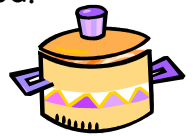


## Meal Time Savers

- **Cook once, serve twice** - Many food items (rice, pasta, chicken, meats, etc.) can be prepared in larger batches to be used another day in a completely different dish. For example: roast a chicken (or buy one at the supermarket) to serve at one meal; chop up the leftover meat & use it for a pasta dish, stir-fry, soup, wrap sandwich or main dish salad. Cooked meats can be stored safely in the frig for 2 - 3 days or frozen for several weeks.



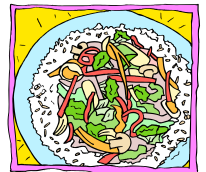
- **Load up the Crock-Pot in the morning** & come home to a delicious ready-to-eat meal - There are healthy crock-pot recipes available on the web; try <http://busycooks.about.com/od/healthycrockpotrecipes/a/healthycrockpot.htm> for ideas. Slow-cooking makes foods moist & flavorful so very lean meat choices (skinless poultry, beef sirloin or round steak, pork tenderloin), most vegetables, and dried beans and peas are perfect for this cooking method. Pasta and rice tend to get mushy in the crock-pot so cook them separately shortly before serving. If you're short on time in the mornings - load the crock the night before & refrigerate overnight.



- **Fish is "fast food"** - Fish can be broiled, grilled, baked or microwaved in as little as 5 - 10 minutes. Fish is done when the flesh appears opaque and measures 145° when tested with a thermometer; don't overcook your fish -it will be dry! Look in the frozen section of the supermarket for marinated fillets (such as Gorton's) that can be cooked from frozen in 15 - 20 min.



- **Cruise the frozen foods aisle for quick, healthy meal items** - There are dozens of frozen items that will make your meal preparation easier on days you are short on time. Look for frozen diced bell peppers and onions, frozen vegetable mixes, chicken breasts, marinated frozen fish fillets, "complete meals" like **Bird's Eye Voila** garlic chicken, teriyaki beef or chicken and shrimp penne; **Gourmet Dining** stir-fry chicken or pork, seafood medley, garlic chicken; and **Lean Cuisine** dinner selects.



- **Make it meatless** - Mix & heat precooked pasta or rice, drained canned beans, diced canned tomatoes, frozen vegetables and your favorite spices (try a *Mrs. Dash* seasoning mix) for a quick & filling meal or serve "breakfast" for dinner . . . a veggie omelet, poached eggs & ham on English muffins or waffles & fruit.

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