

Meals Made Easy

Plan ahead.

Keep meals simple! You can make healthy meals fast.

Cook when you have more time – maybe on weekends. Make soups, stews, or casseroles to freeze for the next week.

Do some tasks the day before. Wash and cut vegetables or make fruit salad. Cook noodles for pasta salad. Cook lean ground beef or turkey for tacos. Refrigerate all food items until used.

Fast meals:

Hearty soup: Add canned or frozen vegetables to soup.

Pasta dish: Mix cooked vegetables with chopped lean ham, cooked chicken, or tuna into pasta dishes.

Super chili: Serve homemade or canned chili over a baked potato or brown rice.

Your Ideas:

Shop for time savers.

Check prices on foods that are grated, chopped or washed. These foods often cost more, but they can save time. Try grated low-fat cheese, cut-up chicken, and mixed salad greens when they are on sale.

Stock your kitchen. Get food that you can make and serve in a hurry, such as:

- Fruits (fresh, frozen, canned or dried)
- Vegetables (fresh, frozen or canned)
- Canned beans, fish, poultry or meat
- Canned soups or stews
- Eggs
- Whole-grain bread or pasta
- Brown rice
- Low-fat or fat-free cheese or yogurt

Save time in your kitchen.

Cook a fast way. Microwave, broil, or stir-fry when you can. Roasting and baking take longer.

Make no-cook meals and snacks: Get food that you can make and serve in a hurry, such as:

- Salads with canned tuna, chicken or beans
- Cold sandwiches
- Raw vegetables and low-fat yogurt dip
- Fruit

Cook for today and later. You can make enough meat sauce for spaghetti today and for topping a baked potato tomorrow.

Adapted from *Loving Your Family Feeding Their Future* USDA curriculum.