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

Starch

bread
noodles/pasta

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

Bread

bagel
oat bran
pita bread

Condiments

rye
tortillas
whole wheat

white

Ketchup

mayonnaise
mustard

Pickles

relish

Sauces

broth
oyster sauce
package mixes

soy sauce

STIR FRY DISHES
Protein
beef
chicken
crab
pork
shrimp

Vegetables

broccoli
cabbage
carrots

Sauces

chop suey mix
leafy greens
squash

tomatoes

Sauces

broth
oyster sauce

Package mixes

soy sauce

LEFTOVERS
## Work Sheet

### Example:

<table>
<thead>
<tr>
<th>Protein</th>
<th>Vegetable</th>
<th>Starch</th>
<th>Other foods</th>
<th>DISH</th>
</tr>
</thead>
<tbody>
<tr>
<td>tuna</td>
<td>peas and carrots</td>
<td>leftover rice</td>
<td>canned-cream of mushroom soup</td>
<td>CREAM TUNA</td>
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</tbody>
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<thead>
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**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 pan, 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)

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**LETOVERS: 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.

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**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.

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**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.