

EATING WELL BUT COOKING LESS - WEEK 2 AT-A-GLANCE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	French Toast Sticks Orange Slices Juice Milk	Skillet Granola Yogurt Juice	Peanut Butter Toast Banana Juice Milk	Frozen Whole Wheat Waffles Hot Blueberries Juice Milk	Cold Cereal Banana Juice Milk	English Muffin Spreads Juice Milk	Breakfast Burritos Salsa Juice Milk
Lunch	Asian Beef and Noodles Mixed Fruit Dinner Rolls Milk	Tuna Pasta Salad Crackers Orange Slices Milk	Leftover Calico Beans Cornbread Fresh Vegetable Slices Fruit Milk	Deli Meat Crackers Cottage Cheese/ Potato Salad Cherry Tomatoes Milk	Leftover Taco Macaroni Tortillas Peaches Milk	Veggie Burritos Pretzels Fruit Milk	Hot Chicken Sandwiches Green Beans Cantaloupe Milk
Dinner	Chicken Spinach Salad Cheese Slices French Bread Milk	Calico Beans Carrots Cornbread Fruit Cocktail Milk	Honey Walnut Salmon Broccoli Baked Potato French Bread Fruit Milk	Taca Macaroni Bag Salad Tortillas Melon Milk	Pork Chops Asparagus Seasoned Rice Applesauce Rolls Milk	Oven Fried Chicken Mashed Potatoes Gravy Mixed Vegetables Strawberries Milk	Skillet Pork 'n Beans Bag Salad Purchased Muffins Fruit Milk

Other Items

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



EATING WELL BUT COOKING LESS

WEEK 2 Shopping List

Staple Items

- Beef bouillon
- Bread crumbs - 1 can
- Brown sugar
- Catsup
- Cider vinegar
- Cooking spray
- Cornmeal or cornflake crumbs
- Honey
- Mayonnaise or salad dressing - light
- Mustard
- Powdered sugar
- Raspberry Vinaigrette
- Salad dressing - Ranch light
- Vegetable oil

Herbs & Spices

- Chili powder
- Cinnamon
- Cumin
- Garlic powder
- Ginger - ground
- Light salt
- Onion - dried, minced
- Onion powder
- Paprika
- Pepper

K-STATE
Research and Extension



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

Grocery

Grains

- Bread, whole wheat
- Cereal - ready to eat
- Cornbread mix
- Crackers - your choice
- Dinner rolls
- Elbow macaroni - 16 oz.
- English muffins - 1 pkg
- Flour tortillas - 12
- French bread - 1 loaf
- Hamburger buns
- Long-grain rice - 1 pkg
- Muffins - purchased
- Rolled oats - old fashioned

Canned Beans, Sauces, Soups & Vegetables

- Green beans - 15 oz. can
- Kidney beans - 16 oz. can
- Lima beans - 16 oz. can
- Pork 'n Beans - 20 oz. can
- Vegetarian Baked Beans - 2-16 oz. cans
- Salsa - 1 - 32 oz. jar
- Tomato juice - 32 oz. bottle

Canned Fruit & Juice

- Fruit cocktail - 15 oz. can
- Mandarin oranges - 15 oz. can

Canned Meat

- Chicken - white meat - 8 oz. can
- Tuna - water pack - 6 to 7 oz. can

Other Grocery Items

- Chicken gravy - canned or jar
- Instant mashed potatoes - 1 box
- Peanut butter - 1 jar
- Pretzels
- Ramen noodles - oriental, low-fat, 2-pkg
- Raisins
- Walnuts or pecans - 2½ cups

Dairy

- Cheddar cheese - shredded - 8 oz. pkg
- Cheese - block - your choice - 8 oz.
- Cottage cheese - 16 oz. container
- Eggs - 1 dozen
- Margarine - 1 lb
- Milk - 6 gallons*
- Yogurt - your choice - 32 oz.

Frozen Foods

- Blueberries - 16 oz. pkg
- Green pepper, chopped - 16 oz. pkg
- Mixed vegetables - 16 oz. pkg
- Mixed vegetables - oriental style
- Onions, chopped - 2 pkg
- Whole wheat waffles - 1 pkg

Fruit - Fresh

- Apples - 2
- Bananas - 8
- Cantaloupe - 1
- Fruit - your choice - 3 meals
- Fruit - mixed fruit cup - 1 meal
- Melon - your choice
- Oranges - 8
- Peaches - 4
- Strawberries - 2 pints
- Juice - your choice

Meat

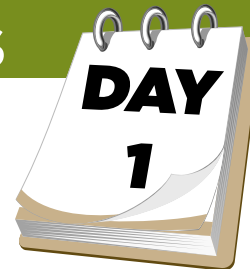
- Chicken breasts - boneless, skinless - 4
- Deli meat - your choice ½ lbs
- Ground beef - 2½ lbs
- Pork chops - 6
- Salmon fillets - 4 - 6 oz. each

Vegetables - Fresh

- Asparagus - 1 bunch
- Broccoli - 1 head
- Broccoli slaw - 1 pkg
- Carrots - 1 bunch
- Potatoes - 4 med, 4 baking
- Salad in a Bag - 2 bags
- Spinach in a bag - baby, 1 bag
- Salad bar items - ½ cup shredded carrots, 1¼ cup sliced celery, 2 Tbls green onions, ½ cup red onion
- Tomatoes - cherry - 1 pint
- Vegetables - for vegetable slices - your choice - 1 meal

*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



Menu Suggestion

French Toast Sticks
Orange Slices
Juice
Milk

BREAKFAST

Equipment Needed

Pancakes

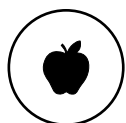
- knife
- cutting board
- baking sheet
- mixing bowl
- fork
- measuring cup
- hot pad



Shopping Tip

Check “best if purchased by” dates on bread to make sure

you are buying the freshest. Only buy what you can use before it molds, or if you have room to freeze it. Store tightly covered at room temperature. Don't store bread in the refrigerator as it quickly becomes stale.



Nutrition Tip

Not all wheat breads are the same. For bread to be a whole grain, look for “whole wheat” as the first ingredient on the label. If “enriched wheat flour” is listed, the bread is not a whole grain.

FRENCH TOAST STICKS

*Servings - 4
(1 slices of bread)*



4 slices 100% whole wheat bread
2 eggs
2 tablespoons milk
powdered sugar and cinnamon for topping

1. Preheat oven to 350 degrees.
2. Spray a baking sheet with cooking spray and set aside.
3. Cut each slice of bread into four strips lengthwise. You'll have 16 strips in all.
4. In a small bowl, combine eggs and milk and beat with a fork until frothy.
5. Dip each 'stick' of bread in egg mixture and place on baking sheet.
6. Bake for about 12 minutes until brown.
7. Sprinkle lightly with powdered sugar and cinnamon.

Nutrition Facts

Serving Size (61g)

Servings Per Container 4

Amount Per Serving

Calories 110 Calories from Fat 35

% Daily Value *

Total Fat	4g	6%
Saturated Fat	1g	6%
Trans Fat	0g	
Cholesterol	105mg	36%
Sodium	180mg	8%
Total Carbohydrate	14g	5%
Dietary Fiber	2g	8%
Sugars	2g	
Protein	6g	

Vitamin A	4%	Vitamin C	0%
Calcium	4%	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



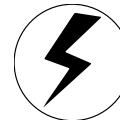
Food Safety Tip

Throw out any remaining raw egg mixture.



Other Creative Ideas

Dip in warm applesauce or other toppings such as fruit preserves. Use different types of bread such as cinnamon.



Quick Tip

These can be done in a hot skillet on top of the stove. Turn to brown on both sides. Tongs may be easier than a pancake turner.



“Let me help.”

Put powdered sugar in a shaker and teach children how to “sprinkle.” Sprinkle means to shake the powdered sugar lightly over the toast sticks.



Mealtime/ Family Time

For late risers on the week-ends, have family brunch instead of breakfast.



Physical Activity

Play musical chairs while the French toast is baking.

K-STATE
Research and Extension

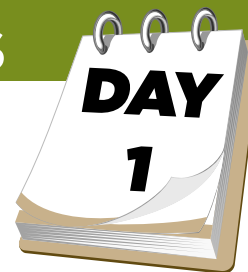


Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS



Menu Suggestion

Asian Beef and Noodles
Mixed Fruit
Dinner Rolls
Milk

LUNCH

ASIAN BEEF AND NOODLES

Servings - 4



Equipment Needed

- large skillet
- measuring cups
- mixing spoon
- food thermometer

Shopping Tip



A less-expensive ground beef can be purchased for this recipe, and you can lower the fat content by 10-12 grams per 3 oz of cooked ground beef if you rinse it in hot water: Place strainer inside a large bowl. Place browned meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container, then in the garbage. Do not rinse grease down the drain.



Nutrition Tip

Beef provides protein, iron, zinc and many B vitamins.

To lower the sodium in this dish, use only 1 seasoning packet.



Other Creative Ideas

Substitute cooked pork or chicken for ground beef.

- 1 pound lean ground beef
- 2 packages (3 ounces each) - Oriental flavor instant ramen noodles (low fat)
- 2 cups water
- 2½ cups frozen Oriental vegetable mixture
- ⅛ teaspoon ground ginger (optional)
- 2 tablespoons thinly sliced green onions

1. In a large nonstick skillet, brown ground beef over medium heat 8 to 10 minutes. Remove with slotted spoon and pour off grease. Season beef with one seasoning packet from noodles; set aside.
2. In same skillet, combine water, vegetables, noodles broken up, ginger and remaining seasoning packet. Bring to a boil; reduce heat. Cover and simmer 3 minutes or until noodles are tender; stirring occasionally.
3. Return beef to skillet; heat through to 165° F. Stir in green onions before serving.

Nutrition Facts

Serving Size (324g)

Servings Per Container 4

Amount Per Serving

Calories 260 Calories from Fat 60

% Daily Value *

Total Fat	6g		10%
Saturated Fat	2g		11%
Trans Fat	0g		
Cholesterol	60mg		20%
Sodium	660mg		28%
Total Carbohydrate	23g		8%
Dietary Fiber	1g		5%
Sugars	3g		
Protein	27g		

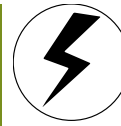
Vitamin A	30%	Vitamin C	15%
Calcium	6%	Iron	15%

*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

Although they are a little high in fat, Ramen noodles are ready in less than 5 minutes. They are also a good source of iron so try substituting them for pasta and rice in other recipes to speed up cooking time.



Food Safety Tip

This recipe is a mixed food so when all ingredients are combined, the dish needs to reach 165° F minimum internal temperature.



“Let me help.”

Children can help with breaking up the noodles.



Mealtime/ Family Time

When serving ethnic-type dishes, have everyone in the family research foods from the particular country or countries, and then discuss their findings during the meal.



Physical Activity

Have a scavenger hunt.

K-STATE
Research and Extension

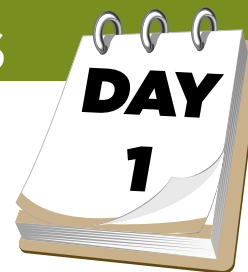


Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS

DINNER



Menu Suggestion

Chicken Spinach Salad
Cheese Slice
French Bread
Milk

Equipment Needed

- paring knife
- plate or cutting board
- large bowl
- measuring cups
- tongs or 2 mixing spoons



Shopping Tip

Bag salad mixes and vegetables are pre-washed and ready to eat. They are a little more expensive but will save you time.



Nutrition Tip

Spinach and walnuts are good sources of omega-3 fatty acids. These fatty acids may help protect you against heart disease, stroke and many other health conditions.



Quick Tip

This is a great salad to take to a pot-luck dinner or on a picnic. It can be made on site.



Food Safety Tip

Wash apples and other fresh fruit under plenty of cold, running water. Refrigerate leftovers of the salad.

CHICKEN SPINACH SALAD

Servings - 4



- 1 - 9 oz bag baby spinach
- 2 apples, diced
- 1 can (15 oz) mandarin oranges
- 1 cup pecan or walnut halves
- 1 - 8 oz can or pouch white meat chicken (drained)
- $\frac{3}{4}$ cup bottled Raspberry Vinaigrette dressing

1. Toss first 5 ingredients in a large bowl.
2. Add dressing, toss to coat. Serve.

Nutrition Facts

Serving Size (192g)

Servings Per Container 4

Amount Per Serving

Calories 200 Calories from Fat 100

% Daily Value *

Total Fat	11g		17%
Saturated Fat	1g		6%
Trans Fat	0g		
Cholesterol	15mg		4%
Sodium	380mg		16%
Total Carbohydrate	19g		6%
Dietary Fiber	4g		15%
Sugars	15g		
Protein	8g		

Vitamin A	50%	Vitamin C	45%
Calcium	4%	Iron	6%

*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

Use cooked beef strips or shrimp in place of chicken. Use other types of fruits such as strawberries.



“Let me help.”

Children can help with adding ingredients to the bowl.



Mealtime/ Family Time

As mentioned, this is a great meal for a picnic even in your own backyard. Family mealtime can happen in many places besides the dining room.



Physical Activity

Walk the dog.

K-STATE

Research and Extension

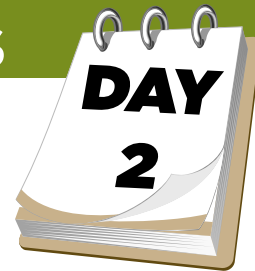


Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS



Menu Suggestion

Skillet Granola
Yogurt
Juice

Equipment Needed

- large skillet
- measuring cups
- mixing spoon
- air tight container



Shopping Tip

Walnuts are less expensive when bought in bulk. To keep them fresher longer, store them in your freezer.



Nutrition Tip

Oats provide soluble fiber which helps keep your stools soft. It also helps with lowering cholesterol and maintaining good blood sugar control.



Food Safety Tip

Freezing grains for 3-4 days will help prevent insect infestations especially if you keep dry staples longer than 60 days. Store in tightly closed glass or plastic containers.



Other Creative ideas

Substitute dried cranberries for the raisins and use other nuts such as almonds or pecans.

BREAKFAST

SKILLET GRANOLA

Servings - 12 - ½ cup



¼ cup vegetable oil
¼ cup honey
¼ cup brown sugar
1 teaspoon cinnamon
4 cups old fashioned rolled oats
1 cup walnut pieces
1 cup raisins

1. In a large skillet, stir together first four ingredients, and heat on medium heat.
2. When bubbly, add rolled oats and nuts.
3. Stir mixture and cook until brown. Stir occasionally.
4. Add raisins.
5. Cool and store in an air tight container.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 12

Amount Per Serving

Calories 290 Calories from Fat 120

% Daily Value *

Total Fat	13g	20%
Saturated Fat	1g	6%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	40g	13%
Dietary Fiber	4g	15%
Sugars	19g	
Protein	6g	

Vitamin A	0%	Vitamin C	2%
Calcium	4%	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 can be prepared ahead and stored in an air tight container.



“Let me help.”

Show children how to make granola-yogurt parfaits by layering the ingredients in a cup or glass. You could also add in some other fruit such as peaches, berries, etc.



**Mealtime/
Family Time**

Even if you don’t have time in the mornings to sit down to a family meal, encourage all family members to at least eat something within 2 hours of getting up.



Physical Activity

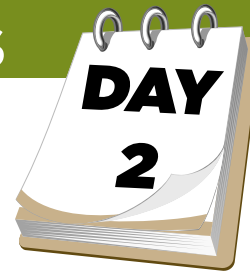
Play recipe popcorn. Pick a word from the recipe you are making such as “granola” and every time you say the word, everyone squats down and then jumps up. (Make sure you are in a safe place.)



Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS



LUNCH

Menu Suggestion

Tuna Pasta Salad
Sliced Tomatoes
Whole Grain Crackers
Orange Slices
Milk

Equipment Needed

- large sauce pan
- mixing spoon
- strainer
- paring knife
- plate or cutting board
- measuring cups
- large bowl with lid



Shopping Tip

Pasta and noodles come in many shapes and sizes.

Generally pasta in the bag is less expensive than boxed pastas.



Nutrition Tip

Pasta is low in fat and sodium, and high in carbohydrates which give us energy.

Whole grain pastas are also available. They are darker in color and will take a little longer to cook. They are higher in fiber compared to pastas made with refined flour.



Food Safety Tip

Tuna is highly perishable. When making your salad, it is best to chill all ingredients first before combining and then keep refrigerated. Throw out leftovers after 2 days.

TUNA PASTA SALAD

Servings - 4



- 1 - 6 oz. can tuna in water, drained
- 2 cups elbow macaroni, cooked, drained
- ¼ cup sliced celery
- ¼ cup chopped onion
- ¼ cup salad dressing, mayonnaise-type (low fat, if desired)
- salt, pepper to taste

1. Mix tuna, macaroni, celery, and onion.
2. Mix in salad dressing, salt and pepper.
3. Chill.

Nutrition Facts

Serving Size (130g)
Servings Per Container 4

Amount Per Serving

Calories 270 Calories from Fat 20

	% Daily Value *
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 290mg	12%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	6%
Sugars 5g	
Protein 18g	

Vitamin A	0%	Vitamin C	2%
Calcium	2%	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:

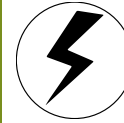
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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



Other Creative ideas

Add in other vegetables such as sweet peppers, zucchini, carrots, etc.



Quick Tip

Some pastas cook in as little as 3 minutes. Read package labels for cooking time.



“Let me help.”

Kids can mix the salad when you are ready to combine ingredients.



Mealtime/ Family Time

Family mealtime is a great time to talk about the importance of nutrition. If you need to learn more about nutrition, contact your local county extension office.



Physical Activity

Because you are eating tuna today, have everyone pretend to swim like a fish.

K-STATE
Research and Extension

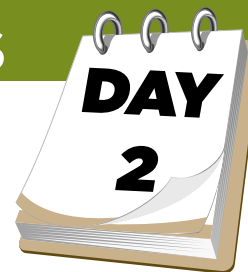


Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS

DINNER



Menu Suggestion

Calico Beans
Carrots (cooked or raw)
Cornbread (box)
Fruit Cocktail
Milk

Equipment Needed

- large skillet
- mixing spoon
- measuring cups
- can opener
- measuring spoons
- food thermometer



Shopping Tip

Beans are very economical and can help stretch your protein dollars. Dry beans are the most economical but require soaking and cooking time. Canned beans are a great time saver for a few cents more.



Nutrition Tip

Beans are a good source of iron and protein, and 1 cup of beans is equal to a 2-ounce serving of meat. Beans are also a great source of fiber. Eat them two to three times a week. If gas is a problem, your body will learn to adapt and the gas will subside if you gradually increase the number of servings you eat each week.

CALICO BEANS

Servings - 8



- ½ pound ground beef or pork
- ¼ cup chopped onion
- 2 cups (cooked) kidney beans (or 16-ounce can) drained
- 2 cups (cooked) lima beans (or 16-ounce can) drained
- 2 cups pork and beans (or 20-ounce can)
- ¼ cup catsup
- ¼ cup brown sugar
- 1 teaspoon mustard

1. Brown meat and onion in a large frying pan. Drain the fat.
2. Add remaining ingredients and mix well.
3. Simmer for 15-20 minutes or temperature reaches 165°F.
4. While Calico Beans are simmering, prepare cornbread according to package directions.

Nutrition Facts

Serving Size (233g)

Servings Per Container 8

Amount Per Serving

Calories 310 Calories from Fat 60

% Daily Value *

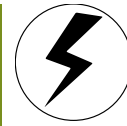
Total Fat	6g		10%
Saturated Fat	2g		11%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium	520mg		22%
Total Carbohydrate	50g		17%
Dietary Fiber	12g		48%
Sugars	14g		
Protein	17g		

Vitamin A	4%	Vitamin C	8%
Calcium	6%	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

This recipe makes eight servings so it can be used for tomorrow's lunch. If brown bagging, put leftovers in microwave safe containers so that they can be quickly reheated and eaten without extra dishes. (Reheat to 165° F.)



Food Safety Tip

Leftovers like Calico Beans need to be divided into single serving containers and refrigerated immediately after eating so that they cool quickly and bacteria does not grow.



Other Creative Ideas

Use other types of beans such as pinto. If you don't like lima beans, try baby limas which have a milder texture and flavor.



"Let me help."

Teach children kitchen safety such as using dry hot pads as wet ones may cause steam burns.



Mealtime/ Family Time

As a society, most people are eating too much. Start with smaller portions, eat slowly and then wait a few minutes to see if you are really hungry for that second helping. Help your children regulate their intake by encouraging them to do the same.



Physical Activity

Calico Beans are something cowboys might eat. Have the kids pretend to ride a horse.

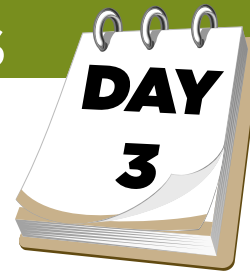
K-STATE
Research and Extension



Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS



BREAKFAST

Menu Suggestion

Peanut Butter Toast
Banana
Juice
Milk

Equipment Needed

- toaster
- knife
- plate



Shopping Tip

An unopened jar of peanut butter will stay fresh in a cool, dry place for 2 years. Once opened, it needs to be used within 3 months as the flavor deteriorates. Buy only the amount of peanut butter you can use within that time.



Nutrition Tip

Peanut butter is in the protein food group along with meats, poultry, fish, etc. 2 tablespoons of peanut butter is equal to the amount of protein in 1-ounce of meat.



Food Safety Tip

Peanut butter is not recommended for children under 2 years of age because it is a choking hazard.



Other Creative ideas

If peanut butter is too thick and sticky for you by itself, add a little honey, syrup, jam, jelly or yogurt.

PEANUT BUTTER TOAST

Servings - 1



2 slices of whole wheat bread
2 tablespoons peanut butter

Nutrition Facts

Serving Size (82g)

Servings Per Container 1

Amount Per Serving

Calories 310 Calories from Fat 160

% Daily Value *

Total Fat 17g 27%

 Saturated Fat 3.5g 17%

 Trans Fat 0g

Cholesterol 0mg 0%

Sodium 340mg 14%

Total Carbohydrate 28g 9%

 Dietary Fiber 4g 16%

 Sugars 7g

Protein 12g

Vitamin A 0% Vitamin C 0%

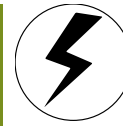
Calcium 6% Iron 10%

*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

Make a “banana dog” for the kids:

Spread peanut butter on a lightly toasted slice of bread and wrap it around a half of a banana. Eat like a hot dog.



“Let me help.”

Spreading helps young children develop motor skills.

Have them spread the peanut butter on the toast.



Mealtime/ Family Time

Mealtime doesn't always have to be inside. When weather permits, eat outside.



Physical Activity

Put on some music and have the kids pretend they are music conductors.

K-STATE
Research and Extension



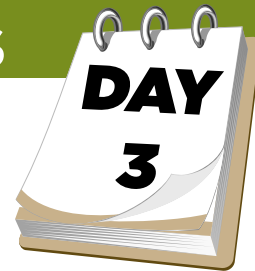
Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS

LUNCH



Menu Suggestion

Leftover Calico Beans
Leftover Cornbread
Fresh Vegetables
Fruit of your choice
Milk

Equipment Needed

- insulated lunch box
- microwave-safe, airtight containers
- ice packs
- silverware/
paper goods
- food thermometer



Shopping Tip

Invest in microwave-safe, sealable containers for storing and then reheating leftovers. The dollars you spend will be saved if you eat leftovers for lunch instead of eating out.



Nutrition Tip

Taking your lunch instead of eating out can save you calories, fat and \$\$\$. A typical cheeseburger value meal contains about 60 grams of fat or the amount of fat you should have in one day.



Quick Tip

Divide leftovers into single-serving storage containers and put them in a visible, easy-to-reach spot in your refrigerator. Then you can quickly pack your lunch in the morning.

BROWN BAGGIN' IT!

Leftover Calico Beans



Nutrition Facts

Serving Size (233g)
Servings Per Container 8

Amount Per Serving

Calories 310 Calories from Fat 60

% Daily Value *

Total Fat 6g	10%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 520mg	22%
Total Carbohydrate 50g	17%
Dietary Fiber 12g	48%
Sugars 14g	
Protein 17g	

Vitamin A 4%	Vitamin C 8%
Calcium 6%	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



Food Safety Tip

Use a well insulated lunch box or bag to keep your food cool until lunch time, especially if you don't have a refrigerator. Purchase re-freezable ice packs or freeze water in margarine tubs to place inside your lunch box. Your lunch box temperature should be like your refrigerator - 40° F or less. Check it when it is packed with your food thermometer. Reheat Calico Beans to 165° F.



Other Creative ideas

Wrap Calico Beans up in a tortilla or use as a topping on a baked potato.



“Let me help.”

To save time in mornings, teach children how to pack their own lunch.



Mealtime/ Family Time

Once in a while, arrange to eat lunch with your child at school.



Physical Activity

Trace imaginary letters with your steps to spell out “LUNCH”.

K-STATE
Research and Extension

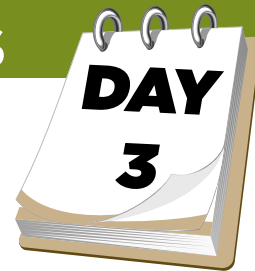


Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS

DINNER



Menu Suggestion

Honey-Walnut Salmon
Carrots/Broccoli
Baked Potato
Bread
Milk

Equipment Needed

- baking sheet
- small bowl
- fork
- spatula
- food thermometer



Shopping Tip

Salmon fillets can be expensive. Watch for sales and buy extra to freeze if you have room.



Nutrition Tip

Both salmon and walnuts are high in omega-3 fatty acids.

These are fats that are good for your heart.



Quick Tip

Most fish cooks very quickly so include it more often for quick and healthy meals.



Food Safety Tip

Fish is highly perishable. Store in the refrigerator and cook within 1-2 days. Or freeze in freezer bags or containers. Thaw in refrigerator and use within 6 months.

HONEY-WALNUT SALMON

Servings - 4



4 salmon fillets - 6 oz each
½ cup finely chopped walnuts
1 egg white, beaten
1 tablespoon honey
⅛ teaspoon salt

1. Preheat oven to 425° F. Line baking sheet with foil. Place salmon fillets on baking sheet, skin side down.
2. Combine walnuts, egg white, honey and salt in a small bowl. Spread mix over top of each fillet.
3. Bake for 8 to 10 minutes or until internal temperature reaches 145° F.
4. While salmon is baking, microwave potatoes.

Nutrition Facts

Serving Size (199g)
Servings Per Container 4

Amount Per Serving

Calories 320 Calories from Fat 140

	% Daily Value *
Total Fat 16g	24%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 90mg	29%
Sodium 200mg	8%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 37g	

Vitamin A 4%	Vitamin C 0%
Calcium 4%	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



Other Creative Ideas

Use other types of nuts such as slivered almonds or chopped pecans.



“Let me help.”

Handwashing is important after handling raw fish. Teach children how to wash their hands properly: wet hands with warm water, add soap and wash for 20 seconds (say the alphabet). Rinse hands well and dry with a paper towel.



Mealtime/ Family Time

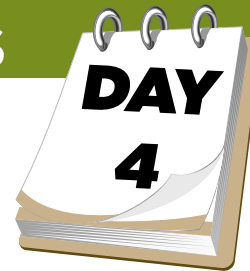
If salmon is a new food for your family, encourage but don't force your children to eat it. With less pressure, they will be more likely to try it.



Physical Activity

Have everyone pretend they are fishing either with a fishing pole or net.

EATING WELL BUT COOKING LESS



BREAKFAST

Menu Suggestion

Frozen Whole Wheat Waffles
Hot Blueberries (topping)
Juice
Milk

Equipment Needed

- toaster
- plate
- microwave-safe container



Shopping Tip

All types of berries are available year round in the freezer section of your grocery. Most come without added sugar.



Nutrition Tip

Blueberries are full of phytonutrients that may help protect you against cancer and heart disease.



Food Safety Tip

Kitchen sinks and counters can be contaminated with bacteria even if they look clean. To “santize” or reduce bacteria to an acceptable amount, spray counter and sinks with a bleach solution of 1 teaspoon of non-scented chlorine bleach to 1 quart of water. Let air dry.



Other Creative ideas

Frozen waffles come in many varieties including low-fat and waffle sticks.

WHOLE WHEAT WAFFLES

Servings - 1



No recipe needed!

While toasting waffles, heat frozen blueberries in microwave (about ½ cup per person).

Use blueberries as a topping for waffles in place of syrup.

Nutrition Facts

Serving Size (154g)

Servings Per Container 1

Amount Per Serving

Calories 200 Calories from Fat 40

% Daily Value *

Total Fat 4.5g 7%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 135mg 6%

Total Carbohydrate 38g 13%

Dietary Fiber 3g 14%

Sugars 25g

Protein 4g

Vitamin A 4% Vitamin C 2%

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

This breakfast is ready in about 3 minutes, so you will have time to sit down and enjoy it.



“Let me help.”

This would be a good time to teach your child about toaster safety: Unplug the toaster first before dislodging any food that is stuck.



Mealtime/ Family Time

Breakfast is a great time to go over any last minute homework but make it fun, not stressful.



Physical Activity

If you are going over homework, have your kids stand up when they answer your questions.

K-STATE
Research and Extension



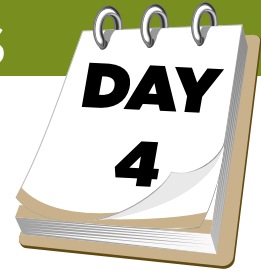
Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS

LUNCH



Menu Suggestion

Cottage Cheese Potato Salad
Deli Meat Slices
Crackers
Grape or Cherry Tomatoes
Pears
Milk

Equipment Needed

- pan
- paring knife
- bowl with lid
- measuring cups
- mixing spoon



Shopping Tip

Select a waxy type potato that will hold its shape after cooking such as the red variety. If buying by the bag, weigh several bags as you may find a bag that has an extra pound for free!



Nutrition Tip

Potatoes are good sources of Vitamin C. To avoid large losses of Vitamin C in cooking, cook potatoes in small amounts of water or microwave them.



Food Safety Tip

For mixed salads like this one, cook individual ingredients as directed by the recipe, and chill before combining. as this will help keep the salad at the proper temperature, to discourage bacteria growth.

COTTAGE CHEESE POTATO SALAD

Servings - 4 (1 cup)



4 medium potatoes, cooked in skin and cooled
1 cup low-fat cottage cheese
½ cup low-fat mayonnaise
½ cup diced red onion

1. Peel cooked potatoes and dice into ½ inch chunks.
2. Mix cottage cheese, mayonnaise and onion together and pour on to potatoes and mix thoroughly.
3. Refrigerate for at least 4 hours.

Nutrition Facts

Serving Size (262g)

Servings Per Container 4

Amount Per Serving

Calories 210 Calories from Fat 30

% Daily Value *

Total Fat 3.4g 5%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 520mg 21%

Total Carbohydrate 38g 13%

Dietary Fiber 3g 13%

Sugars 13g

Protein 11g

Vitamin A 2% Vitamin C 50%

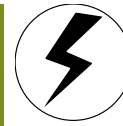
Calcium 8% Iron 6%

*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

Cooked, diced potatoes can be found in refrigerated section of the grocery store. If cooking your own, cook them the night before, so they can cool overnight in the refrigerator. The salad can be quickly assembled the next morning.



Other Creative Ideas

For variety, add pickle relish, chopped hard-cooked eggs, and other favorite seasonings.



“Let me help.”

Teach your child how to measure various ingredients such as the mayonnaise.



Mealtime/ Family Time

Taking a break for lunch during the work day is good for you. You need fuel to keep going and nutrients for overall health. If you can't meet a family member for lunch, eat with a friend or co-worker but leave “work” at the office.



Physical Activity

Have a relay! Drop clothes pins into a milk jug. Run back to the starting line.

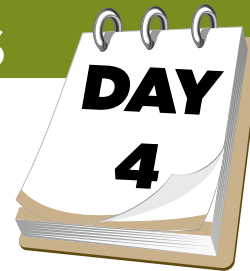
K-STATE
Research and Extension



Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS



DINNER

Menu Suggestion

Taco Macaroni
Bag Tossed Salad
Tortillas
Melon
Milk

Equipment Needed

- large skillet
- measuring cups
- measuring spoons
- mixing spoon
- food thermometer



Shopping Tip

Look for frozen, chopped onions and green peppers in the

freezer section of the grocery store.



Nutrition Tip

To further reduce the fat in the ground beef, place a strainer

inside a large bowl. Place cooked meat in the strainer, then rinse with hot water. Drain well. Place cooled grease in a container and put in the trash, not down the drain.



Food Safety Tip

This is a mixed dish so the minimum internal temperature of

the food needs to reach 165°F. Insert the food thermometer into the center of the mixture. Make sure the end of the thermometer is covered by food past the small dimple on the stem, but not touching the skillet. Read when the needle quits moving.

TACO MACARONI

Servings - 6

1 pound ground beef
½ cup chopped onion (frozen)
½ cup chopped green pepper (frozen)
2 teaspoons cumin
2 teaspoons chili powder
½ teaspoon pepper
½ teaspoon garlic powder
2 cups tomato juice
2 cups water
½ cups uncooked elbow macaroni



1. Brown the meat, onion and green pepper in a large skillet. Drain the fat.
2. Stir in remaining ingredients. If desired, use 1 tablespoon of South of the Border Mix in place of all 4 spices.
3. Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 15 minutes, stirring occasionally. Uncover and add more water if necessary and cook to desired consistency (165°F).

SOUTH OF THE BORDER MIX

Makes about ⅓ cup

3 tablespoons chili powder
2 teaspoons ground cumin
1½ teaspoons garlic powder
1 teaspoon dried parsley
1 teaspoon onion powder
1 teaspoon ground coriander (optional)
½ teaspoon ground red pepper

1. Combine all ingredients.
2. Cover and store in airtight container.
3. Shake before using to blend.
(Use 1 tablespoon per pound of ground beef.)

Nutrition Facts

Serving Size (291g)
Servings Per Container 6

Amount Per Serving

Calories 330 Calories from Fat 150

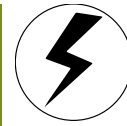
	% Daily Value *	
Total Fat 16g	25%	
Saturated Fat 6g	32%	
Trans Fat 0g		
Cholesterol 55mg	19%	
Sodium 290mg	12%	
Total Carbohydrate 26g	9%	
Dietary Fiber 2g	9%	
Sugars 4g		
Protein 18g		

Vitamin A	10%	Vitamin C	30%
Calcium	2%	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

Mix up the South of the Border Mix and keep on hand. Use 1 tablespoon of the seasoning mix in place of the spices listed in this recipe. You will only have to measure this one ingredient. For other recipes use about 1 tablespoon per pound of ground beef.



Other Creative Ideas

Add cooked pinto beans or other favorite beans. Use whole wheat pasta to increase fiber.



“Let me help.”

Children can help with putting salad on plates and pouring milk.



Mealtime/ Family Time

Mealtime is a great time to teach children language skills such as vocabulary. Teach names of different foods and terms used in cooking.



Physical Activity

After enjoying the Taco Macaroni, dance around a large hat on the floor.

K-STATE
Research and Extension

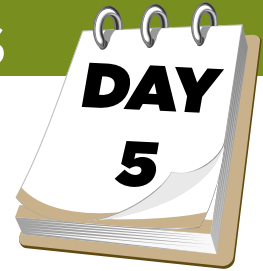


Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS

BREAKFAST



Menu Suggestion

Cold Cereal
Banana
Juice
Milk

Equipment Needed

- table service



Shopping Tip

Cereals in the bag are often cheaper than box varieties.



Nutrition Tip

Breakfast cereals can be high in added sugar. Read

food labels to find out sugar content. Four grams of sugar equals 1 teaspoon.

Low sugar cereals contain 6 grams or less.



Food Safety Tip

When buying cereal, check the package for any holes or

tears. Once home, seal in air tight containers to keep out pests.



Other Creative ideas

Cereal makes a great snack anytime of day or mix it in yogurt for a quick dessert.



Quick Tip

For commuter meals (passengers only) fill a sealable bag

with bite-size cereal and dried fruit, and put milk in a drink container with a pop-up straw.

COLD CEREAL

Servings - 1



No recipe needed!

Nutrition Facts

Serving Size 3/4 cup
 Servings Per Container 1 - Cornflakes

Amount Per Serving
 Calories 70 Calories from Fat 0

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	

Vitamin A	2%	Vitamin C	0%
Calcium	0%	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

Nutrition Facts

Serving Size 3/4 cup
 Servings Per Container 1 - Frosted Flakes

Amount Per Serving
 Calories 110 Calories from Fat 0

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 1g	

Vitamin A	20%	Vitamin C	30%
Calcium	0%	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



“Let me help.”

Teach children how to slice foods. A plastic knife will work well with a soft banana.



Mealtime/ Family Time

Children may learn to get attention by refusing to eat which can be frustrating on a busy morning. Give them plenty of attention for their good behavior throughout the day so mealtime is not a battle.



Physical Activity

Pretend to climb a banana tree to pick a banana.

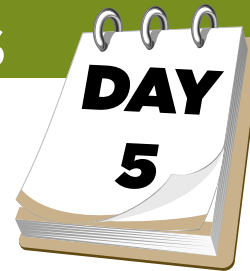
K-STATE
 Research and Extension



Kansas State University Agricultural Experiment Station and Cooperative Extension Service
 K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS



LUNCH

Menu Suggestion

Leftover Mexican Macaroni
Tortillas
Peaches
Milk

Equipment Needed

- insulated lunch box
- microwave-safe, airtight container
- ice packs
- silverware/paper goods
- food thermometer



Shopping Tip

Spend a little more on individual containers of fruit and vegetables for your lunch. You get more nutrition for your dollars compared to expensive, high-fat chips.



Nutrition Tip

When packing a lunch, include servings from each food group: grain, vegetable, fruit, dairy and protein.



Food Safety Tip

Reheat leftovers to 165°F.



Quick Tip

Fruits like apples, bananas and peaches are “fast foods” and easy to add to a lunch.



Other Creative ideas

To stretch this leftover for more than 2 lunches, add in a can of your favorite beans.

LEFTOVER TACO MACARONI



Nutrition Facts

Serving Size (291g)

Servings Per Container 6

Amount Per Serving

Calories 330 Calories from Fat 150

% Daily Value *

Total Fat 16g 25%

Saturated Fat 6g 32%

Trans Fat 0g

Cholesterol 55mg 19%

Sodium 290mg 12%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 9%

Sugars 4g

Protein 18g

Vitamin A 10% Vitamin C 30%

Calcium 2% 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



“Let me help.”

Kids can help with washing fresh fruit. Just rinse with plenty of cold water.



Mealtime/ Family Time

Mealtime is a great time to talk about where our food comes from, especially with fruits and vegetables.



Physical Activity

Pretend to take a trip to the Fast Food restaurant. Talk about how healthy you will be by eating at home.

K-STATE
Research and Extension



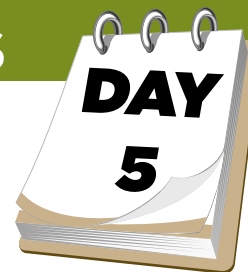
Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS

DINNER



Menu Suggestion

Pork Chops
Asparagus
Convenience Rice Mix
Applesauce
Rolls
Milk

Equipment Needed

- large skillet
- measuring cup
- measuring spoon
- spatula
- food thermometer



Shopping Tip

When shopping, separate raw foods like pork chops from ready-to-eat foods like salad. Refrigerate foods immediately when you get home. Cook pork chops within 3-4 days or freeze.



Nutrition Tip

Pork is high in thiamine, a B-vitamin. Thiamine helps us use carbohydrates, protein, and fat. It is important for nerve functioning.



Food Safety Tip

Cooking pork chops to a minimum of 145°F will make the meat safe, and tender and moist instead of over-done.



Quick Tip

When cooking meats, cook extra to use in other meals. Use cooked meats within 2 days or freeze.

PORK CHOPS

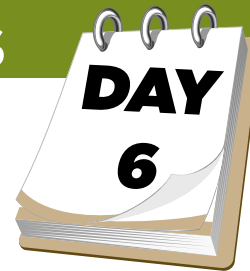
Servings - 6



cooking spray or
1 tablespoon vegetable oil
6 pork chops

1. Coat large skillet with cooking spray or oil, and heat on medium high heat.
2. When hot, brown pork chops on each side.
3. Reduce heat to medium-low, and cook until pork chops reach 145°F. Don't overcook.
4. Two pork chops will be used in Saturday night's dinner. Cover those two and refrigerate.
5. While pork chops are cooking, select and cook a seasoned rice. (See Convenience Rice Mixes)

EATING WELL BUT COOKING LESS



BREAKFAST

Menu Suggestion

English Muffin
Spread of your choice
Fruit or Juice
Milk

Equipment Needed

- toaster
- spreading knife



Shopping Tip

Check “sell by” dates to make sure you are buying the freshest.



Nutrition Tip

English muffins are low in fat and a regular size one is 2 servings of grain.



Food Safety Tip

Store in an airtight container or bag at room temperature. Use up before they mold.



Quick Tip

Don't slice English muffins with a knife because it ruins the airy texture. Gently pull the muffin apart with your fingers.

Other Creative ideas



Whole wheat, sour dough and raisin muffins are available.

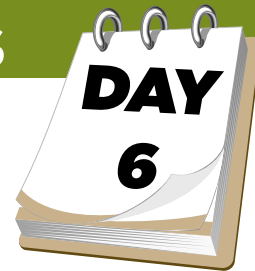
ENGLISH MUFFIN

Servings - 1



No recipe needed!

EATING WELL BUT COOKING LESS



LUNCH

Menu Suggestion

Veggie Burritos
Pretzels
Peaches
Milk

Equipment Needed

- measuring cups
- mixing bowl
- mixing spoon



Shopping Tip

Look for shredded carrots and broccoli slaw in the bagged salad section of the grocery store.



Nutrition Tip

Broccoli and carrots are high in Vitamin A. Vitamin A is necessary for normal eye sight and helps with your immune system so that you can fight infections.



Food Safety Tip

Bag salads and other prepared raw vegetables have been washed and are ready-to-eat.



Quick Tip

Shredded carrots, broccoli slaw and coleslaw mixes are also great for a quick stir fry.



Other Creative ideas

Add other vegetables to your burritos such as chopped onions, tomatoes or green peppers.

VEGGIE BURRITOS

Servings - 4



- ½ cup shredded carrots
- 1 cup broccoli slaw
- 4 ounces (1 cup) shredded cheddar cheese
- ¼ cup lowfat ranch salad dressing
- 4 (7-inch) flour tortillas

1. Mix first four ingredients in a mixing bowl.
2. Spoon about ½ cup of mixture into center of each tortilla and roll or fold tortilla around mixture.

Nutrition Facts

Serving Size (176g)

Servings Per Container 4

Amount Per Serving

Calories 310 Calories from Fat 120

% Daily Value *

Total Fat 13g 20%

Saturated Fat 6g 32%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 620mg 26%

Total Carbohydrate 36g 12%

Dietary Fiber 2g 9%

Sugars 4g

Protein 14g

Vitamin A 110% Vitamin C 70%

Calcium 35% 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



“Let me help.”

Kids can help with mixing up the filling and spooning it onto the tortillas.



Mealtime/ Family Time

Often kids will eat raw vegetables such as the ones in the burritos because the flavors aren't as strong as cooked vegetables.



Physical Activity

Have the kids pretend that they are a burrito by lying on a rug or towel on the floor and rolling themselves up.

K-STATE
Research and Extension

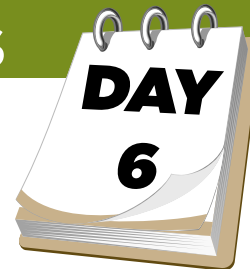


Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS



DINNER

Menu Suggestion

Oven Fried
Chicken Nuggets
Mashed Potatoes (instant)
Chicken Gravy (can or jar)
Green Beans
(can or frozen)
Strawberries
(fresh or frozen)
Milk

Equipment Needed

Herbed Breading

- airtight container
- measuring spoons

Chicken Nuggets

- small pan
- sharp knife
- plate or cutting board
- measuring cup
- small bowl
- baking sheet
- food thermometer



Shopping Tip

Purchased bread crumbs can be a little expensive. You can substitute part or all of the bread crumbs with corn meal or crushed cornflakes. Keep in mind the flavor and texture will change.



Nutrition Tip

This breading can be used with fish, whole chicken breast/pieces, and pork chops.



Other Creative Ideas

Slice into strips for chicken strips. Use leftovers to top a green salad.

OVEN FRIED CHICKEN NUGGETS

Makes 24 pieces
Serving - 6 pieces



4 boneless skinless chicken breasts
1 cup milk, low-fat
½ cup Herbed Breading

1. Pour breading into small pan.
2. Cut chicken breast into 1-inch pieces.
3. Dip chicken in milk.
4. Roll chicken in Herbed Breading to coat.
5. Place breaded chicken on a baking sheet and bake at 400° F for 15-20 minutes - 170°F.
6. Discard any unused breading and milk. The juices from raw chicken will cause the food to spoil.

HERBED BREADING

1 can plain dry bread crumbs
4 teaspoons paprika
3 teaspoons garlic powder
½ teaspoon black pepper
2 teaspoons onion powder
1 teaspoon lite salt
½ cup cornmeal or cornflake crumbs (optional)
other herbs to your taste

Combine all ingredients and store in tightly covered container until used.

Nutrition Facts

Serving Size (208g)

Servings Per Container 4

Amount Per Serving

Calories 270 Calories from Fat 35

	% Daily Value *
Total Fat 4g	6%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 75mg	24%
Sodium 460mg	19%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 33g	

Vitamin A	10%	Vitamin C	4%
Calcium	15%	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



Food Safety Tip

Always discard breadings and liquids used with raw meats. The juices from the meats have contaminated the breading and milk making them unsafe for future use.



Quick Tip

Slicing the chicken breast is easier when they are still partially frozen. While chicken is baking, prepare mashed potatoes, and heat gravy and green beans.



“Let me help.”

If serving fresh strawberries, teach children how to wash them with plain, cool water.



Mealtime/ Family Time

Everyone has likes and dislikes. Don't force children to eat foods that they don't like. This makes mealtime unpleasant and can lead to life-long, poor eating habits.



Physical Activity

Pretend to be chickens.

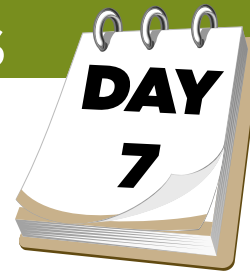
K-STATE
Research and Extension



Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS



Menu Suggestion

Breakfast Burritos
Salsa
Juice
Milk

BREAKFAST

Equipment Needed

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



Shopping Tip

Eggs are sold by grade and size. Grade AA are the

highest quality with high firm yolks and whites. Grade A is less firm than AA. Grade B spreads the most once broken out of the shell.



Nutrition Tip

Egg yolks are good sources of Vitamin A. Besides eyesight

and immune system, Vitamin A is also needed for the formation of bones and soft tissues.



Food Safety Tip

Store eggs in their carton in the refrigerator rather than

the egg containers in the door of the refrigerator. This will keep them at a more constant temperature and they won't absorb odors.

BREAKFAST BURRITOS

Servings - 4



6 eggs

½ cup chopped frozen onions

½ cup chopped frozen green peppers

½ cup shredded cheddar cheese

⅓ cup milk

¼ teaspoon salt

¼ teaspoon pepper

2 tablespoons butter or margarine

4 (7-inch) flour tortillas

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

Nutrition Facts

Serving Size (198g)
Servings Per Container 4

Amount Per Serving

Calories 380 Calories from Fat 190

% Daily Value *

Total Fat 21g	32%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 335mg	112%
Sodium 650mg	27%
Total Carbohydrate 29g	10%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 18g	

Vitamin A	20%	Vitamin C	15%
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:

	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

Eggs make a quick and easy meal any-time of the day.



Other Creative ideas

Add cooked chicken, sausage or bacon to your burritos.



“Let me help.”

Kids can help with mixing up the eggs. Be sure to wash hands before and after handling raw eggs.



Mealtime/ Family Time

Serving ethnic foods is a great way to teach your child about diversity. Talk about different cultures and what makes them special.



Physical Activity

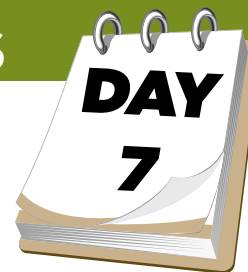
Don't forget to stretch to start the day.



Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS



LUNCH

Menu Suggestion

Hot Chicken Sandwiches
Green Beans
Cantaloupe
Milk

Equipment Needed

- measuring cups
- measuring spoons
- mixing bowl
- mixing spoon
- baking sheet



Shopping Tip

Boneless, skinless chicken breasts are often on sale such as “Buy one, get one free.” Stock up and freeze if you have room.



Nutrition Tip

Light meat chicken without skin is about 147 calories, 4 grams of fat and 72 milligrams of cholesterol.



Food Safety Tip

Cut up, cooked chicken can be stored in the refrigerator for up to 2 days.



Quick Tip

Keep canned chicken on hand for quick sandwiches, salads and casseroles.



Other Creative ideas

Different types of buns or rolls can be used such as onion, whole wheat or hot dog buns.

HOT CHICKEN SANDWICHES

Servings - 4



- 1 cup chopped cooked chicken or turkey
- 1 cup chopped celery
- ½ cup shredded cheddar cheese
- 1 teaspoon dried minced onion
- ¼ teaspoon each salt and pepper (optional)
- ¼ cup low-fat salad dressing
- 4 hamburger buns

1. Mix all filling ingredients together.
2. Divide evenly among buns.
3. Place on cookie sheet.
4. Bake at 350°F for 15 or 20 minutes.

Nutrition Facts

Serving Size (139g)

Servings Per Container 4

Amount Per Serving

Calories 250 Calories from Fat 70

% Daily Value *

Total Fat 8g 12%

Saturated Fat 4g 19%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 660mg 28%

Total Carbohydrate 25g 8%

Dietary Fiber 2g 7%

Sugars 6g

Protein 18g

Vitamin A 4% Vitamin C 4%

Calcium 15% 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



“Let me help.”

Kids can help with mixing up the filling and making the sandwiches. This would be a good time to teach oven safety.



Mealtime/ Family Time

Name colors eaten at this meal.



Physical Activity

Place a long string or rope in a circle on the floor for each person and play pretend games inside the circle such as rowing a boat, squatting down very short or standing tall.

K-STATE
Research and Extension



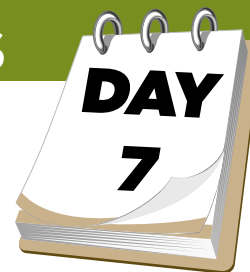
Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

EATING WELL BUT COOKING LESS

DINNER



Menu Suggestion

Skillet Pork 'N' Beans
Bag Salad
Purchased Muffins
Grapes
Milk

Equipment Needed

- measuring spoons
- measuring cups
- can opener
- large skillet
- spatula
- food thermometer



Shopping Tip

Watch sales and stock up on canned baked beans and pork 'n' beans. They are a quick healthy side dish.



Nutrition Tip

"Vegetarian" canned beans are usually lower in fat. Read labels when buying different types of canned beans to determine fat content.



Food Safety Tip

Cooked beans are potentially hazardous foods just like meats. If reheating, reheat to 165° F. Divide leftovers into small amounts and refrigerate promptly.



Quick Tip

This is a one-pot main dish. Add a few sides and your meal is ready!

SKILLET PORK 'N' BEANS

Serving - 4



1 tablespoon vegetable oil or cooking spray
½ cup frozen, chopped onion
2 pork chops, cooked and cut up
2 - 16 oz. cans vegetarian beans in tomato sauce
1 tablespoon brown sugar
1 tablespoon cider vinegar

1. Oil or spray skillet and heat on medium heat.
2. When hot, add onions and pork. Cook for 2-3 minutes, stirring occasionally.
3. Add remaining ingredients. Mix well. Reduce heat to low and simmer for 10 minutes. Heat to a minimum internal temperature of 165°F.

Nutrition Facts

Serving Size (309g)

Servings Per Container 4

Amount Per Serving

Calories 390 Calories from Fat 100

% Daily Value *

Total Fat	11g		17%
Saturated Fat	3g		15%
Trans Fat	0g		
Cholesterol	35mg		12%
Sodium	30mg		1%
Total Carbohydrate	46g		15%
Dietary Fiber	10g		42%
Sugars	11g		
Protein	20g		

Vitamin A	30%	Vitamin C	2%
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

In place of pork chops, you could brown ½ pound ground pork and use it in this skillet recipe.



“Let me help.”

Kids can help with washing the grapes.



Mealtime/ Family Time

Work on numbers and math. Have kids count different foods such as the grapes.



Physical Activity

Have a bean bag toss. Use a paper plate, bucket or piece of paper for the target.

K-STATE

Research and Extension



Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777