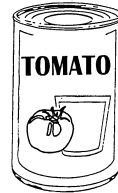


# HOLIDAY MEALS ON A BUDGET

## *Low-Budget Food Makeovers For Holiday Meals*

- ❖ **Prepare cheaper cuts of meat, poultry or fish in a sauce (tomato, gravy, canned cream soups, etc) and serve over noodles or rice.**
  - Add vegetables to sauces (carrots, tomatoes, green peppers, green beans, etc.)
- ❖ **Mix grains (rice, noodles, pasta) and vegetables together.**
  - Flavor with herbs, creamed soups, or sprinkle with cheese.
- ❖ **Garnish vegetables with shaved raw vegetables.**
  - Ex. Garnish a bowl of corn with some raw carrot shavings.
- ❖ **Season food dishes with spices and herbs.**
  - Ex. Sprinkle paprika on top of mashed potatoes before serving. Sprinkle oregano on green beans. Add mint to peas.
- ❖ **Add canned creamed soup to vegetables or meats for added flavor.**
- ❖ **Prepare foods in unique ways.**
  - Use a cookie cutter to give your sandwiches fun, festive shapes.
  - Use fancy shaped pastas (spirals, wheels, etc.).
  - Cut vegetables in a variety of shapes.
- ❖ **Serve fresh or canned fruit with your meal.**
  - Garnish the dinner plate with fruit.
  - Serve fruit on top of pudding, yogurt or low fat ice cream for dessert.



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