	After this lesson, I will demonstrate how to prepare a <i>burrito</i> recipe, which is a one-pot meal.
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Action: Now that we have talked about some different ways to prepare a one-pot meal, what should we drink with it?
Ask the following questions: How about a refreshing glass of water?

Read the following:

Water is important to keep us healthy because, more than half of our body weight is made up of water. We can survive weeks without food but we can't live more than a few days without water. Water is also an important part of our body's temperature regulating system. It helps to keep our bodies cool. So it is important for use to drink fluids throughout the day.

To help you drink enough water every day, fill a water bottle and carry it with you. If you are dining out, ask for water as a drink. Water is important to keep us healthy.

Read the following:

Now, I am going to read three statements. Please raise your hand if you agree with the statement. The first statement is: I plan to prepare quick and easy meals using "one-pot meal" suggestions.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet

Read the following:

How many of you agree with this next statement: I plan to refrigerate or freeze *perishable foods* right away. Please raise your hand if you agree with this statement.

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

The last statement is: Drinking fluids throughout the day is important to keep me healthy. How many people agree with this last statement?

Action:

Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

Read the following:

That's the end of this activity. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.

***Optional: Burritos Demonstration (see Recipe Index Pg 197)**

Tortillas may be warmed by wrapping the whole stack in a damp dishtowel and STEAMED in a microwave for 30-60 seconds or in an oven for 10-15 minutes at 250°F. Other cheeses may be used. Salsa may also be used.

Read the following:

Now we will make *burritos* which is a one-pot meal because we are using only a pan or one-pot to make our meal. These are also called “*wraps*” because we will wrap our ingredients in a large flour *tortilla*. Wrapping the tortillas is easier to do if the tortillas are warm. Today, I will use refried beans, lettuce, tomato, and grated cheese in the flour tortillas. At home we can use leftover cooked meat, beans, other vegetables and cheese, as well as sauces. I will wash my hands with soap and water before I begin and then rinse the can lid before making the recipe.

Action:

Wash hands with soap and water before beginning. Rinse lid of can before opening. Follow recipe directions:

- CHOP lettuce, tomatoes, and any optional ingredients. SET aside.
- On an ungreased pan, WARM tortillas by placing one at a time on a hot pan.
- SPRINKLE cheese over the warm tortilla. MELT cheese.
- REMOVE the tortilla from the pan.
- SPREAD refried beans. SPRINKLE lettuce and tomatoes on tortilla.
- ADD Optional ingredients to tortilla.
- FOLD and ROLL into a burrito.

Read the following:

See how easy that was! Come and taste this delicious one-pot meal.

Action:

Pass out food.