

# 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:*

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

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## LEFTOVERS: FRIED RICE

Number of servings: 9

### 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 less sodium soy sauce

### Directions:

1. CHOP onion. SET aside.
2. In a small bowl, BEAT eggs.
3. CUBE or SLICE meat.
4. In a large 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 bite-sized pieces of vegetables (fresh, canned, or frozen).

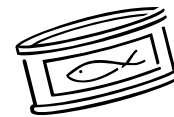
Use oyster sauce.

## SANDWICH: TUNA SUNSHINE MIX

Yield: 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: DICE onion and celery and ADD with relish to mixture.
5. COVER and REFRIGERATE until ready to serve.

### Variations:

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

## Stir-Fry:

## VEGETABLES W/ LUNCHEON MEAT

Number of servings: 4

### Ingredients:

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

### Directions:

1. SLICE cabbage. SET aside.
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.



## ONE POT MEAL: SKILLET LASAGNA

Number of servings: 9

### Ingredients:

- 1 cup cooked chicken OR turkey
- 1 (24-ounce) jar spaghetti sauce
- 1 (8-ounce) can tomato sauce
- salt and pepper to taste
- 2 cups uncooked macaroni
- 2 ½ cups water
- 2 (10-ounce) boxes frozen spinach
- 1 cup shredded cheese

### Directions:

1. DICE or SHRED chicken or turkey.
2. In a large skillet or large pot, COMBINE chicken or turkey, spaghetti sauce, tomato sauce, salt, pepper, 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 drained and mashed).