

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

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Quick & Easy Meals

Simple meals can be healthy and give you more family time.

- **Do some cooking tasks ahead of time.**
 - Wash and cut fruits and vegetables. Refrigerate.
 - Cook noodles or ground meat and poultry. Refrigerate food until ready to use.
- **Use quick ways to cook** – microwave, broil or stir-fry when possible.
- **Make “no-cook” meals** (sandwiches, salads) **on days you are very busy or feel tired.**
- **Cook once for everyone.** If some family members like plain food set some food aside before adding other ingredients.
- **Make enough food for two meals.**
 - Leftovers will keep for 2 or 3 days in the refrigerator. Serve the same food on two different days as two different dishes.
Example: A pork roast is served for the first meal. Refrigerate leftovers and serve again in a day or two as sliced pork sandwiches with barbecue sauce.
 - Freeze dishes like soups, stews, and casseroles for a second meal.
- **Meals that take longer than a half-hour to prepare could be made on days that you have extra time.** Make a double batch of home-made soups, stews or casseroles on days you do not work. Freeze half for a second meal to serve your family on a work day a week or two later.



SKILLET MEALS

Serves 4 to 6.

Pick a food from each column.



	SAUCE <i>1 can soup plus 1 ½ cans milk or water</i>	MEAT, POULTRY FISH, OR BEANS <i>1 pound or 1 ½ cups “Cooked”</i>	
BREADS & CEREALS <i>1 cup raw</i>	Cream of potato Cream of chicken Cream of celery Cream of mushroom	Chopped beef Chopped chicken or turkey Chopped pork or ham Ground beef	VEGETABLES <i>1 ½ to 2 cups canned, cooked, or raw</i>
Macaroni Spaghetti Rice Noodles Couscous Potato, cubed	Tomato soup Onion soup ½ to 1 cup cheese can be stirred in at the end of cooking time.	Tuna Salmon Mackerel Beans Frankfurters Eggs	Carrots Peas Corn Green Beans Lima beans Broccoli Spinach Mixed vegetables Celery Green pepper

*Adapted from “Parents and Children Growing Together”, Washington State University Extension

1. Choose one food from each of the four groups above. Stir together in a skillet.
2. Season to taste with salt, pepper, soy sauce, onion flakes, or garlic powder.
3. Bring to a boil.
4. Reduce heat to lowest setting. Cover pan and simmer 30 minutes or until pasta, rice, couscous or potato is tender. Stir occasionally to prevent rice, noodles, couscous from sticking.
5. Refrigerate leftovers.

Bake in oven:

1. Mix all ingredients in a casserole dish and cover tightly.
2. Bake at 350 degrees F. for about one hour. Add extra water, if necessary.
3. Refrigerate leftovers.



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