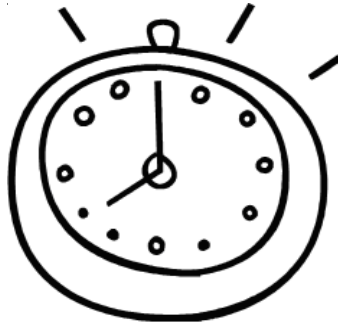


Meals in Minutes

Busy families need to balance work, recreation, and other activities. They need to prepare simple, quick, and balanced meals easily and quickly.



What's for dinner?

Ideas to save time:

1. Plan meals.
2. Use package mixes.
3. Use what you may have on hand.
4. Use canned soups and broths.
5. Stir fry dishes.
6. Cook double the recipe and freeze leftovers.
7. Utilize leftovers.
8. Eat whole foods.



AIM FOR FITNESS...

- ▲ Aim for a healthy weight.
- ▲ Be physically active each day.

BUILD A HEALTHY BASE...

- Focus on fruits.
- Vary your veggies.
- Get your calcium-rich foods.
- Make 1/2 your grains whole.
- Go lean with protein.
- Keep food safe to eat.

CHOOSE SENSIBLY...

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

Food Categories

ONE POT MEALS

Protein

beans
beef
cheese
chicken
crab
eggs
fish
leftovers
pork
shrimp
turkey

Vegetables

canned
fresh
frozen

Starch

bread
noodles/pasta
potatoes
rice

Sauces

broth
bar-b-que sauce
bottled hot sauce
gravies
oyster sauce
package mixes
soy sauce
soups



SANDWICHES

Protein

beef
cheese
chicken
cold cuts
crab
eggs
pork
shrimp

Vegetables

alfalfa
cucumbers
lettuce
tomatoes
watercress
zucchini

Bread

bagel
oat bran
pita bread
rye
tortillas
whole wheat
white

Condiments

ketchup
mayonnaise
mustard
pickles
relish

STIR FRY DISHES

Protein

beef
chicken
crab
pork
shrimp

Vegetables

broccoli
cabbage
carrots
chop suey mix
leafy greens
squash
tomatoes

Sauces

broth
oyster sauce
package mixes
soy sauce

LEFTOVERS



Work Sheet

Example:

| Protein | Vegetable | Starch | Other foods | DISH |
|----------------|------------------|---------------|-------------------------------|-------------------|
| tuna | peas and carrots | leftover rice | canned-cream of mushroom soup | <i>CREAM TUNA</i> |

| Protein | Vegetable | Starch | Other foods | DISH |
|----------------|------------------|---------------|--------------------|-------------|
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| Protein | Vegetable | Starch | Other foods | DISH |
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| Protein | Vegetable | Starch | Other foods | DISH |
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| Protein | Vegetable | Starch | Other foods | DISH |
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| Protein | Vegetable | Starch | Other foods | DISH |
|----------------|------------------|---------------|--------------------|-------------|
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LEFTOVERS: FRIED RICE

(9 servings)

Ingredients:

- 1 medium round onion
- 2 eggs
- 1 cup cooked meat
- 1 tablespoon oil
- 4 cups cooked rice
- 2 cups frozen peas OR mixed vegetables
- 2 teaspoons soy sauce

Directions:

1. CHOP onion. SET aside.
2. In a small bowl, BEAT eggs.
3. CUBE or SLICE meat.
4. In a skillet or pan, HEAT oil, COOK onion and eggs.
5. ADD meat and COOK until hot.
6. ADD rice.
7. TOSS and STIR gently until rice is heated through.
8. ADD peas or mixed vegetables and soy sauce, MIX well.
9. HEAT until vegetables are cooked.

Variations:

- Use cooked brown rice for a hearty flavor and an even brown color.
- Use any leftover cooked meats.
- Use any available or leftover vegetables (fresh, canned, or frozen vegetables; bite-sized pieces)
- Use oyster sauce.

Stir Fry:

VEGETABLES w/ LUNCHEON MEAT

(4 servings)

Ingredients:

- 1 small head cabbage
- 1 (12-ounce) can luncheon meat
- 1 package oriental seasoning mix
- ½ cup water



Directions:

1. SLICE cabbage.
2. SLICE luncheon meat.
3. In a large pan, FRY luncheon meat for a few minutes until lightly BROWNED.
4. ADD cabbage and packaged seasoning mix with water, STIRRING frequently.
5. REMOVE from heat and SERVE.

Variations:

- Turkey, ham, or sausages may be used.
- Use any vegetables.

SANDWICH: TUNA SUNSHINE MIX

(approximately 1½-cups)

Ingredients:

- 1 (5-ounce) can tuna in water
- ½ carrot
- ½ cup nonfat powdered milk
- ¼ cup mayonnaise
- pepper to taste
- Optional: ¼ cup round onion
- ¼ cup celery
- 2 tablespoons pickle relish



Directions:

1. DRAIN tuna.
2. GRATE carrot.
3. In a medium bowl, MIX tuna, carrot, powdered milk, mayonnaise, and pepper together.
4. Optional items: ADD finely CHOPPED onion, celery, and relish to mixture.
5. REFRIGERATE until ready to serve.

Variations:

- Use as a sandwich spread, cracker topping, or as a vegetable dip.

ONE POT MEAL: SKILLET LASAGNA

(8 servings)

Ingredients:

- 1 cup cooked chicken OR turkey
- 1 (25-26.5 ounce) jar spaghetti sauce
- salt and pepper to taste
- 2 cups uncooked macaroni
- 2 cups water
- 2 (10-ounce) boxes frozen spinach
- 1 cup grated cheese

Directions:

1. DICE or SHRED chicken or turkey.
2. In a skillet or large pot, COMBINE chicken, sauce, pepper, salt, macaroni, and water.
3. Bring to a BOIL, REDUCE HEAT, COVER and SIMMER 20-25 minutes or until macaroni is tender.
4. ADD spinach and COOK until thawed. MIX well.
5. SPRINKLE with cheese.

Variations:

- Substitute tofu for meat (one block mashed and drained).