

EATING WELL BUT COOKING LESS - WEEK 1 AT-A-GLANCE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Master Mix Pancakes Hot Applesauce Juice Milk	Cinnamon Toast Banana Juice Milk or Cocoa	Spicy Oatmeal Juice Milk	Abba Zabba's Juice Milk	Pumpkin Muffins Juice Milk	Breakfast Bars Banana Milk	Scrambled Eggs Toast Frozen Fruit Medley Milk
Lunch	Chicken Quesadillas Green Salad Salsa Fresh Melon or Canned Fruit Milk	Tortilla Pinwheels Pretzels Baby Carrots Apple Slices Milk	Potato Soup Cheese Slices Grapes Juice or Tea	Deli Meat Sandwich Easy Coleslaw Canned Fruit Milk	Refried Bean Dip Vegetable Sticks Tortilla Chips Orange Milk	Tuna Salad Sandwich Pretzels Grape or Cherry Tomatoes Canned Pears Milk	Cheesy Baked Potatoes Tomato Soup Crackers Grapes Milk
Dinner	Meatloaf Muffins Canned Beans Bag Salad/ Salad Dressing Fruit Cocktail Milk	Easy Chile Cheese Slices Saltines Orange Slices Milk	Chicken Stir Fry Instant Brown Rice Pineapple Milk	Skillet Lasagna Bag Salad/ Italian Dressing French Bread Sherbet/ Berries Milk	Sour Cream/ Ham Hot Potatoes Steamed Broccoli Sliced Peaches Bread Milk	Pizza Bag Salad/ Dressing Chocolate Pudding Fruit Juice Coolers	Potato Chip Chicken Strips Favorite Dipping Sauce Pork 'n Beans Applesauce Milk

*Amount of milk assumes that 4 people will be drinking 1 cup of milk 3 times a day plus cooking. Package sizes are also estimates. Buy amount of milk appropriate for your family and purchase package sizes close to what is needed for the recipe.



EATING WELL BUT COOKING LESS

WEEK 1 Shopping List

Other Items

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Staple Items

- Chicken bouillon granules
- Chicken gravy mix
- Chocolate pudding mix-instant
- Cocoa - unsweetened
- Cooking spray
- Cornstarch
- Dipping sauce - your choice
- Flour - all purpose (4-5 pounds)
- Flour - whole wheat (4-5 pounds)
- Mayonnaise or Salad Dressing - Light
- Nonfat dry milk
- Pancake syrup
- Soy sauce - lower sodium
- Sugar (4-5 pounds)
- Vegetable oil
- Vegetable shortening (optional - could use cooking spray)

Herbs & Spices

- Basil - dried
- Black pepper
- Chili powder
- Cinnamon
- Coriander - ground (optional)
- Cumin - ground
- Garlic, minced & dried
- Garlic powder
- Nutmeg, ground
- Onion, dried & minced
- Onion powder
- Parsley, dried
- Red pepper, ground
- Salt
- Salt-free seasoning
- Thyme, dried



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Grocery

Grains

- Bread, French
- Bread, Whole wheat
- Brown Rice, instant
- English muffins
- Noodles, mini-lasagna (8 oz.)
- Pretzels
- Saltine crackers
- Tortilla, whole wheat (12 count)
- Tortilla chips

Canned Beans, Sauces, Soups & Vegetables

- Chili Beans - 15 oz. can
- Pork n beans - 2 - 15 oz. cans
- Refried beans - 15 oz. can
- Salsa - 32 oz. jar
- Spaghetti sauce - 2 - 27 oz. jars
- Cream of Chicken soup - 10.5 oz. can
- Tomato soup - family size 26 oz. can
- Green beans - 14.5 oz. can
- Tomatoes, diced, no salt added - 14.5 oz. can
- Tomato sauce - hot style - 1- 8 oz. can
- Tomato sauce - no salt added - 2- 8 oz. cans

Canned Fruit & Juice

- Applesauce - 2 - 25 oz. cans
- Fruit cocktail - 1 - 29 oz. can
- Fruit - your choice - 1 - 29 oz. can
- Peaches - 1 - 29 oz. can
- Pears - 2 - 15 oz. cans
- Pineapple - 1 - 20 oz. can
- Pumpkin - 1 - 15 oz. can
- Apple juice - 1 - 64 fl. oz.

Canned Meat

- Chicken - white meat - 1 - 8 oz. can
- Tuna - water pack - 2-3.5 oz. can or 1-6 to 7 oz. can

Other Grocery Items

- Cake mix - yellow - 1 lb, 2.25 oz.
- Cereal - Oat rings, 1 box
- Instant mashed potatoes - 1 box
- Miniature marshmallows (10.1/2 oz. pkg)
- Peanut Butter - 1 jar
- Seltzer Water or club soda - 1 liter
- Oatmeal - quick cooking - 1 container
- Potato chips - your choice - small (5-6 oz.) bag

Dairy

- American cheese - 16 slice pkg
- Cheddar cheese - shredded - 24 oz. pkg
- Cottage cheese - no fat, 16 oz. container
- Cream cheese - pineapple - 1- 8 oz. container
- Mozzarella cheese - shredded - 8 oz. pkg
- Eggs - 1 dozen
- Margarine - 1 lb
- Milk - 6 gallons*
- Sour cream - fat free, 1 - 16 oz. container

Frozen Foods

- Fruit Medley - 16 oz. pkg
- Green pepper, chopped - 1 - 16 oz. pkg
- Hash browns - 1 - 32 oz. pkg
- Juice - your choice, 1- 12 oz. concentrate
- Onions, chopped - 2 - 16 oz. pkg
- Spinach, chopped - 1 - 16 oz. pkg
- Vegetables - stir-fry - 1 - 16 oz. pkg

Fruit - Fresh

- Apples - 4 medium
- Bananas - 10
- Berries - your choice in season - 1 lb, or use frozen
- Grapes - 1 lb
- Melon - your choice - 1
- Oranges - 8
- Orange juice - 1/2 gallon
- Dried apples - 1 pkg
- Raisins - 1 pkg

Meat

- Chicken breasts - boneless, skinless-2 lbs
- Ground beef - 2 lbs
- Ham - deli sliced honey - baked - 1 lb
- Ham - diced - 8 oz.

Vegetables - Fresh

- Broccoli - 1 head
- Carrots - baby, 1 lb
- Celery (optional)
- Coleslaw mix - 1 bag
- Green, yellow or red pepper - 2 of your choice
- Potato - 4 baking
- Romaine lettuce or spinach
- Salad bar items - 1/2 cup shredded carrots, 1/4 cup chopped celery
- Salad in a Bag - 2 bags
- Tomatoes - grape or cherry - 1 - 16 oz. container

EATING WELL BUT COOKING LESS

MENU SUGGESTION

Wheat Pancakes
Hot Applesauce
Juice
Milk

EQUIPMENT NEEDED

Pancakes

- large mixing bowl
- measuring cups
- mixing spoon
- electric skillet or
- frying pan
- spatula
- can opener
- microwave



Shopping Tip

Inexpensive baking mixes can also be found in the bakery aisle of the grocery store.



Nutrition Tip

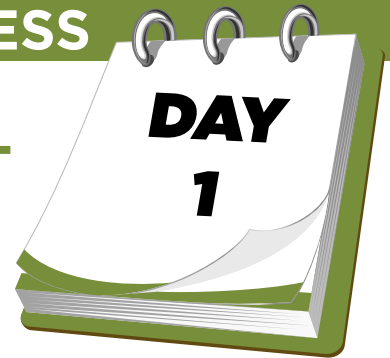
Whole grains provide more fiber and nutrients than processed grains. Including more whole grains in your diet, may lower your cholesterol and help protect you against heart disease and cancer.



Other Creative ideas

Add fruit to the pancake batter such as blueberries or diced apples.

BREAKFAST



PANCAKES

Servings - 4

2 cups Master Mix*
1 egg
1¼ cups milk
1 can (25 oz) applesauce
syrup (optional)



1. Combine Master Mix, egg and milk.
2. Stir until blended.
3. Spoon batter onto hot skillet.
4. When pancakes bubble, turn and cook other side.
5. Warm applesauce in microwave, or on top of stove.
6. Top pancakes with warm applesauce.

*See recipe basic on the back

*MASTER MIX

Makes 10 cups

- 4 cups all-purpose flour
- 4 cups whole wheat flour**
- 1 1/3 cups nonfat dry milk
- 1/4 cup baking powder
- 1 teaspoon salt
- 3/4 cup vegetable shortening or margarine



1. Stir dry ingredients together until well mixed.
2. Cut in vegetable shortening or margarine until well mixed.
3. Store in closed, covered jar or can.
4. Refrigerate to keep longer than one month or if margarine is used.
5. Stir lightly before using in recipes.

**If whole wheat flour is not available, use all-purpose flour. Enriched cornmeal or rolled oats can also be substituted for all or part of the whole wheat flour.

Nutrition Facts	
Serving Size (337g)	
Servings Per Container 4 (3 pancakes per person)	
Amount Per Serving	
Calories 430	Calories from Fat 100
%	
Total Fat 12g 18%	
Saturated Fat 3.5g 17%	
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 590mg	24%
Total Carbohydrate 69g	23%
Dietary Fiber 6g	24%
Sugars 25g	
Protein 13g	
Vitamin A 6%	Vitamin C 6%
Calcium 25%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 Carbohydrate 4 Protein 4	

EQUIPMENT NEEDED

Master Mix

- large mixing bowl
- measuring spoons
- mixing spoon
- fork or pastry blender
- airtight container



Quick Tip

If storage is a problem, make up half of the Master Mix at a time.



“Let me help.”

Children learn motor skills when they can help in the kitchen. Have them help stir the batter, set the table and put items in the trash.



Mealtime/ Family Time

Breakfast is the most important start to the day for everyone. Adults can be role models by eating breakfast too.



Physical Activity

Physical activity will also help you and the kids get your day started. Bend and stretch to wake up sleepy muscles.

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EATING WELL BUT COOKING LESS

MENU SUGGESTION

Chicken Quesadillas
Green Salad/Salsa Dressing
Fresh Melon or
Canned Fruit
Milk

EQUIPMENT NEEDED

- electric skillet or frying pan
- spatula
- measuring cups
- large spoon
- serving plate
- can opener



Shopping Tip

Less expensive cooking spray can be purchased at discount or “dollar” stores. Or buy a special cooking spray bottle that you can fill with your favorite vegetable oil.



Nutrition Tip

Protein is important for repair of body tissues and water balance. You need protein everyday but don't overdo it.

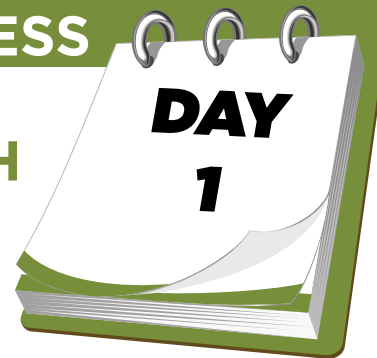
A serving of protein from animal foods is 2-3 ounces or the size of a deck of cards, and 2-3 servings per day is plenty.



Other Creative ideas

Use other protein leftovers such as cooked pork, ground beef, or beans in place of the chicken.

LUNCH



CHICKEN QUESADILLAS

Servings - 4



- 1 tablespoon vegetable oil or cooking spray
- 4 (8-inch) whole wheat tortillas
- 8 oz. canned chicken
- 2 cups cheddar cheese, shredded
- 1 cup chopped bell peppers (frozen)
- 1 cup chopped onion (frozen)
- salsa (optional)

1. Lightly oil a frying pan or skillet and heat over medium heat.
2. Place as many tortillas as will fit in a single layer depending on the size of the pan.
3. Top each with $\frac{1}{4}$ of the chicken, $\frac{1}{2}$ cup of the cheese and $\frac{1}{4}$ cup each of peppers and onions.
4. Cook in the pan until the cheese begins to melt, about 1 minute, then fold the tortillas in half.
5. Continue to cook until crispy on both sides, another minute or two.
6. Serve immediately.

Nutrition Facts	
Serving Size (228g)	
Servings Per Container 4	
Amount Per Serving	
Calories 450	Calories from Fat 250
% Daily Value *	
Total Fat 27g	42%
Saturated Fat 14g	0%
Trans Fat 0g	
Cholesterol 95mg	31%
Sodium 810mg	34%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	16%
Sugars 4g	
Protein 30g	
Vitamin A 15%	Vitamin C 30%
Calcium 45%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



Quick Tip

Look for frozen, chopped green peppers and onions in the vegetable section of your grocer's freezer case.

Shredded cheese can often be purchased for specific recipes such as a Mexican blend for Mexican foods.



“Let me help.”

Children can set the table while you cook the quesadillas.



Mealtime/ Family Time

When the family is ready to eat, turn off the TV and take time to enjoy the food and the company.



Physical Activity

A quick walk around the block or game of tag before lunch will help children settle down and enjoy their food.

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EATING WELL BUT COOKING LESS

MENU SUGGESTION

Meatloaf Muffins
Canned Green Beans
Bag Salad/Salad Dressing
Fruit Cocktail
Milk

EQUIPMENT NEEDED

- mixing bowl
- mixing spoon
- measuring cups
- measuring spoons
- muffin tin
- food thermometer
- hot pad



Shopping Tip

You can save \$ by buying meats in bulk and dividing them up into recipe portions and freezing, if you have the room.



Nutrition Tip

Because you won't be able to rinse the ground beef and strain off a lot of the fat after cooking, spend a little more to buy leaner ground beef for a heart-healthy dish.



Quick Tip

Frozen, chopped onions can often be found in the freezer case at your local grocer.

Grated cheese is another time saver and often is the same price as block cheeses.

DINNER



**DAY
1**

MEATLOAF MUFFINS

Servings - 6

- 1 egg
- ½ cup milk
- ¾ cup oats
- 1 pound lean ground beef
- 3 tablespoons chopped onion
- ½ teaspoon salt
- ½ cup grated cheese



1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture into muffin cups.
4. Bake for 30 minutes, or until temperature in center of meatloaf is 165 degrees.
5. Cool slightly before removing from muffin cups.

Source: www.kidsacookin.ksu.edu

Nutrition Facts

Serving Size 2 muffins (136g)
Servings Per Container 6

Amount Per Serving

Calories 260 Calories from Fat 100

% Daily Value *

Total Fat	11g		18%
Saturated Fat	5g		24%
Trans Fat	0g		
Cholesterol	70mg		23%
Sodium	450mg		19%
Total Carbohydrate	16g		5%
Dietary Fiber	2g		9%
Sugars	3g		
Protein	22g		

Vitamin A	2%	Vitamin C	0%
Calcium	10%	Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4



“Let me help.”

Kids can help with mixing up the meatloaf and spooning it into the muffin tins.



Mealtime/ Family Time

Start a family tradition by choosing someone to be the “star” at that meal. The “star” gets to be served first and can choose the topic of conversation.

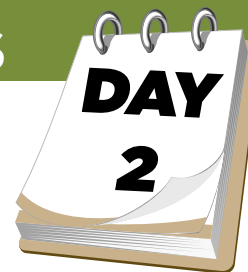


Physical Activity

While the meatloaf is baking, have everyone do the “10 minute Pick Up Game” of picking up and tidying up the house.

EATING WELL BUT COOKING LESS

BREAKFAST



Menu Suggestion

Cinnamon Toast Strips
Banana
Juice
Milk or Hot Cocoa

Equipment Needed

Cinnamon Toast Strips

- toaster
- knife
- serving plate



Shopping Tip

If you prefer to use a store-bought instant cocoa mix, look for brands that provide some calcium. Calcium is important for bone strength and blood pressure control.



Nutrition Tip

For a nutritious breakfast, serve foods from at least 3 food groups such as a grain, a fruit and a dairy food.



Food Safety Tip

Eating in the car is dangerous especially when traveling with hot liquids. It's better to eat before leaving home.

CINNAMON TOAST STRIPS

Servings - 4



8 slices whole wheat bread
margarine
cinnamon sugar ($\frac{1}{2}$ cup sugar, 1 tablespoon cinnamon)

1. Mix up cinnamon sugar and put into shaker.
2. Toast bread.
3. Spread with margarine and sprinkle on cinnamon sugar.
4. Slice toast into strips.

Nutrition Facts

Serving Size (99g)
Servings Per Container

Amount Per Serving

Calories 280 Calories from Fat 90

% Daily Value*

Total Fat 11g 17%

Saturated Fat 1.5g 8%

Trans Fat 0.5g

Cholesterol 0mg 0%

Sodium 460mg 19%

Total Carbohydrate 44g 15%

Dietary Fiber 6g 24%

Sugars 10g

Protein 10g

Vitamin A 6% • Vitamin C 0%

Calcium 8% • Iron 10%

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Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INSTANT COCOA MIX

Makes 24 - ¼ cup servings



- 3 cups nonfat dry milk powder
- ½ cup sugar
- ½ cup unsweetened cocoa powder
- ½ cup nonfat dairy creamer

To prepare mix:

1. Measure ingredients into mixing bowl; stirring well to combine ingredients.
2. Store prepared mix in a covered container or in a reclosable plastic bag.

To prepare 1 cup:

1. Fill a micro-safe mug ¾ full of water. Microwave for 2 minutes on high.
2. Measure ½ cup mix and stir into hot water.

Nutrition Facts	
Serving Size 4 1/2 cup dried mix (35g)	
Servings Per Container 14 cups hot cocoa	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value *	
Total Fat 0.5g	1%
Saturated Fat 2g	0%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 80mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 6g	
Vitamin A 6%	Vitamin C 2%
Calcium 20%	Iron 2%

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Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Equipment Needed

Instant Cocoa Mix

- air tight container
- measuring cups
- measuring spoons
- mixing spoon
- pan or microwave safe container
- mug
- microwave



Quick Tip

The key to eating breakfast is to have quick breakfast foods on hand. Write up a list of favorite breakfast foods and keep your cupboard stocked.



“Let me help.”

Kids can spread the margarine and sprinkle the cinnamon sugar on the toast. Besides strips, toast can be cut into triangles or miniature squares.



Mealtime/ Family Time

Research shows that people who eat breakfast eat healthier throughout the day. Make breakfast a healthy habit.



Physical Activity

Play pretend games to help the kids get moving and thinking. They could pretend to feed or milk the cow.

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MENU SUGGESTION

Tortilla Pinwheels
Pretzels
Baby Carrots
Apple Slices
Milk

EQUIPMENT NEEDED

- plastic wrap
- spreading knife



Shopping Tip

While a value meal may seem inexpensive, spending \$5 a day on lunch for 1 person will add up to about \$1200-1300 in a year. Most fast food meals are also high in fat, calories and sodium.



Nutrition Tip

Whole wheat tortillas are higher in fiber and other nutrients compared to flour tortillas.



Other Creative Ideas

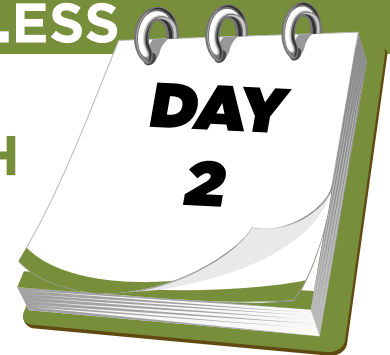
For variety, use deli turkey or roast beef, and other flavored cream cheeses such as garden herb.



Food Safety Tip

Cream cheese and deli meats are potentially hazardous foods. Keep them refrigerated.

LUNCH



TORTILLA PINWHEELS

Servings - 4



4 (8-inch) flour or 100% whole wheat tortillas
¼ cup soft pineapple cream cheese
12 deli-thin slices honey baked ham
8 to 12 leaves of spinach or romaine lettuce

1. Place a sheet of plastic wrap on counter. Place 1 tortilla on top of plastic wrap. Spread 1 tablespoon cream cheese evenly over tortilla. Cutting ham slices if necessary, place 3 ham slices in a single layer on top of cream cheese. Place 2 to 3 leaves of spinach or lettuce in center of tortilla.
2. Roll up tortilla, enclosing filling. Repeat for remaining tortilla.
3. Cut each tortilla in half. Roll each tortilla individually in plastic wrap; twist ends to seal. Refrigerate until ready to eat.

Nutrition Facts	
Serving Size (110g)	
Servings Per Container 4	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value *	
Total Fat 7g	10%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 710mg	30%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	10%
Sugars 4g	
Protein 11g	
Vitamin A 30%	Vitamin C 10%
Calcium 5%	Iron 10%
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Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	



Quick Tip

Tortilla pinwheels can be eaten like a burrito or slice them into pinwheel circles to serve as a snack.



“Let me help.”

Kids can help with making the pinwheels by spreading on the cream cheese and adding the meat and vegetables. Parents may have to lend a hand with rolling up the tortillas.



Mealtime/ Family Time

A small note of praise tucked into your child’s or loved one’s lunch will brighten their day.



Physical Activity

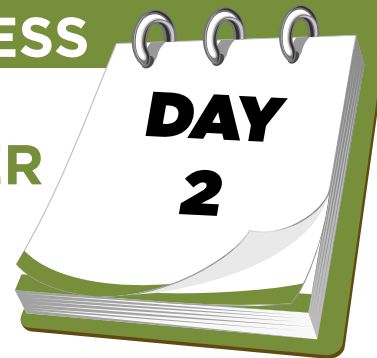
Eat lunch outside and after eating, take a nature walk.

EATING WELL BUT COOKING LESS

MENU SUGGESTION

Easy Chili
Cheese slices or
shredded cheese
Saltine crackers
Orange slices
Milk

DINNER



Equipment Needed

- large skillet or electric skillet
- colander
- large bowl
- mixing spoon
- can opener
- ladle
- food thermometer



Shopping Tip

For casserole and soup dishes like the chili, purchase less expensive packages of ground beef such as the 80% lean instead of the 90% lean.



Nutrition Tip

By rinsing cooked ground beef in hot water, you can lower the fat content by 10 to 12g/ serving.

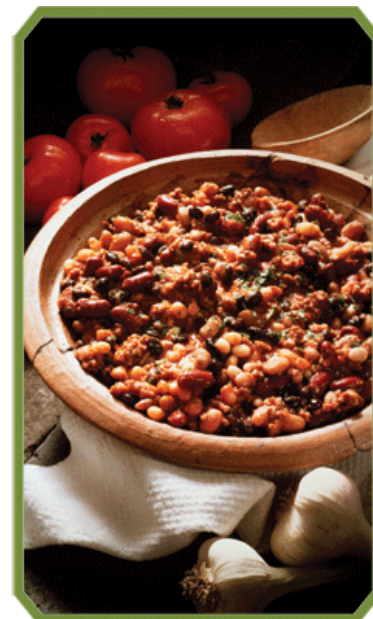


Quick Tip

Canned vegetables are great convenience foods. Keep them on hand to add to soups and casseroles. They are also easy side dishes - heat and serve.

EASY CHILI

Makes 6 - 1 cup servings



½ pound lean ground beef
8 oz. can Mexican hot style tomato sauce
8 oz. can tomato sauce - no salt added
15 oz. can diced tomatoes - no salt added
15 oz. can chili beans
½ cup frozen, diced onions

1. Brown ground beef in large skillet.
2. To remove extra fat, place cooked ground beef in a colander and place colander in large bowl. Rinse ground beef with very hot water. Drain well. Place cooled grease in a container and put in the garbage. Do not rinse down the drain.
3. Return ground beef to skillet.
4. Add remaining ingredients.
5. Bring to a boil. Simmer until chili reaches 165°F.
6. For spicier chili, add 1½ teaspoons to 1 tablespoon of *Mexican Seasoning Mix to chili.

Nutrition Facts

Serving Size (273g)
Servings Per Container 6 - (1 cup)

Amount Per Serving

Calories 180 Calories from Fat 45

% Daily Value *

Total Fat 5g	7%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 580mg	24%
Total Carbohydrate 19g	9%
Dietary Fiber 5g	19%
Sugars 6g	
Protein 14g	

Vitamin A	20%	Vitamin C	20%
Calcium	4%	Iron	20%

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Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4



Other Creative Ideas

If you need to cut back on your salt intake, look for canned goods that say “no salt added.” To improve flavor, add spices and herbs such as the “Mexican Seasoning Blend” to chili and other savory dishes.



“Let me help.”

Let children practice pouring. Start with water and keep napkins handy for any spills. Also use cups or glasses that have a broad base and won’t tip over as easily.



Mealtime/ Family Time

Use family mealtime to plan future menus. Kids who have a choice in what they are served are more likely to eat it.



Physical Activity

Make dinner a fiesta and add some dance time to family time.

EATING WELL BUT COOKING LESS

MENU SUGGESTION

Spicy Oatmeal Cereal
Juice
Milk

Equipment Needed

- microwave safe dish
- measuring cups
- spoon
- microwave



Shopping Tip

Plain quick-cooking oats are much less expensive than flavored oatmeals. By making your own mixes, you can control the sugar and sodium.



Nutrition Tip

Oatmeal is a whole grain and contains soluble fiber, which helps with lowering cholesterol.



Food Safety Tip

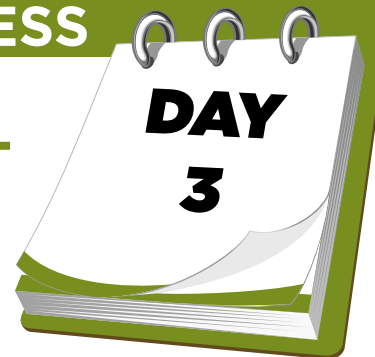
Store grains in tightly closed containers to keep out moisture and pests. Date the container and use within 6 months.



Other Creative Ideas

Use other dried fruit like apricots and raisins, and also add 1-2 tablespoons of your favorite nuts for a hearty breakfast.

BREAKFAST



SPICY OATMEAL CEREAL

Servings - 1 cup

- 1/2 cup apple juice
- 1/4 cup water
- 2/3 cup Spicy Oatmeal Mix*

Microwave preparation:

1. Place liquids in cereal bowl. Heat to boiling in microwave.
2. Stir in oatmeal mix.
3. Cook, uncovered, at high power for 30 seconds. Stir and let stand for 1 minute.



Nutrition Facts

Serving Size (56g)		Servings Per Container 6	
Amount Per Serving		Calories 210	
		Calories from Fat 30	
		% Daily Value *	
Total Fat	3g	5%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	45mg	2%	
Total Carbohydrate	39g	13%	
Dietary Fiber	5g	20%	
Sugars	9g		
Protein	6g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 · Carbohydrate 4 · Protein 4			

Stovetop preparation:

1. Increase apple juice to 2/3 cup. Increase water to 1/3 cup.
2. Heat liquids to boiling in saucepan.
3. Add oatmeal mix; stir.
4. Reduce heat; cook 2 minutes, stirring as needed and serve.

*QUICK & EASY SPICY OATMEAL MIX

Makes 4 cups of mix



3 cups rolled oats, quick-cooking
1 cup dried apples, chopped
1 teaspoon cinnamon
¼ teaspoon nutmeg

1. Mix ingredients thoroughly.
2. Store in tightly closed container at room temperature. Use within 2 months.

NOTE: For a variety, try other dried fruit, like raisins or apricots.

Nutrition Facts				
Serving Size (56g)				
Servings Per Container 6				
Amount Per Serving				
Calories 210	Calories from Fat 30			
%				
Total Fat 3g 5%				
Saturated Fat 0g 0%				
Trans Fat 0g				
Cholesterol 0mg 0%				
Sodium 45mg 2%				
Total Carbohydrate 39g 13%				
Dietary Fiber 5g 20%				
Sugars 9g				
Protein 6g				
Vitamin A 0%	Vitamin C 0%			
Calcium 4%	Iron 15%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Calories per gram:				
Fat 9 · Carbohydrate 4 · Protein 4				

Equipment Needed

Spicy Oatmeal Mix

- air tight container
- measuring cups
- measuring spoons
- mixing spoon



Quick Tip

Make up batches of the oatmeal mix to give as a healthy gift. Be sure to put it in a safe container and include a copy of the recipe.



"Let me help."

Kids who help make the oatmeal mix are likely to eat it. Let them choose the types of dried fruits to add.



Mealtime/ Family Time

Two recent research studies found that kids who ate oatmeal for breakfast did better on memory and attention tasks. Make eating oatmeal a family habit.



Physical Activity

Do the kids walk to school? It's a great way to start the day.

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EATING WELL BUT COOKING LESS

MENU SUGGESTION

Potato Soup
Cheese Slices
Grapes
Juice or Tea

LUNCH



**DAY
3**

EQUIPMENT NEEDED

- large mixing bowl
- mixing spoon
- measuring cups
- air tight container
- measuring spoons
- mug or bowl
- spoon



Shopping Tip

Spices and herbs can be expensive. Buy small quantities at first to see if you like them. Store tightly covered in a cool, dry place.



Nutrition Tip

This soup mix is a great way to add more calcium to your diet. One cup of soup contains $\frac{1}{2}$ serving of milk.



Food Safety Tip

Store soup mix and non-fat dry milk in tightly covered containers. Use within 3-6 months.



Quick Tip

Take this soup mix to work for a quick lunch at your desk.

POTATO SOUP MIX

Servings - 8- $\frac{1}{2}$ cup



$2\frac{1}{2}$ cups instant mashed potatoes
 $1\frac{1}{4}$ cups non-fat dry milk
1 packet of chicken gravy mix
2 teaspoons salt-free seasoning (Spike, Mrs. Dash, Lowry's)
2 teaspoons dried minced onion
2 teaspoons chicken bouillon granules
1 teaspoon dried parsley

1. Place ingredients in large bowl and mix well.
2. Place in container.

Individual servings can be made by placing $\frac{1}{2}$ cup of the mix in separate containers. Yield: 4 cups mix.

To use: Place $\frac{1}{2}$ cup Potato Soup Mix in a mug or bowl. Add 1 cup boiling water. Stir well. Let stand 3 minutes until thickened. Shredded cheese or bacon bits may be sprinkled over top.

Nutrition Facts	
Serving Size (34g)	
Servings Per Container 8	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 6g	
Vitamin A 0%	Vitamin C 4%
Calcium 15%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 · Carbohydrate 4 · Protein 4	



Other Creative ideas

This mix can be the base for a variety of soups. Make up the soup for the desired number of people. Thoroughly heat cooked vegetables and meats. Add hot potato soup and top with a little cheese.



“Let me help.”

Children can help with washing the grapes. Pat dry with a paper towel.



Mealtime/ Family Time

Soup can be messy for young children. Try putting soup in a mug so that they can drink it. Fewer spills and messes help make meal time more pleasant.



Physical Activity

For indoor fun, juggle with balloons.



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EATING WELL BUT COOKING LESS

MENU SUGGESTION

Chicken Stir Fry
Brown Rice
Pineapple
Milk

DINNER



**DAY
3**

Equipment Needed

- sharp knife
- cutting board or plate
- measuring spoons
- skillet or large saucepan
- mixing spoon
- measuring cups
- small bowl
- food thermometer



Shopping Tip

Frozen vegetable mixes are available for a variety of dishes such as stir fry, pasta, soups and stews.



Nutrition Tip

Eat at least 3 servings of vegetables everyday. A serving is ½ cup of cooked vegetables or 1 cup of salad. Vegetables are low in fat and high in fiber.



Food Safety Tip

Cooked vegetables and grains are potentially hazardous food just like meats, fish, poultry and eggs. Refrigerate leftovers in single serving containers within 2 hours of cooking.

CHICKEN STIR FRY

Servings - 4

1 pound raw, boneless chicken breasts
1 tablespoon oil
3 cups frozen stir-fry vegetables
½ cup onion - frozen, diced
½ teaspoon garlic powder
1 teaspoon cornstarch
2 teaspoons soy sauce
⅓ cup water
Instant brown rice

1. Cut up chicken into 1 inch cubes.
2. Heat oil in large skillet. Add chicken.
3. Stir and cook over moderate heat until thoroughly done and browned on all sides.
4. While chicken is cooking, prepare 4 servings of instant brown rice according to package directions.
5. Add vegetables to chicken and cook until just crisp tender.
6. In a small bowl, mix remaining ingredients. Add to hot chicken and vegetables. Stir and cook 1 minute or to 165°F.
7. Serve over hot rice.



Nutrition Facts

Serving Size (336g)
Servings Per Container 4

Amount Per Serving

Calories 230 Calories from Fat 50

	% Daily Value *
Total Fat 5g	8%
Saturated Fat 0.5g	4%
Trans Fat g	
Cholesterol 65mg	22%
Sodium 750mg	31%
Total Carbohydrate 16g	5%
Dietary Fiber 4g	15%
Sugars 4g	
Protein 31g	

Vitamin A 80%	Vitamin C 50%
Calcium 10%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4



Quick Tip

Frozen vegetables are the easiest to use when needing only 1 or 2 servings.



Other Creative Ideas

For a variety, substitute other meats such as beef or pork.



“Let me help.”

Supervise children closely when cooking to avoid burns. While cooking the chicken and vegetables, put the cornstarch, garlic, soy sauce and water in container with a lid. Seal the container and let your child shake it to mix the sauce.



Mealtime/ Family Time

Ethnic foods are a great way to learn about other cultures. Have family members research Asian cultures and then discuss similarities and differences at dinner.



Physical Activity

After dinner, take the entire family on a walk.



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EATING WELL BUT COOKING LESS

**DAY
4**

MENU SUGGESTION

Abba Zabbas
Juice
Milk

Equipment Needed

- microwave safe plate
- knife



Shopping Tip

When buying bananas, buy ones that are plump and with a green to yellow peel. Ripen at room temperature. The fruit is ripe when the peel has brownish specks. The skin will continue to brown but the flesh is okay to eat when several days old.



Nutrition Tip

Peanut butter is high in fat, however, it contains more monounsaturated fat which is good for your heart.



Food Safety Tip

Fresh fruits and vegetables need to be washed with plenty of plain, cool water just before eating to remove any dirt, bacteria, or other unsafe debris. This is true even if you are going to remove the peel, rind or outer leaves.



Other Creative Ideas

Use other favorite fruit besides bananas such apple slices, dried apricots, etc.

BREAKFAST

ABBA ZABBAS

Servings - 4



- 4 whole wheat tortillas
- 4 tablespoons peanut butter
- 2 bananas
- 4 tablespoons raisins (optional)
- cinnamon sugar -
(Breakfast - Day 2)

For 1 tortilla

- 1 tortilla
- 1 tablespoon peanut butter
- ½ banana
- 1 tablespoon raisins
- cinnamon sugar

1. Warm tortilla in microwave for about 10 seconds.
2. Spread 1 tablespoon peanut butter on each tortilla.
3. Slice bananas in half and put one-half banana on each tortilla.
4. Sprinkle on raisins and cinnamon sugar.

Nutrition Facts

Serving Size (142g)

Servings 1 wrap

Amount Per Serving

Calories 330 Calories from Fat 100

% Daily Value *

Total Fat 11g 17%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 250mg 10%

Total Carbohydrate 50g 17%

Dietary Fiber 5g 20%

Sugars 19g

Protein 9g

Vitamin A 0% Vitamin C 10%

Calcium 0% Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4



Quick Tip

This recipe takes less than a minute to prepare. Its also a commuter breakfast for passengers if running late. Don't forget a container of milk.



“Let me help.”

Children can help with slicing the bananas if you give them a plastic knife.



Mealtime/ Family Time

Kids who eat breakfast make fewer trips to the school nurse's office complaining of a stomach ache. Is breakfast in your house a family habit?



Physical Activity

Morning chores, such as having kids make their beds, is one way to get them moving.

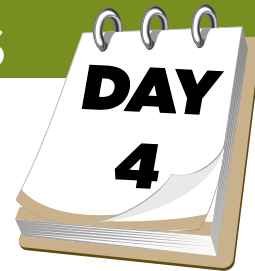


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EATING WELL BUT COOKING LESS



LUNCH

Menu Suggestion

Deli Meat Sandwiches
(use leftover deli meat
from Day 2)
Easy Coleslaw
Canned Fruit
Milk

Equipment Needed

- large mixing bowl
- mixing spoon



Shopping Tip

When buying “salads in the bag,” be sure to check the “best if used by date.” If you are not going to eat the salad right away, buy packages that have later dates so that you still have a salad that tastes good and has the most nutrients.



Nutrition Tip

Cabbage belongs to “cruciferous” vegetables which contain special nutrients that fight cancer. Other foods in this group are broccoli, brussel sprouts, cauliflower, radishes and turnips. Eat them several times a week.



Quick Tip

This salad can be made up ahead of time. It will keep several days in the refrigerator.

EASY COLESLAW

Servings - 8- 1 cup



½ cup light mayonnaise
1 tablespoon milk
1 tablespoon vinegar
1 tablespoon sugar
1 bag coleslaw mix

1. In a large bowl, mix first four ingredients until well blended.
2. Add coleslaw mix.
3. Cover and chill until ready to serve.

Nutrition Facts

Serving Size (77g)

Servings Per Container 8

Amount Per Serving

Calories 70 Calories from Fat 45

% Daily Value *

Total Fat	5g		8%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	130mg		5%
Total Carbohydrate	6g		2%
Dietary Fiber	1g		5%
Sugars	3g		
Protein	1g		

Vitamin A	2%	Vitamin C	30%
Calcium	2%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4



Other Creative ideas

For a different type of slaw, look for bags of broccoli slaw in the produce section. Use for a salad, or to add crunch to a sandwich. Bag coleslaw and broccoli slaw can also be used in stirfry.



“Let me help.”

Have children help make the slaw especially if they are picky about vegetables. They may be more willing to eat their vegetables if they helped prepare them.



Mealtime/ Family Time

This is a great lunch to take on a picnic in the park. After lunch and rest, play with your child to get some physical activity.



Physical Activity

See Mealtime FamilyTime

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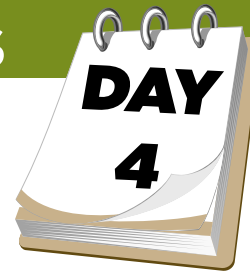


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EATING WELL BUT COOKING LESS



DINNER

Menu Suggestion

Skillet Lasagna
Bag Salad/Italian Dressing
French Bread
Sherbet/
Berries of your choice
Milk

Equipment Needed

- large frying pan with lid or electric skillet
- mixing spoon
- colander
- large bowl
- food thermometer

Shopping Tip

Tomato sauces now come flavored for specific dishes such as lasagna. Purchase these products if you don't want to invest in a lot of spices and herbs.



Nutrition Tip

Spinach is high in Vitamin A and Vitamin C. It also contains some iron but we may not absorb it well.



Food Safety Tip

Never partially cook meats, poultry, eggs or fish, and finish cooking at a later time. To properly kill bacteria, meats, poultry, eggs and fish need to be continually cooked to their proper end point temperature.



SKILLET LASAGNA

Servings - 6



- ½ pound lean ground beef or ground turkey
- ½ cup frozen, chopped onion
- 15 oz. can of tomato sauce (no salt added if desired)
- 1½ cups water
- 2 teaspoons Italian Seasoning*
(purchased or make your own recipe on the back)
- 8 oz. mini lasagna noodles
- 1 cup non-fat cottage cheese
- 1 10 oz. package frozen, chopped spinach (thawed)
- ½ cup shredded Mozzarella cheese

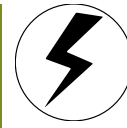
1. Brown meat in large frying pan. Place meat in a colander, then in a large bowl and rinse well with very hot water. Drain. Return to pan. Place cooled grease in garbage, not down the sink.
2. Add onion, tomato sauce and Italian Seasoning. Bring to a boil.
3. Add noodles. Cover and simmer 5 minutes.
4. Break up thawed spinach and stir into mixture in pan. Cover and simmer 5 minutes.
5. Stir. Spread cottage cheese on top. Sprinkle on mozzarella.
6. Cover and simmer about 10 minutes until noodles are tender and mixture is 165°F.

*Italian Seasoning

¼ cup dried parsley flakes 1 teaspoon dried thyme
 2 tablespoons dried minced garlic ¼ teaspoon red pepper
 4 teaspoons dried basil

1. Mix, store in an airtight container.

Nutrition Facts			
Serving Size (323g)			
Servings Per Container 6			
Amount Per Serving			
Calories 300		Calories from Fat 50	
%			
% Daily Value *			
Total Fat	6g	9%	
Saturated Fat	2.5g	13%	
Trans Fat	0g		
Cholesterol	20mg	7%	
Sodium	730mg	30%	
Total Carbohydrate	39g	13%	
Dietary Fiber	4g	16%	
Sugars	7g		
Protein	23g		
Vitamin A	90%	Vitamin C	25%
Calcium	15%	Iron	20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4



Quick Tip

Forget to thaw the spinach? Thaw it quickly in the microwave or in a small sauce pan on the stove while browning the meat.



Other Creative Ideas

Can't find mini-lasagna noodles? Use bowties, spirals or any favorite pasta shape.



“Let me help.”

When teaching your children a new task, tell them what to do and then show them, if necessary. Expect some messes, and make cleanup part of each job.



Mealtime/ Family Time

Use mealtime to teach children about nutrition: pasta gives us energy, meat gives protein to repair tissues, spinach and tomatoes give us vitamins for good health.



Physical Activity

Have the kids spell out “lasagna” with their bodies.

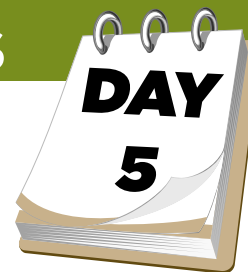
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EATING WELL BUT COOKING LESS



Menu Suggestion

Pumpkin Orange Muffins
Juice
Milk

BREAKFAST

Equipment Needed

- oven
- muffin tins - 2 or 9"x13" cake pan
- measuring cups
- large mixing bowl
- small hand mixer
- large spoon or small ladle
- spatula
- hot pad



Shopping Tip

When buying eggs, open the carton and wiggle each egg to make sure none are broken.



Nutrition Tip

A serving of these muffins is an excellent source of Vitamin A which keeps skin healthy and helps fight infection.



Food Safety Tip

Don't taste the muffin batter. Raw eggs may contain Salmonella bacteria that can make you sick.



Other Creative Ideas

Add poppy seeds (2T) if desired.

PUMPKIN ORANGE MUFFINS

Makes - 24 muffins
1 serving - 2 muffins



1 package yellow cake mix
(1 lb. 2.25 oz)
1¼ cups pumpkin
3 eggs
⅔ cup orange juice
shortening, flour for pans

1. Preheat oven to 350 degrees.
2. Prepare baking pans. Grease muffin tins or use paper muffin cups. For cake, grease and flour a 9x13 inch pan. For loaf bread, grease and flour two 9x5 inch pans or several smaller pans.
3. Combine cake mix, pumpkin, orange juice and eggs in large bowl. Beat at low speed 30 seconds until blended; beat at medium speed 2 minutes.
4. Fill muffin tins ⅔ full (*makes 24*); or pour into prepared cake pan; or pour into prepared loaf pans.
5. Bake until a toothpick comes out clean when inserted in the middle of the muffin, cake or loaf.

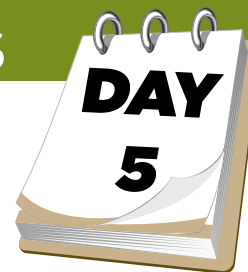
Approximate baking times are:

Muffins: 15-20 minutes

Loaf Bread: 40-45 minutes

Cake: 30-35 minutes

EATING WELL BUT COOKING LESS



LUNCH

Menu Suggestion

Refried Bean Dip
Vegetable Sticks - assorted
Tortilla Chips
Oranges
Milk

Equipment Needed

- can opener
- small bowl or sealable container
- measuring cups
- spoon
- paring knife for slicing vegetables
- plate or cutting board



Shopping Tip

Canned refried beans come in a variety of styles and flavors: traditional, fat free, vegetarian, spicy, etc.



Nutrition Tip

Beans are an excellent source of fiber. Green, red and yellow peppers are excellent sources of Vitamin C.



Food Safety Tip

Cooked beans are potentially hazardous foods. Divide leftovers in small shallow containers and refrigerate within 2 hours, so that they chill quickly.

REFRIED BEAN DIP

Servings - 1



1 cup canned refried beans - lowfat

¼ cup mild salsa

⅓ cup shredded cheddar cheese

baby carrots, celery, green, red & yellow peppers

1 oz. tortilla chips (about 9-10 chips)

1. Mix beans, salsa and cheese together.
2. Serve with vegetables and chips.

Nutrition Facts

Serving Size (87g)

Servings Per Container 4

Amount Per Serving

Calories 110 Calories from Fat 30

% Daily Value *

Total Fat 3g 5%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 390mg 16%

Total Carbohydrate 13g 4%

Dietary Fiber 4g 14%

Sugars 0g

Protein 7g

Vitamin A 2% Vitamin C 0%

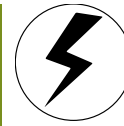
Calcium 10% Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4



Quick Tip

Portion out left-over refried beans into single serving freezer-proof containers and freeze for future lunches and snacks.



Other Creative Ideas

For a hot bean dip, microwave 2-3 minutes until steamy (165°F). Let cool 1 minute and serve. Instead of tortilla chips, use whole grain crackers or pita bread.



“Let me help.”

Children can help with washing the vegetables and patting them dry with a paper towel.



Mealtime/ Family Time

Play counting games with children such as “how many different vegetables can you eat?” and “how many sections are in an orange?”



Physical Activity

Besides playing counting games at meal time, have the kids count their steps. An inexpensive pedometer will help them keep track.

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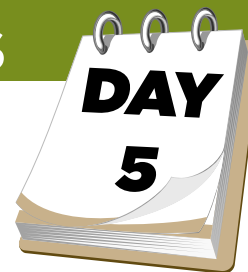
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EATING WELL BUT COOKING LESS

DINNER



Menu Suggestion

Sour Cream &
Ham Hot Potatoes
Steamed Broccoli
Bread
Sliced Peaches
(fresh or canned)
Milk

Equipment Needed

- large skillet or electric skillet
- measuring cups
- mixing spoon
- can opener
- food thermometer



Shopping Tip

For an even faster meal, fresh hash browns can be purchased in the meat case or refrigerated section in the grocery store. Read labels, however, as sodium content may differ.



Nutrition Tip

Fat free sour cream is a version of plain, non-fat yogurt.

Along with the cheese, this casserole is a great source of calcium.



Food Safety Tip

This dish makes a great leftover. Refrigerate within

2 hours of cooking in single serving containers. Reheat leftovers only once and throw out any remaining leftovers after 2 days.

SOUR CREAM & HAM HOT POTATOES

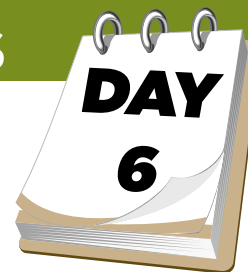
Servings - 6



32 ounce package frozen hash brown potatoes
16 ounces fat-free sour cream (1 container)
4 ounces shredded cheddar cheese -
(1 cup divided: $\frac{3}{4}$ cup, $\frac{1}{4}$ cup)
1 10-ounce can condensed cream of chicken soup
 $\frac{1}{2}$ cup frozen diced onion
8 ounces of diced ham
 $\frac{1}{2}$ cup crushed crackers

1. Combine all ingredients except $\frac{1}{4}$ cup cheese and crackers in large non-stick skillet.
2. Heat on medium heat, stirring occasionally for 15-20 minutes.
3. Top with remaining cheese and crushed crackers. Heat to 165°F.

EATING WELL BUT COOKING LESS



Menu Suggestion

Breakfast Bars
Orange Juice or Banana
Milk

Equipment Needed

- 13x9 inch pan
- large microwave-safe bowl
- measuring spoons
- measuring cups
- mixing spoon or spatula
- microwave
- slicing knife



Shopping Tip

Cereals in the bag are often less expensive, contain the same nutrients as box cereals and come with a resealable bag that keeps them fresher longer.



Nutrition Tip

Choose cereals that are iron-fortified. Diets with adequate iron prevent iron-deficiency anemia which can make you feel tired and at a higher risk for infections.



Food Safety Tip

Before preparing any food, wash hands with warm water and soap for at least 20 seconds. Recite the alphabet to make sure that you've washed long enough. Rinse hands well and dry with a paper towel.

BREAKFAST

BREAKFAST BARS (MICROWAVE)

Makes - 15 bars

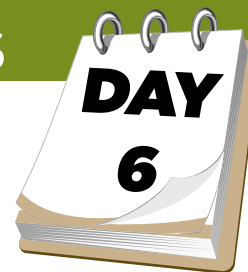


cooking spray
3 tablespoons margarine
1 (10-½ oz.) package miniature marshmallows (6 cups)
½ cup smooth or crunchy peanut butter
5 cups oat ring cereal
1 cup raisins
¼ teaspoon cinnamon (optional)

1. Spray 13x9 inch pan with cooking spray.
2. Microwave margarine in large microwavable bowl on HIGH for 45 seconds or until melted. Add marshmallows; toss to coat with spread.
3. Microwave on HIGH for 1½ minutes or until smooth when stirred, stirring after 45 seconds. Stir in peanut butter and cinnamon.
4. Immediately add cereal and raisins; Mix lightly until well coated.
5. Using a greased spatula or wax paper, press mixture into prepared pan. (For ease in preparation, spray spatula or wax paper with non-stick cooking spray.)
6. Cool; cut into squares.

EATING WELL BUT COOKING LESS

LUNCH



Menu Suggestion

Tuna Salad Sandwich
Grape or Cherry Tomatoes
Pretzels
Canned Pears
Milk

Equipment Needed

- can opener
- small mixing bowl
- paring knife
- cutting board or plate
- measuring cups
- measuring spoons



Shopping Tip

If you don't eat a lot of celery or onion and just need a

small amount, buy what you need from the grocer's salad bar. They are already chopped and ready to mix into the tuna salad.



Nutrition Tip

Tuna contains omega-3 fatty acids which are good for your heart and may protect you against cancer.



Food Safety Tip

Tuna is a food that easily spoils. Store cans in a cool, dry place. After opening, refrigerate quickly and throw out leftovers after 2 days.



Quick Tip

Chill all ingredients ahead of time, so that you can mix up the salad and eat!

TUNA SALAD SANDWICH

Servings - 2



1 can (3.5 oz.) tuna
¼ cup celery, chopped
2 tablespoons chopped onion (optional) (fresh or frozen)
¼ cup lite mayonnaise
4 bread slices

1. Open tuna and drain.
2. Place tuna in a small bowl.
3. Wash and chop the celery (and onion if desired).
4. Add celery and mayonnaise to tuna (add onion and relish if desired) in the bowl. Mix ingredients and chill.
5. Place ½ tuna mixture on 2 slices of bread and top with remaining 2 slices.
6. Cut in half and serve.

Nutrition Facts

Serving Size (174g)

Servings Per Container 2

Amount Per Serving

Calories 320 Calories from Fat 110

% Daily Value *

Total Fat	12g	19%
Saturated Fat	2g	9%
Trans Fat	0g	
Cholesterol	25mg	9%
Sodium	810mg	34%
Total Carbohydrate	34g	11%
Dietary Fiber	2g	7%
Sugars	9g	

Protein 17g

Vitamin A	2%	Vitamin C	2%
Calcium	8%	Iron	15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 · Carbohydrate 4 · Protein 4



Other Creative ideas

Add extra crunch to your sandwich with romaine lettuce leaves, or slices of red onion.



“Let me help.”

Children can help with mixing the tuna salad and spreading it on the bread. They can also wash the tomatoes and pat then dry.



Mealtime/ Family Time

Cut the sandwich into small pieces and pretend you are having a tea party. Practice good manners.



Physical Activity

Check websites for coupons and specials to your local fitness or activity centers.

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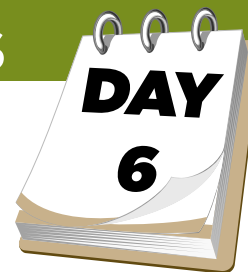
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EATING WELL BUT COOKING LESS

DINNER



Menu Suggestion

Mini Pizzas
Bag Salad/Dressing
Chocolate Pudding
Fruit Juice Coolers

Equipment Needed

- oven
- can opener
- paring knife
- cutting board
- measuring cups
- measuring spoons
- spatula
- hot pad
- pitcher or drink container
- air tight container for pudding



Shopping Tip

Watch sales and specials. Sometimes frozen, bake-your-own, or take-out pizzas can be just as economical as make-your-own.



Nutrition Tip

The Fruit Juice Coolers are a healthier alternative to soda pop. Making your own instant pudding using milk will also boost your calcium intake.



Quick Tip

These mini pizzas can be assembled ahead of time, and popped into the oven for an even faster meal after a hectic day.

MINI PIZZAS

Servings - 4



8 whole wheat English muffin halves
1-15 oz. can pizza or spaghetti sauce
½ cup chopped onion - fresh or frozen
½ cup chopped green pepper - fresh or frozen
1 cup shredded mozzarella cheese
Optional - 1 cup cooked ground beef or chicken cubes

1. Preheat oven to 400°F.
2. Place English muffins on a greased or non-stick baking sheet.
3. Spread 2 tablespoons sauce on each muffin.
4. Sprinkle vegetables, 2 tablespoons cheese and optional ingredients over sauce.
5. Bake for 15-20 minutes or until cheese is bubbly and lightly browned.
6. While pizzas are baking, mix up instant chocolate pudding according to package directions. Refrigerate until served.
7. Mix up Fruit Juice Coolers.

FRUIT JUICE COOLER

Makes - 6 - 8 oz servings

1-12 oz. can juice concentrate
Seltzer water or club soda -
about 36 oz. or 4½ cups

1. Mix and serve.

Nutrients will vary on type of juice used.

Nutrition per serving: 100 calories, 25g carbohydrate,
Vitamin C 80%



Nutrition Facts

Serving Size (239g)			
Servings Per Container 4 - Mini Pizzas			
Amount Per Serving			
Calories 280	Calories from Fat 60		
% Daily Value *			
Total Fat 6g			10%
Saturated Fat 3.5g			17%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 1140mg			48%
Total Carbohydrate 41g			14%
Dietary Fiber 7g			27%
Sugars 7g			
Protein 16g			
Vitamin A 15%	Vitamin C 45%		
Calcium 40%	Iron 15%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4



Other Creative Ideas

Add any of your favorite toppings to the mini pizzas such as sliced black olives, pepperoni slices, chopped spinach, etc.



"Let me help."

Put instant pudding and milk in an air tight container and let children shake it to mix up the pudding.



Mealtime/ Family Time

Use family mealtime to plan future menus. Kids who have a choice in what they are served, are more likely to eat it.



Physical Activity

Pick one day a week to have Family Physical Activity night.

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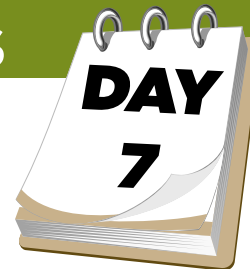


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EATING WELL BUT COOKING LESS

BREAKFAST



Menu Suggestion

Scrambled Eggs
Toast
Frozen Fruit Medley
Milk

Equipment Needed

- mixing bowl
- measuring cups
- measuring spoons
- fork or whisk
- skillet
- spatula
- knife



Shopping Tip

When purchasing eggs, check the expiration date so

that you buy the freshest. Also open the lid and wiggle each egg to make sure that none are cracked.

Check the frozen fruit section for a variety of fruit medleys.



Nutrition Tip

Eggs are an excellent source of protein. They are

high in cholesterol but can be included in a healthy diet 2-3 times per week.



Food Safety Tip

Eggs may contain Salmonella so wash hands before

and after handling raw eggs. Also cook them thoroughly until firm and not runny (145°F).

SCRAMBLED EGGS

Servings - 4



- 6 eggs
- 1/3 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons butter or margarine

1. Break 6 eggs into a medium-size bowl.
2. Pour milk into bowl with eggs.
3. Add 1/4 teaspoon salt and 1/4 teaspoon pepper.
4. Beat egg mixture with fork or wire whisk.
5. Place 2 tablespoons of butter or margarine in frying pan. Put pan on stove over low heat.
6. When butter is melted, add beaten egg mixture.
7. Stir eggs with spatula. Cook eggs until they are slightly firm.

Source: www.kidsacookin.ksu.edu

Nutrition Facts

Serving Size (113g)
Servings Per Container 4

Amount Per Serving
Calories 190 Calories from Fat 130

	% Daily Value *
Total Fat 14g	22%
Saturated Fat 4.5g	24%
Trans Fat 0g	
Cholesterol 375mg	125%
Sodium 330mg	14%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 12g	

Vitamin A	15%	Vitamin C	0%
Calcium	8%	Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

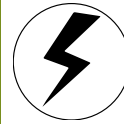
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 · Carbohydrate 4 · Protein 4



Other Creative Ideas

Add other favorite ingredients to eggs such as chopped onion, chopped green pepper or diced ham. Instead of toast, roll the eggs up in warm tortillas for breakfast burritos.



Quick Tip

While someone is cooking eggs, have another person make toast so that the eggs and toast are not overcooked or burned.



“Let me help.”

Children can help with mixing up the eggs. While an adult cooks the eggs, have the children rinse the mixing bowl and utensils for easier clean-up. Be sure to have them wash hands before and after helping.



Mealtime/ Family Time

On Saturdays it's tempting to turn on the cartoons during breakfast, but wait until after breakfast so that mealtime is family time.



Physical Activity

Children need some unstructured play time where they can use their imaginations.

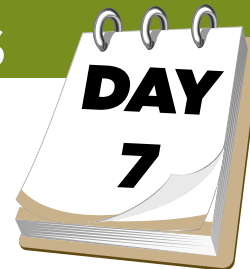
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EATING WELL BUT COOKING LESS



LUNCH

Menu Suggestion

Baked Potato with
Cheesy Vegetables
Tomato Soup (canned)
Saltine Crackers
Grapes
Milk

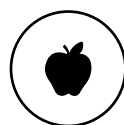
Equipment Needed

- microwave
- microwave safe plate
- small pan
- measuring cups
- measuring spoons
- medium sauce pan
- mixing spoon



Shopping Tip

Packages of fresh, grated carrots and chopped broccoli may be available in your grocer's produce section. Also, look for washed, microwave-ready potatoes.



Nutrition Tip

Broccoli and carrots are excellent sources of Vitamin

A. Broccoli and potatoes are also high in Vitamin C.



Food Safety Tip

Because they grow in the ground, potatoes may carry botulism. Botulism grows without air, so cool leftover baked potatoes quickly and do not wrap them in foil or plastic wrap.

BAKED POTATO WITH CHEESY VEGETABLES

Servings - 4

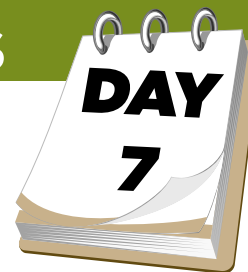


- 4 clean, baking potatoes
- 1 cup chopped broccoli - fresh or frozen
- ½ cup chopped onion - fresh or frozen
- ½ cup finely chopped carrots - fresh or frozen
- 1 tablespoon margarine
- 1 tablespoon flour
- ¾ cup fat-free or low-fat milk
- ½ cup shredded cheese

1. Microwave potatoes on high for 20-25 minutes or until tender.
2. Cook broccoli, onion, and carrots in a small amount of water until tender.
3. In a saucepan, melt margarine and stir in flour.
4. Add milk slowly while stirring.
5. Cook until sauce thickens.
6. Add cheese and stir until melted.
7. Add vegetables.
8. Serve over hot baked potatoes.

EATING WELL BUT COOKING LESS

DINNER



Menu Suggestion

Potato Chip
Chicken Fingers
Favorite Dipping Sauce
Canned Pork'n Beans
Applesauce
Milk

Equipment Needed

- oven
- sharp knife
- cutting board or plate
- large sealable plastic bag
- wooden or large spoon
- small bowl
- fork or whisk
- baking sheet
- spatula
- hot pad



Shopping Tip

To save time, you can purchase chicken fingers already sliced and ready for your recipe.



Nutrition Tip

This recipe is a fun way to enjoy potato chips without the guilt. An occasional high fat food can fit into a healthy eating plan as long as the meal is balanced out with lower fat choices.



Quick Tip

Chicken breast will slice easier if partially frozen.

POTATO CHIP CHICKEN FINGERS

Servings - 4



1 pound boneless, chicken breasts
5 to 6 ounces potato chips, any flavor
1 egg
2 tablespoons milk

1. Preheat oven to 400 degrees.
2. Cut the chicken into finger-size pieces.
3. Fill a large, sealable plastic bag with the potato chips, seal the bag, and crush the chips with the back of a wooden spoon.
4. In a small bowl, whisk the egg and milk.
5. Dip the chicken pieces into the egg mixture, then into the bag. Shake gently to cover.
6. Place on an ungreased cookie sheet.
7. Bake for 20 minutes, flipping once during the cooking time, until chicken fingers are golden.
8. Serve with barbecue sauce, salsa, or honey mustard.

Source: www.kidsacooking.ksu.edu

