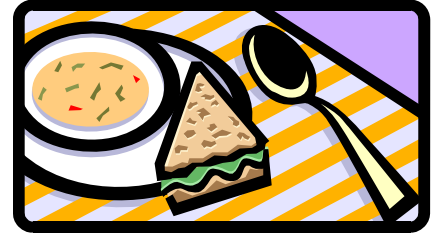


# Tips for Quick Meals



Use quick cooking methods.

- Slice meat and poultry into thinner slices for faster cooking.
- Use quick cooking foods like instant rice or instant potatoes.

Prepare "quick & easy" meals.

- Make sandwiches with whole grain bread, luncheon meat, cheese, lettuce and tomato. **OR** Make mini-pizzas on English muffins with veggies on top. Serve with fruit for a complete meal.
- Take a can of soup and add leftovers like cooked meat, vegetables, rice or noodles.

Cook more than one meal at a time.

- Make enough food for 2 meals and freeze one.
- Make an extra meal while one meal is simmering or baking.

Prepare foods ahead of time and serve later.

- Cook dry beans, rice, macaroni, noodles and potatoes. Use in salads, casseroles, and side dishes within 2 or 3 days.
- The flavors of soups and stews improve on standing. Cook one day, cool quickly (refrigerate) and heat the next day for a meal.