Nutrition News

3 Easy Steps to Healthy Meals

1 PLAN

- **Keep a list of the things your family likes to eat.** Use the list to plan menus for each week. Add new recipes to your list as you find them. Keep the master list taped inside a kitchen cupboard.
- **Set aside 30 minutes to plan meals for the week.** Plan to use what you have on hand in the refrigerator, freezer, and cupboards. Check your store sale flyer for best prices.
- **List the main dish and side dishes you will serve for each day for a week.** Foods that you need but don’t have will go on your grocery list.
  - Select recipes that have few ingredients and that use quick cooking techniques.
  - Post the menu on the refrigerator.
- **Get input from your family members about main dishes, salads, vegetables, fruit and desserts.**

2 SHOP

- **Shop once a week or once a month, not daily.** This saves time, gas and money.
- **Buy in-season fruits and vegetables.** They are less expensive and taste better.
- **Fill your cart with the basics first**—vegetables, fruits, protein, and milk. These foods are nearly always found along the outside walls of the store.
- **Arrange your list according to the store layout.** This will save time and prevent backtracking. Turn in to center aisles only for specific items, and return to the outside walls.
- **Pay for food, not convenience.** You save money when you buy the basic ingredients—apples, ground beef, milk, carrots. Rather than pre-prepared items.

3 EAT

- **Stick to the list.** You are less likely to overspend and to forget ingredients you need.
- **Don’t shop hungry.** Eat a snack, or go shopping after eating a meal.
- **Let the kids help choose a new fruit or vegetable.** Kids are more likely to try foods that they help pick out and cook.

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3 EAT

- **Stick to your plan.**
- **Wash and prepare fruits and vegetables in advance**, saving you time.
- **Make extra of a main dish** and then plan those leftovers for another meal.
- **Add a favorite canned or frozen fruit or vegetable** to any main meal.
- **Check your meal plan each evening**, and take out frozen meats the night before. Place them in a dish in the refrigerator to thaw safely for dinner the next day.
- **Let kids help fix meals.** Safety comes first. Encourage good hand washing. Kids are more likely to try a new meal if they have help prepare it.

**Cheesy Chicken Enchilada Bake**

1 pound boneless, skinless chicken breast (about 2 cups)
½ cup water
1 tablespoon chili powder
1 can (15 ounces) low sodium black beans, rinsed and drained
1 cup frozen corn
1 cup salsa
8 whole wheat tortillas
Cooking spray
½ cup 2%-fat shredded cheddar cheese

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.
Cut chicken breast into 4-5 chunks. Simmer in a large saucepan with water and chili powder. Cook until internal temperature is 165°F (about 10 minutes). Remove chicken from pan. Cut or shred into small chunks and return to pan. Add beans, corn, and salsa to saucepan, Cook until hot, about 2 minutes. Remove from heat. Spread ½ cup of chicken mixture down the center of each tortilla. Roll up and place seam-side down in greased 9x13 pan. Spread any leftover chicken mixture over the top of the enchiladas. Bake at 375°F for 12-15 minutes. Sprinkle cheese on top of the enchiladas during the last 5 minutes of cooking. Serve immediately. Makes 8.

**Nutrition Facts:** Serving size: 1 Enchilada equals: 310 Calories, 60 Calories from Fat, 7g Total Fat, 1.5g Saturated Fat, 0g Trans-Fat, 40 mg Cholesterol, 510mg Sodium, 41g Total Carbohydrate, 6g Dietary Fiber, 2g Sugars, 22g Protein, Vitamin A 10%, Vitamin C 8%, Calcium 15%, Iron 15%

**COOK and FREEZE**
Families can be busy. There will be days when it is difficult to think about what to make for dinner. It’s **always good to have a quick backup plan.**

Plan ahead and have meals ready.
- **Smart small.** Start with one of your favorite recipes – casserole, lasagna or soup. Cook enough food for 2 meals on first night. Put ½ of the food in the freezer (before your family sits down to eat) for dinner on another night.
- **Freeze a couple weeks’ worth of meals.** Start with 3 to 5 dishes that you like to cook and freeze for later meals. Ask your family and friends for their favorite recipe that will freeze well.

**KID SANDWICHES**
Peanut Butter sandwich
Grilled Ham and Cheese Sloppy Joe on a Small bun
Turkey sandwich
Chicken Strip sandwich

**Chicken Strip Sandwich**
- Cut a raw chicken breast into strips.

- **Heat 1 tablespoon of vegetable oil in a skillet.**
- **Place the chicken strip in the skillet.**
  Cook over medium heat until chicken is light brown and no longer pink. Season with salt and pepper. Serve cooked chicken strips on a bun. Top with little barbecue sauce.

**FITNESS CORNER**

**TOO BUSY TO EXERCISE? TOO COLD TO GO OUTSIDE?**
You can multi-task while food is cooking by exercising in the kitchen!

**WARM UP** - Begin marching in place or walking briskly for one minute. Breathe deeply during exercising (in through the nose and out through the mouth).

**SIDE ARM RAISES** - Hold cans of fruits or vegetables at your sides with palms facing inward. Slowly breathe out as you raise both arms to the side, shoulder height. Hold the position for 1 second. Breathe in as you slowly lower arms to the sides. Build up until you can repeat 10 to 15 more times.

**COUNTERTOP PUSHUPS** - Stand about three feet from the counter. Place hands firmly on the counter top edge keep your back straight and slowly bend your elbows until your chest almost touches the counter. Slowly push back to an arms straight position. Start with 5 and increase the number daily to 10.

**TOE STANDS** - Stand at your kitchen counter, feet shoulder-width apart, holding on to the counter for balance. Breathe in slowly. Breathe out and slowly stand on tiptoes, as high as possible. Hold position for 1 second. Breathe in as you slowly lower heels to the floor. Build up until you can repeat 10 to 15 times. Rest, then repeat 10 to 15 more times.

**SOFT SQUATS** - Face the kitchen counter, with both hands flat on the counter and feet shoulder-width apart. Slowly squat, bending your knees only to your comfort level. Slowly return to standing. Build up until you can repeat 10 to 15 times. Rest; then repeat 10 to 15 more times.

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