

Quick Meals

- With a little planning, healthy quick meals can be a part of any family's busy schedule.
- Home cooked meals are nutritious, better tasting and less expensive.
- Involving family members in meal preparation saves time and provides an opportunity to interact. It is the ideal setting for family communication.

Six Quick Time-Saving Tips

1. Plan menus
2. Shop wisely
3. Organize and equip kitchen
4. Stock pantry, refrigerator and freezer
5. Involve family members
6. Use efficient cleanup methods

Mini-goals

1. _____

2. _____

3. _____

QUICK MEALTIME TIPS FOR BUSY SCHEDULES

Plan Menus

- Select some family favorites.
- Add some budget stretchers.
- Turn leftovers into planned-overs.



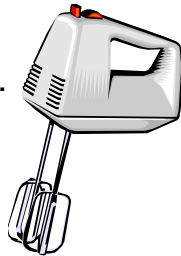
- Include some convenience foods.
- Prepare a shopping list.

Shop Wisely

- Use a shopping list.
- Use coupons wisely.
- Compare unit prices.

Organize and Equip Kitchen

- Acquire necessary equipment.
- Arrange food and equipment conveniently.
- Use labor-saving equipment.



Well-Stocked Kitchen

- Stock cupboards, refrigerator and freezer with supplies.
- Purchase in quantity and repackage into portion sizes.
- Practice the FIFO (first in, first out) method.



Involve Family Members

- Delegate mealtime tasks.
- Teach life skills.

Efficient Cleanup

- Clean as you go.
- Soak dirty dishes.
- Assign family members cleanup chores.



EXTENSION

UtahState
UNIVERSITY

EFNEP—Expanded Food and
Nutrition Education Program

Utah State University is an affirmative action/equal opportunity institution. Developed/Written by Kay Evans and Paula Scott, EFNEP Supervisors. Edited/Designed by Judy Wilde, EFNEP Support Staff.

QUICK AND EZ MEALS

SKILLET CHICKEN BARBECUE

- | | |
|---|-----------------------------|
| 1/4 cup flour | 1 can (8-oz.) tomato sauce |
| 1 tsp. salt | 1/2 cup water |
| 1/4 tsp. pepper | 2 Tbsp. vinegar |
| 3 boneless, skinless chicken
breasts, cut into 1/4-inch strips | 2 Tbsp. brown sugar |
| 1/2 cup onion, chopped | 1 tsp. Worcestershire sauce |
| 1 Tbsp. oil | 1/8 tsp. cumin |
| | 1/2 tsp. salt |

Combine flour, 1 teaspoon salt and pepper in a plastic bag. Add chicken and shake to coat. In a large skillet sauté chicken and onion in oil until chicken is lightly browned. Combine remaining ingredients, pour over chicken. Cover and simmer for 15 minutes or until chicken is tender; stir occasionally. Yield: 6 servings. *Each serving provides 139 calories, 15 g protein, 3 g fat, 13 g carbohydrate, 1 g fiber, 1 mg iron, 21 mg calcium, 402 IU vitamin A, 8 mg vitamin C and 873 mg sodium.*

CHUCK WAGON SKILLET

- | | | |
|------------------------------|--|-------------------------|
| 1 lb. Italian sausage |  | 2 cups uncooked noodles |
| 1/2 cup onion, chopped | | 2 Tbsp. catsup |
| 1 cup celery, sliced | | 1 tsp. salt |
| 1/2 cup water | | Pepper to taste |
| 1 can (14 1/2-oz.) tomatoes | | 2 cups cheese, grated |
| 1 can (14-oz.) corn, drained | | |

In a large skillet sauté sausage, onion and celery; drain fat. Add water, tomatoes, corn, noodles, catsup, salt and pepper. Cover and simmer 18-20 minutes or until noodles are tender; stir occasionally. Stir in cheese. Yield: 8 servings. *Each serving provides 397 calories, 22 g protein, 25 g fat, 83 mg cholesterol, 23 g carbohydrate, 2 g fiber, 2 mg iron, 249 mg calcium, 726 IU vitamin A, 14 mg vitamin C and 1287 mg sodium.*

SKILLET MACARONI AND CHEESE

- | | |
|------------------------------|--------------------------------|
| 1 3/4 cups uncooked macaroni | 1/8 tsp. pepper |
| 1/2 tsp. onion powder | 1/4 cup margarine |
| 1/2 tsp. garlic powder | 2 1/4 cups water |
| 1/4 tsp. Italian seasoning | 1 Tbsp. flour |
| 1/8 tsp. dry mustard | 1 can (12-oz.) evaporated milk |
| 3/4 tsp. salt | 2 cups cheese, grated |

In large skillet sauté uncooked macaroni and seasonings in margarine for 3-5 minutes; add water. Cover and simmer 20 minutes or until macaroni is tender. Sprinkle flour over mixture; blend well. Stir in evaporated milk and cheese. Simmer until mixture thickens and cheese melts; stir constantly. Yield: 6 servings. *Each serving provides 417 calories, 18 g protein, 25 g fat, 57 mg cholesterol, 30 g carbohydrate, 1 g fiber, 2 mg iron, 435 mg calcium, 854 IU vitamin A, 1 mg vitamin C and 680 mg sodium.*

POLYNESIAN SKILLET

2 boneless, skinless chicken breasts, cut into 1/4-inch strips
1 Tbsp. oil
1 medium onion, sliced
1 green pepper, sliced
1 can (15-oz.) pineapple chunks
2 tsp. chicken bouillon granules

1 cup water
1/4 cup vinegar
1/2 cup brown sugar
2 Tbsp. soy sauce
2 Tbsp. cornstarch
1 can (11-oz.) mandarin oranges, drained

In a large skillet sauté chicken in oil until chicken is lightly browned. Add onion and green pepper. Stir fry until vegetables are tender. Add 1/2 cup juice from pineapple, bouillon, water, vinegar and brown sugar. Combine soy sauce and cornstarch; mix well. Add to chicken and vegetables. Simmer until mixture thickens; stir constantly. Add pineapple and mandarin oranges. Serve over rice. Yield: 6-8 servings. *Each serving provides 152 calories, 8 g protein, 2 g fat, 26 g carbohydrate, 1 g fiber, 1 mg iron, 32 mg calcium, 395 IU vitamin A, 31 mg vitamin C and 523 mg sodium.*

Variations: Substitute 1/2 lb. diced pork for chicken or use 1 cup cooked diced ham or 2 cups cooked meatballs.

ONE POT SPAGHETTI

1 lb. ground beef
2 garlic cloves, minced
or 1 tsp. garlic powder
1 medium onion, chopped
1/2 cup green pepper, chopped
1 can (46-oz.) tomato juice
3/4 cup catsup
1 tsp. beef bouillon granules

1 Tbsp. sugar
1 1/2 tsp. Italian seasoning
1/2 tsp. onion powder
1/4 tsp. cumin
1/2 tsp. salt
1/4 tsp. pepper
6 oz. uncooked spaghetti

In a Dutch oven sauté ground beef, garlic and vegetables; drain fat. Add remaining ingredients; mix well. Cover and simmer for 12-15 minutes or until spaghetti is tender; stir occasionally. Yield: 6 servings. *Each serving provides 397 calories, 20 g protein, 16 g fat, 44 g carbohydrate, 3 g fiber, 4 mg iron, 45 mg calcium, 1633 IU vitamin A, 64 mg vitamin C and 1440 mg sodium.*

ASIAN BEEF NOODLES

1/2 lb. beef sirloin steak,
cut into 1/4-inch strips
2 garlic cloves, minced
1 tsp. ginger root, grated
1 Tbsp. oil
1/2 cup onion, sliced



2 cups broccoli flowerettes
2 carrots, sliced
2 cups water
2 pkg. (3-oz.) beef flavor
ramen noodles, broken

In a large skillet sauté beef, garlic and ginger root in oil until beef is lightly browned. Add onion, broccoli, and carrots. Stir fry until vegetables are tender. Add water, noodles and seasoning packets. Simmer for 3-5 minutes until noodles are tender and most of liquid has been absorbed; stir occasionally. Yield: 6 servings. *Each serving provides 227 calories, 17 g protein, 6 g fat, 27 g carbohydrate, 3 g fiber, 3 mg iron, 35 mg calcium, 7203 IU vitamin A, 31 mg vitamin C and 72 mg sodium.*