

RIGHT BITE

YOUR NEWSLETTER
FOR BETTER EATING

MEALS IN MINUTES | FCS249



FAST FOOD AT HOME

With busy schedules, deciding what to have for dinner depends on how much time family members have to spare. Eating out sometimes seems like the only option, but this can be expensive and is usually less nutritious than meals cooked at home.

Don't lose hope! With a little planning, you can make delicious family meals quickly.

DID YOU KNOW?

When you eat out, you pay for the labor. On average, a fast-food meal costs three times what a home-cooked meal costs per person!

MIX-INS MAKE A MEAL

Main dishes that combine meat, vegetables, beans and/or grains can save time because you don't have to prepare each part of the meal separately.

Add a frozen vegetable blend to cooked pasta. Stir in turkey, ham or water-packed canned tuna, and season with a low-fat or fat-free salad dressing for a cold salad.

Mix pasta or rice with vegetables, diced chicken, a low-fat cream soup and low-fat cheese for an easy casserole. Bake until the dish reaches .

Make soup from leftover pot roast and vegetables. Bring to a boil then remove from heat and it's ready to serve!

Have any leftover lean meat or chopped vegetables? Toss them together and spread them over a pizza crust or a tortilla. Sprinkle on some cheese and bake until bubbly and 165°F.



SAVE THE DAY (AND DINNER) WITH STAPLES

Planning meals ahead of time can keep you out of the drive-thru line and on budget. Keeping your pantry and freezer stocked helps you throw together satisfying last minute meals. Planning to use leftovers is another great way to save time in the kitchen. And doubling recipes to freeze to use later can cut food prep-time in half. Here are some items you'll want to keep on hand for flavorful meals in minutes.

On the Shelf	In the Fridge/Freezer	Herbs & Spices
Flour & Cornmeal Sugar, Salt, & Seasonings Nonfat dry milk Baking powder Baking soda Vegetable oil Bread, Rice, Pasta, Tortillas, Oats Canned vegetables, fruits, & broth Onions Potatoes	Milk (low-fat or fat-free) Yogurt Eggs Light margarine Mustard Salsa Lean ground beef Chicken Fish Frozen vegetables & fruit	Pepper Chili powder Basil Salt-free seasoning Oregano Paprika Rosemary Thyme Dried Minced Onions Dried Garlic