Plan ahead and keep ingredients on hand to make meals quickly and easily. Prewashed produce, frozen vegetables and other nutritious but convenient ingredients can help.

“What’s for dinner?” is probably the most common household question. We get into a rut and make the same things over and over so we get bored with making dinner. Search out new easy recipes to try with your family from the internet, magazines and cookbooks.

In general, people consume 50% more calories, fat and sodium when eating out than when they cook at home. One fast food meal can contain a day’s worth of saturated fat and far more salt than we need.

Eating out has become a way of life for many Americans as at least 1 in 4 people eat some type of fast food every day. We live in a fast-paced, convenience filled world. Most people don’t want to spend any more than 20 minutes to get dinner ready for their family. So it’s easy to turn to restaurants, take out delis and pre-packaged convenience foods.

There are many ways to get dinner on the table without a lot of time commitment. Try pasta dishes or egg dishes that only take a few minutes to cook. Slow cooker dishes simmer all day and are ready when you walk in after work.

Another strategy is to cook enough for two dishes and freeze one. This works especially well for casseroles and lasagna where it’s just as easy to make two as it is one.

Let’s Eat In Tonight!

Nutrient dense and healthy eating options for families to try at home.

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Quick Cooking Pantry

If you opened your pantry and refrigerator, could you make a meal with what you have?

Stocking the staples like spices, flour, sugar, mayonnaise, Worcestershire, soy sauce, etc. along with these few essentials below will help you to be able to pull together meals on short notice or get a good start on planning meals for the week. Just look at the possibilities on the right with these ingredients!

<table>
<thead>
<tr>
<th>Pasta</th>
<th>Canned tomatoes</th>
<th>Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rice</td>
<td>Canned meats or frozen chicken breasts (thaw in microwave)</td>
<td>Eggs</td>
</tr>
<tr>
<td>Bread</td>
<td>Chicken and beef broth</td>
<td>Cheese</td>
</tr>
<tr>
<td>Tortillas</td>
<td>Onions, potatoes, carrots, celery, bell pepper, mushrooms</td>
<td>Butter</td>
</tr>
</tbody>
</table>

Spicy Tomato Spaghetti
Chicken Casserole
Fajitas
Quesadillas
Salmon Patties
Tuna Salad Sandwiches
Chicken Noodle Soup
Grilled Cheese Sandwiches
Frittata
Omelet
Chicken ala King on Toast
Alfredo Noodles
French Onion Soup
Chicken and Dumplings
Chicken Enchiladas
Rice Pilaf
Mashed Potatoes
Chicken Stir Fry

Quick Cooking Methods

<table>
<thead>
<tr>
<th>Stir Frying</th>
<th>Pan Sautéing</th>
<th>Grilling/Broiling</th>
</tr>
</thead>
<tbody>
<tr>
<td>To cook bite-sized pieces of food in a little hot oil in a wok over high heat.</td>
<td>To cook food in a skillet with a minimal amount of fat over relatively high heat.</td>
<td>To cook food on a rack over (grilling) or under (broiling) a heat source.</td>
</tr>
<tr>
<td>Make a sauce of 1/2 cup chicken broth, 1/4 cup hoisin sauce, 2 T. soy sauce and 1 t. cornstarch. In a hot wok cook 1 1/4 pounds of thinly sliced chicken or beef. Remove from pan and add 2 cloves minced garlic, 1/2 teaspoon red pepper flakes and 1 1/2 cups favorite bite-sized veggies. When tender add meat back with sauce and cook just until thickened. Serve over rice.</td>
<td>Pound boneless chicken breasts to 1/2” thick. Cook breasts in large skillet with 1 T. olive oil until cooked through, turning once. Remove to platter. Add 2 diced carrots, 2 T. chopped fresh rosemary and 2 cloves minced garlic to pan and sauté until tender. Add 6 T. apricot preserves and 4 T. Dijon mustard, heating through. Season with salt and pepper and pour over chicken.</td>
<td>Simmer for 15 minutes, 1 T. brown sugar, 1 T. mustard seeds, 1 t. dried oregano, 1 t. chili powder, 1/2 t. salt, 1/2 t. ground cloves, 1/4 cup red wine vinegar, 1 cup ketchup, 1/2 cup water, 2 T. Worcestershire sauce and 1 bay leaf. Cool and reserve 1/2 cup. Pour remainder over flank steak and marinate 4-24 hours. Grill over medium heat, 8-10 min. for medium rare. Slice thinly and serve with reserved sauce.</td>
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</tbody>
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