

EATING WELL BUT COOKING LESS - WEEK 3 AT-A-GLANCE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Egg in a Bread Basket Orange Slices Juice Milk	Instant Oatmeal Dried Fruit Chopped Nuts Juice Milk	Cinnamon Toast Grapefruit Milk	Cold Cereal Banana Juice Milk	Bagels Peanut Butter Juice Milk	Breakfast Banana Split Juice Milk	Overnight Egg Casserole Toast Mixed Fruit Milk
Lunch	Black Bean Quesadillas Bag Salad Salsa Fresh Melon Milk	Grilled Cheese Sandwich Canned Tomato Soup Pretzels Grapes Milk	Leftover Hamburger Stroganoff Bag Salad Dressing Apples Milk	Sunshine Salad Pork 'n Beans Crackers Milk	Deli Meat Sandwich Pretzels Melon Milk	Chicken Salad Sliced Tomatoes Crackers Milk	Hamburger Cheese Slices Lettuce, Onion, Tomato, Pickles Whole Wheat Bun Purchased Potato Salad Watermelon Milk
Dinner	Hamburger Stroganoff Canned Green Beans Peaches Milk	Fish Sticks Oven Fried Potatoes Carrots Fruit Cocktail Milk	Sloppy Joe's Bag Coleslaw Bottled Dressing Canned Pears Milk	Chef Salad French Bread Melon Milk	Baked Ham Sweet Potatoes Broccoli Dinner Rolls Applesauce Milk	Skillet Tuna Casserole Bag Salad Dressing Orange Slices Milk	Chicken Fried Rice Asian Mixed Vegetables Pudding Fruit Cup Dinner Rolls Milk

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*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

Other Items

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

WEEK 3 Shopping List

Staple Items

- Vanilla pudding mix - instant
- Cooking spray
- Mayonnaise or salad dressing - light
- Soy sauce - lower sodium
- Sugar (4-5 pounds)
- Vegetable oil

Herbs & Spices

- Black pepper
- Cinnamon
- Garlic powder
- Garlic powder
- Onion - dried, minced
- Onion powder
- Paprika
- Salt

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Grocery

Grains

- Bagels
- Bread, French
- Bread, whole wheat - 3 loaves
- Dinner rolls - 1 pkg
- Whole wheat hamburger buns - 1-12 ct & 1-8 ct
- White rice - 1-16 oz bag
- Noodles, egg - 16 oz - 2 pkg
- Pretzels
- Saltine crackers or others
- Tortilla, whole wheat - 12 ct

Canned Beans, Sauces, Soups & Vegetables

- Black beans - refried - 15 oz. can
- Pork 'n Beans - 15 oz. can
- Salsa - 1 - 32 oz. jar
- Sloppy Joe sauce
- Cream of Mushroom soup - 10.5 oz can
- Green beans - 14.5 oz can
- Peas - 15 oz can

Canned Fruit & Juice

- Applesauce - 25 oz can
- Fruit cocktail - 1-15 oz. can, 1-29 oz can
- Mandarin oranges - 11 oz. can
- Peaches - 29 oz can
- Pears - 2-15oz cans
- Pineapple tidbits - 3-20 oz cans

Canned Meat

- Chicken - white meat - 2 - 8-10 oz. cans or frozen
- Tuna - water pack - 2- 6 to 7 oz. cans

Other Grocery Items

- Cereal - your choice
- Nuts - chopped - your choice
- Peanut butter - 1 jar
- Oatmeal - quick cooking - 1 container
- Pickles - 1 jar
- Salad dressing - your choice
- Salad dressing - coleslaw type

Dairy

- American cheese - 16 slice pkg
- Cheddar cheese - shredded - 12 oz pkg
- Eggs - 1 dozen
- Margarine - 1 lb
- Milk - 6 gallons*
- Sour cream - fat free - 16 oz container
- Yogurt - lowfat, vanilla - 8 oz.
- Yogurt - your choice - 2 - 8 oz.

Frozen Foods

- Fish sticks - 1 pkg
- Carrots - 16 oz. pkg
- Fruit Medley - 16 oz. pkg
- Green pepper, chopped - 16 oz pkg
- Onions, chopped - 16 oz pkg
- Vegetables - Oriental Mix - 16 oz pkg

Fruit - Fresh

- Apples - 4 medium
- Bananas - 10
- Grapefruit - 2
- Watermelon - 1
- Grapes - 1 lb
- Melon - your choice - 2
- Oranges - 8
- Orange juice - 1/2 gallon
- Dried fruit - 1 pkg - your choice
- Raisins - 1 pkg

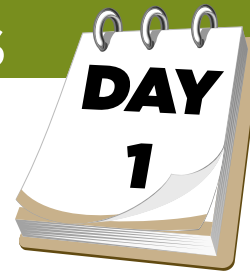
Meat

- Chicken, cooked - 2 - 8-10 oz pkg or use canned
- Ground beef - 2 lbs
- Ham - deli sliced - 4 oz
- Ham - baked - 1 lb
- Ham - diced - 8 oz
- Roast beef - deli - 4 oz
- Turkey - deli - 4 oz

Vegetables - Fresh

- Broccoli - 1 head
- Carrots - 1 bag shredded (3 cups)
- Coleslaw mix - 1 bag
- Onion - 1
- Potato - 4 medium
- Potato salad - 1 pint
- Sweet potatoes - 4 small
- Romaine lettuce
- Salad bar items - 1 cup chopped celery
- Salad in a bag - 2 bags
- Tomatoes - grape or cherry - 1 - 16 oz container, Regular - 2, Roma - 2

EATING WELL BUT COOKING LESS



Menu Suggestion

Egg in a Bread Basket
Orange Slices
Juice
Milk

BREAKFAST

Equipment Needed

- cookie cutter or small glass
- skillet
- knife
- small dish
- spatula



Shopping Tip

Brown eggs are no more nutritious than white eggs even

though they may be more expensive.



Nutrition Tip

One egg contains 80 calories and is equal to one ounce

of protein.



Food Safety Tip

Cook eggs thoroughly - the white should be completely

set and opaque, and the yolk should be firm.



Quick Tip

If making more than one recipe, use a larger skillet to cook

2 or more at a time.



Other Creative Ideas

Add cheese and ham if desired.

EGG IN A BREAD BASKET

Servings - 1



1 slice whole wheat bread

1 teaspoon margarine

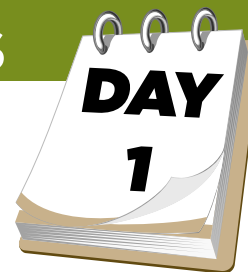
cooking spray

1 egg

1. Make a hole in the center of the bread with a glass or cookie cutter. Save the "hole" for a snack. Spread margarine on both sides of bread.
2. Spray a small skillet with cooking spray and heat on medium. Place the bread in the skillet. Break the egg into a small dish and then pour into the hole in the bread. After the egg begins to bubble and cook, flip the bread over.
3. Cook until the egg is completely done. (The yolk will thicken.)

EATING WELL BUT COOKING LESS

LUNCH



Menu Suggestion

Black Bean Quesadillas
Bag Salad
Salsa
Melon
Milk

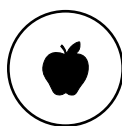
Equipment Needed

- measuring cups
- paring knife
- spreading knife
- large skillet
- spatula



Shopping Tip

Canned beans are available in many varieties. Check the ethnic sections of the grocery store if you can't find what you are looking for in the canned vegetable aisle.



Nutrition Tip

Beans are an excellent source of fiber and the best plant source for protein.



Food Safety Tip

Canned beans, once opened, are potentially hazardous foods. Refrigerate leftovers within 2 hours, and use within 2 days.



Quick Tip

Use the leftover refried beans as a snack with vegetables or tortilla chips.

BLACK BEAN QUESADILLAS

Servings - 4

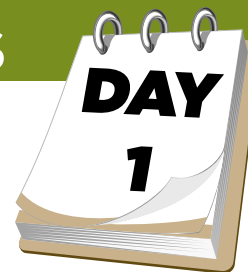


4 - 8-inch flour tortillas
1 cup refried black beans
½ cup chopped green onions - frozen
½ cup chopped green peppers - frozen
2 chopped Roma tomatoes
1 cup (4 oz.) shredded cheddar cheese
cooking spray

1. Spread refried beans on 2 tortillas.
2. Top with cheese, onion, peppers, tomatoes, and remaining tortillas.
3. Spray skillet with cooking spray.
4. Place 1 quesadilla in hot skillet and cook for 2-3 minutes, turn and cook 2-3 more minutes until lightly browned.
5. Repeat with remaining quesadillas.
6. Slice each quesadilla in half.

EATING WELL BUT COOKING LESS

DINNER



Menu Suggestion

Hamburger Stroganoff
Green Beans
Peaches
Milk

Equipment Needed

- large pot
- mixing spoon
- strainer or lid for large pot
- skillet
- measuring cups
- measuring spoons
- can opener
- food thermometer



Shopping Tip

Varieties of cream of mushroom soup now come in lower sodium and lower fat. Read food labels to select the best one for your diet.



Nutrition Tip

To reduce fat in ground beef, place a strainer inside a large bowl. Place meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container, then in the trash. Do not pour grease down the drain. This method decreases fat by 10-12 grams per 3 oz. of pan broiled ground beef.

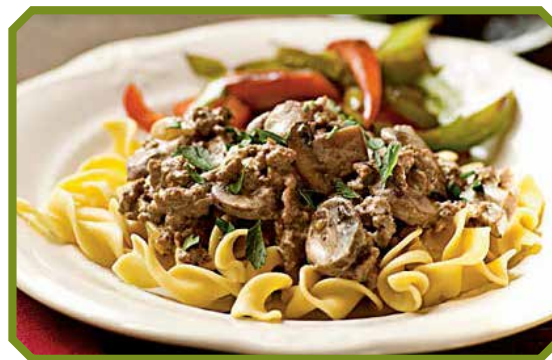


Food Safety Tip

A mixed food like this meat sauce needs to reach 165°F to be safely cooked.

HAMBURGER STROGANOFF

Serving - 8



1 package (16 oz) dry egg noodles
1 pound ground beef
½ cup onion, chopped - frozen
⅛ teaspoon garlic powder
1 can (10.5 oz) cream of mushroom soup
1 cup fat free sour cream (or plain yogurt)

1. Cook noodles according to package directions; set aside.
2. Cook meat, onion, and garlic in skillet over medium heat. Drain (see Nutrition Tip)
3. Stir in soup.
4. Simmer uncovered 10 minutes.
5. Stir in sour cream, cook until hot (165°F).
6. Serve over noodles.

Nutrition Facts

Serving Size (194g)
Servings Per Container 8

Amount Per Serving

Calories 430 Calories from Fat 130

% Daily Value *

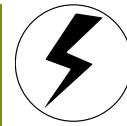
Total Fat	15g	23%
Saturated Fat	5g	26%
Trans Fat	0g	
Cholesterol	100mg	33%
Sodium	340mg	14%
Total Carbohydrate	50g	17%
Dietary Fiber	2g	7%
Sugars	4g	
Protein	21g	

Vitamin A	4%	Vitamin C	2%
Calcium	8%	Iron	20%

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	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

To streamline your food preparation, read through recipes completely and start with the ingredient that takes the longest to cook. While it is cooking, prepare the other ingredients.



Other Creative Ideas

Cream style soups also come in other flavors such as garlic and herb.



“Let me help.”

Kids can learn by observing others. Let them sit on a stool out of the way while you cook. You can show them what you are doing and talk about preparing the meal.



Mealtime/ Family Time

Some kids don't like their foods mixed. With this meal, they may want their noodles separate from the meat sauce. That's okay. Keep comments about eating positive.



Physical Activity

Play Simon Says. Simon says “Touch your toes” etc.

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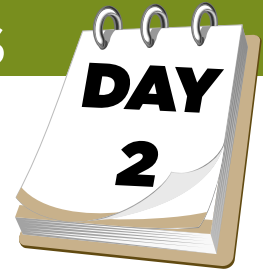
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EATING WELL BUT COOKING LESS

BREAKFAST



Menu Suggestion

Oatmeal
Dried Fruit
Chopped Nuts
Juice
Milk

Equipment Needed

- microwave-safe bowl or saucepan
- measuring cups (if needed)
- spoon



Shopping Tip

Oatmeal in bulk containers is usually less expensive and lower in added sugar than individually packaged types.



Nutrition Tip

Not all oatmeals are iron-fortified. Read labels to find brands that are good sources of iron.



Food Safety Tip

Keep oatmeal in an airtight container to maintain freshness and keep pests out.



Quick Tip

Instant oatmeal cooked in the microwave is usually ready in 1-2 minutes. Be sure to cover it so that it does not boil over.



Other Creative ideas

Add your own favorite chopped nuts or dried fruit.

INSTANT OATMEAL



No recipe needed!

Make according to package directions.

Nutrition Facts

Serving Size (28g)
Servings Per Container 1

Amount Per Serving

Calories 100 Calories from Fat 15

% Daily Value *

Total Fat	1.5g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	280mg		12%
Total Carbohydrate	18g		6%
Dietary Fiber	3g		12%
Sugars	1g		
Protein	4g		

Vitamin A	30%	Vitamin C	0%
Calcium	15%	Iron	35%

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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



“Let me help.”

Kids can help with adding fruit and nuts to the oatmeal.

Oatmeal will be hot, so watch out to prevent burns.



**Mealtime/
Family Time**

Keep quick breakfast foods on hand, so that everyone will have time to sit down and eat.



Physical Activity

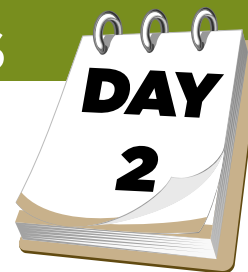
Use empty oatmeal containers to roll on the floor or toss back and forth.



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EATING WELL BUT COOKING LESS



LUNCH

Menu Suggestion

Grilled Cheese Sandwich
Tomato Soup (canned)
Pretzels
Grapes
Milk

Equipment Needed

- skillet
- knife
- spatula



Shopping Tip

American cheese is also known as Pasteurized Processed Cheese. It is a blend of natural cheese with fat added to it so that it melts smoothly. Pasteurized Processed Cheese Food contains cheese and other dairy ingredients. It usually contains more moisture and less fat than American Cheese, but it also may be lower in calcium.



Nutrition Tip

To cut back on fat, use a butter-flavored cooking spray and a non-stick skillet.



Food Safety Tip

Before starting to cook, wash hands for 20 seconds with soap and warm water. Sanitize counters with 1 teaspoon of chlorine bleach to 1 quart of water. Put in a spray bottle, spray counters and let air dry.

GRILLED CHEESE SANDWICH

Servings - 4



¼ cup margarine
8 slices bread
4 slices American cheese

1. Spread margarine on one side of each of the 8 slices of bread. (See Nutrition Tip)
2. Put dry sides of the bread together with a slice of cheese in the middle, making 4 sandwiches.
3. Grill in frying pan until bread is browned on both sides and cheese has melted.
4. Slice in half and serve.

Nutrition Facts

Serving Size (75g)

Servings Per Container 4

Amount Per Serving

Calories 280 Calories from Fat 160

% Daily Value *

Total Fat 18g 28%

Saturated Fat 5g 27%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 620mg 26%

Total Carbohydrate 21g 7%

Dietary Fiber 1g 4%

Sugars 3g

Protein 8g

Vitamin A 15% Vitamin C 0%

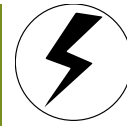
Calcium 15% Iron 8%

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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



Quick Tip

Before starting sandwiches, put soup on to heat, either on top of the stove or in the microwave.



Other Creative Ideas

Add deli ham or turkey to sandwiches. Add leftover cooked vegetables to soup.



"Let me help."

Kids can help with spreading the margarine on the bread.



Mealtime/ Family Time

Cut the sandwiches into fun shapes with cookie cutters and have a lunch party.



Physical Activity

Do chair aerobics. Sit in a chair and pretend to hike, swim, paddle or cycle.

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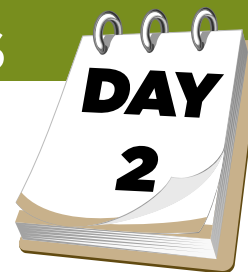
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DINNER



Menu Suggestion

Fish Sticks
Oven Fried Potatoes
Carrots
Fruit Cocktail
Milk

Equipment Needed

- paring knife
- baking sheet
- small bowl
- measuring spoons



Shopping Tip

When buying fish sticks, select brands that have a high proportion of fish to breading.



Nutrition Tip

Potatoes are high in Vitamin C and potassium.



Food Safety Tip

Potatoes with a green tinge have been exposed to light or extreme temperatures causing “solanine,” a toxic compound to develop. Don’t eat this part of the potato as the solanine can cause cramps, diarrhea and fatigue. Peel away the green including at least 1/8-inch below the green.



Quick Tip

To speed up cooking time, microwave clean potatoes for 5-6 minutes, then prepare them for the oven.

OVEN FRIED POTATOES

Serving - 4



- 4 medium potatoes
- 2 teaspoons oil
- 1/2 teaspoon garlic powder (optional)
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon pepper

1. Preheat oven to 400°. Scrub potatoes, do not peel.
2. Cut in 1/2-inch wedges, lengthwise; blot to dry the cut surfaces.
3. Brush with oil.
4. Mix spices together. With cut surfaces up, sprinkle with spices.
5. Bake 30-40 minutes or until potatoes are lightly browned and tender.

Adapted from “Easy, Everyday Low-fat Cooking”

Nutrition Facts

Serving Size (151g)

Servings Per Container 4

Amount Per Serving

Calories 120 Calories from Fat 20

% Daily Value *

Total Fat 2.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 27g 9%

Dietary Fiber 3g 13%

Sugars 3g

Protein 4g

Vitamin A 4% Vitamin C 45%

Calcium 2% Iron 6%

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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 favorite spices such as chili powder or use purchased salt-free spice blends.



“Let me help.”

Kids can sprinkle the spices on the potatoes.



Mealtime/ Family Time

Talk about activities you can do as a family such as fishing.



Physical Activity

Pretend to dig some potatoes.

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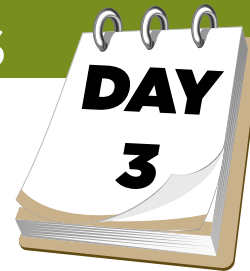


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Menu Suggestion

Cinnamon Toast
Grapefruit
Milk

Equipment Needed

- measuring cups
- measuring spoon
- shaker
- toaster
- knife
- serving plate



Shopping Tip

When buying grapefruit, look for round, smooth fruits that are heavy indicating juiciness.



Nutrition Tip

Grapefruit provides Vitamin C, pectin (good for lowering cholesterol), potassium and beta-carotene, which our bodies turn into Vitamin A.



Food Safety Tip

Rinse all fruit and vegetables with plenty of water before preparing.



Quick Tip

Slice grapefruit cross-wise and section them with a paring knife or grapefruit knife. Or peel and eat like an orange.

BREAKFAST

CINNAMON TOAST STRIPS

Servings - 4



8 slices whole wheat bread
3 tablespoons margarine (about 1 teaspoon per slice)
cinnamon sugar (½ 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 (87g)

Servings Per Container 4

Amount Per Serving

Calories 300 Calories from Fat 90

% Daily Value *

Total Fat 10g 15%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 310mg 13%

Total Carbohydrate 48g 16%

Dietary Fiber 3g 12%

Sugars 28g

Protein 4g

Vitamin A 8% Vitamin C 0%

Calcium 6% Iron 10%

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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

Grapefruit can be eaten at room temperature or chilled. Sweeten the fruit with a small amount of sugar or honey.



“Let me help.”

Kids can help with sprinkling the cinnamon sugar on the toast and with washing the fruit.



Mealtime/ Family Time

Use foods and mealtime to teach counting such as “How many sections are in your grapefruit?”



Physical Activity

Have some feather fun. Toss, catch and balance feathers on different body parts.

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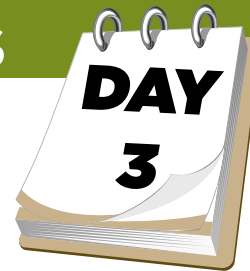
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LUNCH



Menu Suggestion

Leftover Hamburger
Stroganoff
Bag Salad/Dressing
Apple
Milk

LEFTOVER HAMBURGER STROGANOFF

Equipment Needed

- insulated lunch box
- microwave-safe container
- other airtight containers
- table service



Shopping Tip

Bag salads will have “Best if used by” dates on the package. Be sure to check this date when purchasing so that you get the freshest product.



Nutrition Tip

When selecting bag salad, choose colorful varieties which have more nutrients such as Vitamins A and C, and phytonutrients.



Food Safety Tip

To reheat leftovers in the microwave, be sure to use microwave-safe containers. Some plastic containers can melt or warp, and cause spills and burns.



Nutrition Facts

Serving Size (194g)

Servings Per Container 8

Amount Per Serving

Calories 430 Calories from Fat 130

	% Daily Value *	
Total Fat	15g	23%
Saturated Fat	5g	26%
Trans Fat	0g	
Cholesterol	100mg	33%
Sodium	340mg	14%
Total Carbohydrate	50g	17%
Dietary Fiber	2g	7%
Sugars	4g	
Protein	21g	

Vitamin A	4%	Vitamin C	2%
Calcium	8%	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

Keep healthy foods on hand at work like bag salad, crackers, string cheese, etc. in case you forget your lunch or don't have time to make one at home.



Other Creative Ideas

To include vegetables, add peas and carrots, green beans or mixed vegetables to your leftover Hamburger Stroganoff.



"Let me help."

Kids can help with washing the apples.



Mealtime/ Family Time

Sometimes eating lunch by yourself can be a time to relax and spend some time reading or meditating.



Physical Activity

Pretend to pick apples.

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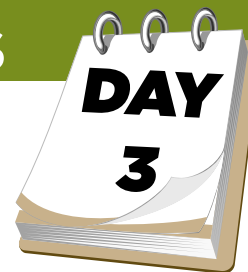


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EATING WELL BUT COOKING LESS

DINNER



Menu Suggestion

Sloppy Joes
Bag Coleslaw Mix/Dressing
Canned Pears
Milk

Equipment Needed

- skillet
- strainer
- large bowl
- mixing spoon
- can opener



Shopping Tip

Read labels especially for fat content when shopping for ground meats. Sometimes ground turkey can be just as high in fat as ground beef.



Nutrition Tip

To lower fat in this recipe, place a strainer inside a large bowl. Place meat in the strainer, then rinse with hot water. Drain for 5 minutes. Place cooled grease in a container and then in the trash. Do not rinse grease down the drain. This method decreases fat by 10-12 grams per 3 oz. of pan broiled ground beef.



Food Safety Tip

The end point temperature for a mixed dish like Sloppy Joes is 165° F. Spoon the mixture around the end of your instant-read thermometer to get an accurate reading.

SLOPPY JOES

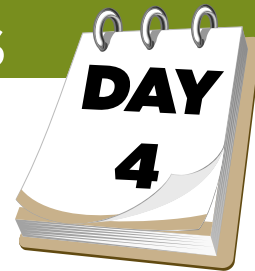
Serving - 8



1 pound ground beef
1 can (15-16 oz.) sloppy joe sauce
1 package (8) hamburger buns

1. Cook meat thoroughly in skillet over medium heat. Drain grease. (See Nutrition Tip)
2. Add canned sloppy joe sauce.
3. Simmer for about 15 minutes or until mixture reaches 165°.
4. Serve on hamburger buns.

EATING WELL BUT COOKING LESS



Menu Suggestion

Cold Cereal
Banana
Juice
Milk

BREAKFAST

Equipment Needed

- bowl
- spoon
- knife



Shopping Tip

Cereal is another way to include more iron in your diet.

Read the Nutrition Facts and look for an iron Daily Value of 10% or more.



Nutrition Tip

If you want to increase your fiber intake, eat high-fiber cereals.

Look for cereals with 5 grams of fiber or more per serving.



Food Safety Tip

Cereals can be kept 6-8 months if unopened. Once

opened, use within 2-3 months. Refold and seal package to keep out pests.



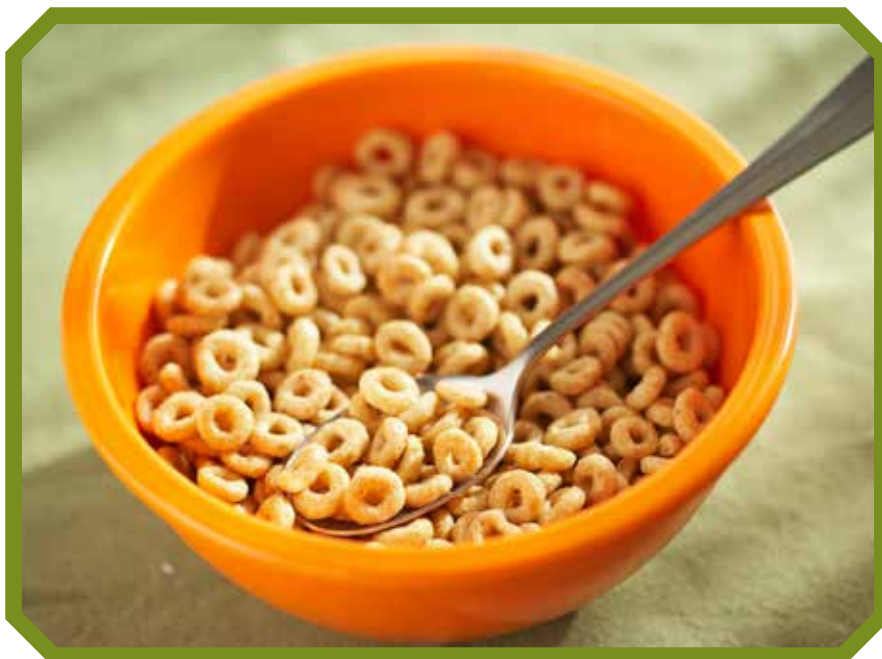
Quick Tip

If watching calories, measure a serving of cereal with measur-

ing cups before putting it in your cereal bowl. Once in the bowl, observe how full the bowl is so that you will know how much cereal to eat the next time.

COLD CEREAL

Servings - 1



No recipe needed!

Nutrition Facts

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

Amount Per Serving		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 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



Other Creative Ideas

For variety, mix two or more cereals together. Use yogurt instead of milk.



“Let me help.”

Kids can help with putting cereal in the bowls, slicing the bananas and pouring milk if supervised.



Mealtime/ Family Time

Breakfast cereals are a great way to discuss farming and how grains are grown and made into cereal.



Physical Activity

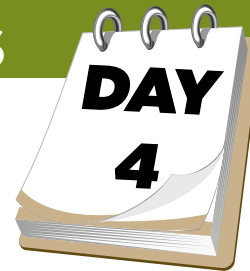
Pretend to pick corn.



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EATING WELL BUT COOKING LESS



LUNCH

Menu Suggestion

Sunshine Salad
Pork 'n' Beans
Crackers
Milk

Equipment Needed

- can opener
- measuring cups
- large mixing bowl
- grater (if needed)
- mixing spoon



Shopping Tip

Look for bags of grated or shredded carrots in the produce section.



Nutrition Tip

Carrots are an excellent source of Vitamin A which helps eyesight and the immune system.



Food Safety Tip

Yogurt is a potentially hazardous food so keep this salad refrigerated.



Quick Tip

To serve immediately, chill all ingredients ahead of time including the canned pineapple.



Other Creative ideas

Add other fruit such as chopped banana or apple. Use a different flavor of yogurt such as lemon.

SUNSHINE SALAD

Serving - 6 (¾ cup)



1 cup canned, pineapple tidbits, drained
3 cups shredded carrots
⅓ cup raisins
1 - 8 oz. carton lowfat vanilla yogurt

1. Add all ingredients to a large bowl and mix well.
2. Refrigerate until served. Refrigerate leftovers.

Nutrition Facts

Serving Size (144g)

Servings Per Container 6

Amount Per Serving

Calories 120 Calories from Fat 5

% Daily Value *

Total Fat 14g 1%

 Saturated Fat 0g 0%

 Trans Fat 0g

Cholesterol 5mg 1%

Sodium 45mg 2%

Total Carbohydrate 28g 9%

 Dietary Fiber 2g 9%

 Sugars 24g

Protein 3g

Vitamin A 310% Vitamin C 15%

Calcium 8% Iron 4%

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		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.”

This is an easy recipe that kids can make completely and then feel proud of their hard work.



Mealtime/ Family Time

Many children’s books have food themes. If dinner time is too busy, spend some family time reading before bed.



Physical Activity

Plants need sunshine to grow. Pretend to be a plant growing up from a seed.

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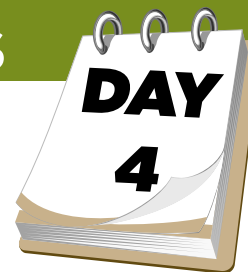
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EATING WELL BUT COOKING LESS

DINNER



Menu Suggestion

Chef Salad/Dressing
French Bread
Melon
Milk

Equipment Needed

- large serving bowl
- paring knife
- cutting board or plate
- salad tongs or 2 large serving spoons



Shopping Tip

Buy extra deli meat for sandwiches on Day 5.



Nutrition Tip

Salads can be high in fat if you use too much dressing. Salad dressing ladles at restaurants for example, are ¼cup. A portion that size, can contain up to 40 grams of fat. Choose a light or fat free dressing and measure out how much you want to add.



Food Safety Tip

Listeria is a bacteria that can grow at refrigerator temperatures. Watch expiration dates on deli meats. When in doubt, throw it out.



Quick Tip

Salads are easy to put together if you buy packages of ready-to-eat foods such as bag salads, broccoli flowerettes and baby carrots.

CHEF SALAD

Servings - 4



4 cups lettuce
2 oz. deli turkey
2 oz. deli ham
2 oz. deli roast beef
1 cup shredded cheddar cheese
1 cup cherry or grape tomatoes
salad dressing of your choice

1. Place lettuce in a large bowl.
2. Chop meats and place on top of lettuce.
3. Sprinkle cheese on top of salad.
4. Add tomatoes.

Nutrition Facts

Serving Size (163g)

Servings Per Container 4

Amount Per Serving

Calories 170 Calories from Fat 100

% Daily Value *

Total Fat	11g	16%
Saturated Fat	6g	32%
Trans Fat	0g	
Cholesterol	45mg	15%
Sodium	660mg	27%
Total Carbohydrate	4g	1%
Dietary Fiber	1g	5%
Sugars	3g	
Protein	15g	

Vitamin A	15%	Vitamin C	15%
Calcium	20%	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

Add other favorite vegetables such as carrot and cucumber. Vary the protein by adding hard-cooked eggs or beans.



“Let me help.”

Teach kids how to wash their hands and remind them to do it often, especially when handling ready-to-eat foods.



Mealtime/ Family Time

This is a colorful meal, so have the kids name all the colors of their food.



Physical Activity

As you name the colors of the salad, call out something to do such as red—do jumping jacks, green—march in place, etc.

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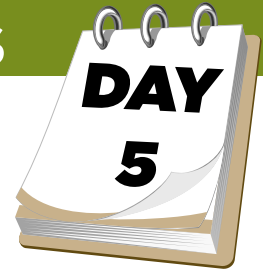
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EATING WELL BUT COOKING LESS

BREAKFAST



Menu Suggestion

Bagel
Peanut Butter
Juice
Milk

Equipment Needed

- slicing knife
- cutting board
- toaster (optional)
- knife



Shopping Tip

Bagels can be found in the bakery, bread or frozen section of the grocery store. Compare prices to get the best buy.



Nutrition Tip

Watch portion sizes on bagels. For example, a bagel weighing 4 ounces would be equal to 4 slices of bread.



Food Safety Tip

If you use cream cheese instead of peanut butter, keep it refrigerated as it is a food that can grow harmful bacteria if left out.



Quick Tip

Cuts from slicing bagels are very common. Take a little more time, pay attention and use cutting board and a sharp bread knife.

BAGEL

Servings - 1



No recipe needed!

Nutrition Facts

Serving Size (71g) 1/2 bagel
Servings Per Container 2

Amount Per Serving

Calories 200 Calories from Fat 10

	% Daily Value *
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 7g	

Vitamin A	0%	Vitamin C	0%
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



Other Creative ideas

Bagels come in a variety of flavors including whole grain. Spreads like cream cheese also come in a variety of flavors and types such as light and fat free.



“Let me help.”

Kids can help with spreading on the peanut butter. If using the toaster, teach toaster safety. Unplug the toaster first before removing any food that is stuck.



Mealtime/ Family Time

Start the day off right by having everyone discuss something they are looking forward to such as a visit from grandma or a trip to the park.



Physical Activity

Pretend to knead bread dough.

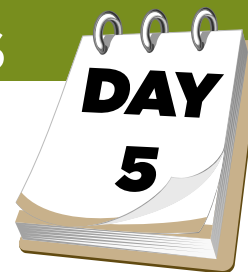


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EATING WELL BUT COOKING LESS

LUNCH



Menu Suggestion

Deli Meat Sandwich
Pretzels
Melon
Milk

Equipment Needed

- plate
- knife



Shopping Tip

Deli meats now come in resealable plastic containers.

Be sure to compare prices and nutrients between meats at the deli counter and packaged products in the meat section.



Nutrition Tip

For extra crunch and nutrients, add extra vegetables to your sandwich.



Food Safety Tip

Be sure to wash and sanitize your lunch box everyday. Wash with hot, soapy water, rinse well, then rinse with a bleach solution (1 tsp of non-scented chlorine bleach to 1 quart of water) and air dry.



Quick Tip

If packing a lunch, put the vegetables in a separate plastic bag and add them to your sandwich just before you eat so that your sandwich doesn't get soggy.

DELI MEAT SANDWICH

Servings - 1

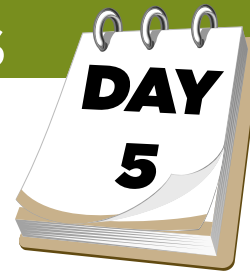


2 slices whole grain bread
mustard (or light mayonnaise)
2 oz. deli meat
1 slice cheese
lettuce
tomato slices

1. Spread mustard or mayonnaise on bread.
2. Add deli meat, cheese and vegetables.

EATING WELL BUT COOKING LESS

DINNER



Menu Suggestion

Ham
Sweet Potatoes
Broccoli
Dinner Rolls
Applesauce
Milk

Equipment Needed

- baking pan
- oven



Shopping Tip

Ham comes in a variety of products depending on how much water is added. Ham - water added, and ham and water products are not as high in quality.



Nutrition Tip

Because of the way ham is processed, it contains a lot of sodium. Keep portion size to 3 ounces cooked.



Food Safety Tip

Leftover ham can be reheated to 165° F one time only.

Throw out any leftover ham after reheating.



Quick Tip

While ham is baking, microwave sweet potatoes and broccoli.

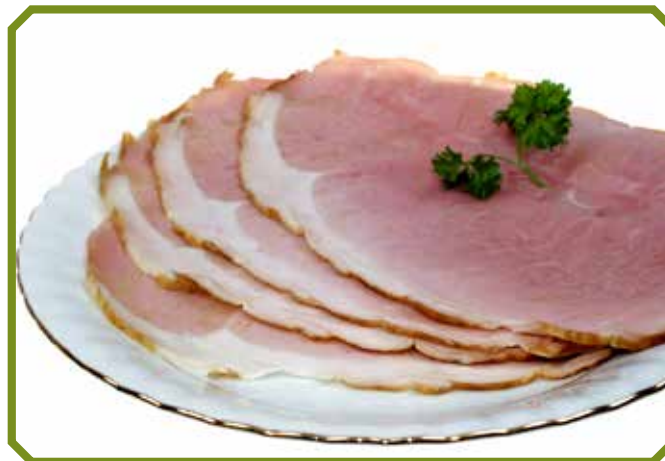


Other Creative Ideas

Top ham with pineapple rings or crushed pineapple before baking.

BAKED HAM

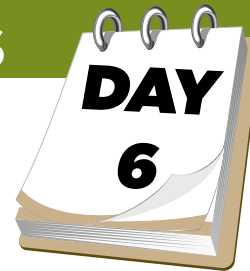
Servings - 4



4 slices of ham (4 oz. raw, each)

1. Preheat oven to 325°.
2. Bake ham for 20-25 minutes or until 165°F.
3. Serve.

EATING WELL BUT COOKING LESS



Menu Suggestion

Breakfast Banana Split
Juice
Milk

Equipment Needed

- knife
- cutting board
- measuring cups
- spoon
- cereal bowl
- can opener



Shopping Tip

Canned and frozen fruit are a must-have staple for quick breakfasts, snacks and desserts.



Nutrition Tip

This recipe is loaded with nutrition: fiber, Vitamins A and C, and calcium and iron.



Food Safety Tip

Some foods like grapes or chunks of melon and pineapple can cause choking in young children. Chop these foods into very small pieces.



Quick Tip

This recipe is fast and easy. If mornings are especially hectic, take a few minutes the night before to assemble ingredients.



Other Creative ideas

Choose any kind of favorite cereal, yogurt and fruit.

BREAKFAST

BREAKFAST BANANA SPLIT

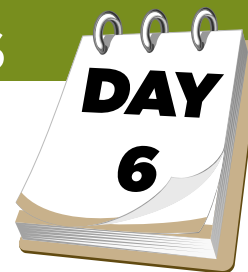
Servings - 1



- 1 small banana
- ½ cup crunchy nugget cereal or favorite oat or bran cereal
- ½ cup lowfat vanilla, blueberry or strawberry yogurt
- ½ cup pineapple tidbits or chunks

1. Peel and split banana lengthwise and place in cereal bowl.
2. Sprinkle cereal over banana, reserving some for topping.
3. Spoon yogurt on top.
4. Decorate with reserved cereal and pineapple.

EATING WELL BUT COOKING LESS



LUNCH

Menu Suggestion

Chicken Salad
Sliced Tomatoes
Crackers
Milk

Equipment Needed

- mixing bowl
- cutting board
- knife
- measuring cups
- measuring spoons
- mixing spoon or rubber spatula



Shopping Tip

Chopped celery can be purchased at the salad bar if you only need enough for this recipe.



Nutrition Tip

Leftover cooked chicken is lower in sodium than canned chicken.



Food Safety Tip

Refrigerate leftovers immediately and use within 2 days.



Quick Tip

Use canned chicken if in a hurry and you don't have any leftovers. (As noted, it will be higher in sodium.)



Other Creative ideas

Use different types of vegetables, cheeses and seasonings such as chopped onion, Swiss cheese and garlic powder.

CHICKEN SALAD

Servings - 6



1 cup cooked, chopped chicken or turkey

1 cup diced celery

½ cup shredded cheddar cheese

1 teaspoon minced dry onion

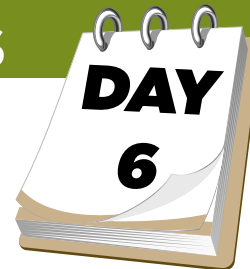
½ cup lowfat salad dressing

crackers, bread or buns

1. Mix all ingredients together.
2. Serve on crackers, bread or buns.
3. If desired, bake bread or bun sandwiches on a baking sheet at 350° F for 12-15 minutes.

EATING WELL BUT COOKING LESS

DINNER



Menu Suggestion

Skillet Tuna Casserole
Bag Salad
Orange Slices
Milk

Equipment Needed

- skillet
- can opener
- mixing spoon



Shopping Tip

Some noodles cook faster than others. Read package directions for cooking times.



Nutrition Tip

This is a low-fat recipe, less than 30% of the calories come from fat.



Food Safety Tip

Refrigerate or freeze leftovers in single-serving containers. Use refrigerated leftovers within 2 days and frozen ones within a month.



Quick Tip

This is a great one-pot meal. To avoid extra dishes to wash, fill plates from the stove.



Other Creative Ideas

Use canned peas and carrots or other favorite vegetables.

SKILLET TUNA CASSEROLE

Servings - 8



2 cans (6-7 oz.) chunk-style tuna in water, undrained
2 cans (10.5 oz.) cream of mushroom soup
1 cup water
1 package (16 oz.) dry egg noodles
1 can (15 oz) peas, undrained

1. In a skillet combine tuna, mushroom soup, water, peas, and noodles.
2. Stir together well.
3. Bring to a boil.
4. Cover skillet and reduce heat.
5. Simmer until noodles are tender, approximately 20-30 minutes.

Nutrition Facts

Serving Size (263g)
Servings Per Container 8

Amount Per Serving

Calories 380 Calories from Fat 70

% Daily Value *

Total Fat	8g		12%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	85mg		28%
Sodium	900mg		37%
Total Carbohydrate	51g		17%
Dietary Fiber	3g		14%
Sugars	3g		
Protein	24g		

Vitamin A	4%	Vitamin C	6%
Calcium	4%	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 peeling the oranges.



Mealtime/ Family Time

Try to spend an evening a week doing family activities such as scrapbooking, games or puzzles.



Physical Activity

Look for large floor puzzles that the kids can put together.

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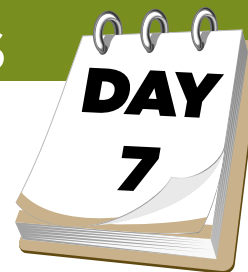


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EATING WELL BUT COOKING LESS



Menu Suggestion

Overnight Egg Casserole
Toast
Mixed Fruit
Milk

Equipment Needed

- cutting board
- knife
- mixing bowl
- mixing spoon
- measuring cups
- cooking spray
- 8x8-inch baking pan or 12 cup muffin tin



Shopping Tip

Chopped, cooked ham can be found in the meat case of the grocery store.



Nutrition Tip

If watching cholesterol, you can use egg substitute in place of the eggs. However, if your overall fat intake is low, 3-4 eggs per week can be included in a healthy diet.



Food Safety Tip

Refrigerate eggs as soon as you get home from the grocery store and use within 3 weeks.



Quick Tip

Because this recipe is refrigerated overnight, be sure to use a baking pan that can go from refrigerator to oven.

BREAKFAST

OVERNIGHT EGG CASSEROLE

Servings - 6



6 oz. chopped, cooked ham
5 slices bread, crust removed
4 eggs, beaten
1 cup low-fat milk
½ cup shredded cheddar cheese
½ teaspoon onion powder (optional)

Prepare the day before serving:

1. Cube or tear bread into small pieces. In a large mixing bowl, combine bread cubes, ham and remaining ingredients.
2. Lightly coat an 8x8-inch pan with cooking spray. Add egg mixture, cover with foil and refrigerate overnight. Or fill cups of muffin tin, cover with foil and refrigerate overnight.

Ready to bake the next day:

3. Preheat oven to 325° F for 8x8-inch pan. Bake, uncovered for 45 minutes. Uncover and bake another 15 minutes or until brown. To serve, cut into squares. Refrigerate.

For muffin tin, preheat to 350° F and bake for 20-25 minutes or until brown and firm. Servings: 2 muffins.

Nutrition Facts

Serving Size (122g)

Servings Per Container 6

Amount Per Serving

Calories 180 Calories from Fat 90

% Daily Value *

Total Fat 10g 16%

 Saturated Fat 4.5g 22%

 Trans Fat 0g

Cholesterol 170mg 56%

Sodium 550mg 23%

Total Carbohydrate 8g 3%

 Dietary Fiber 0g 0%

 Sugars 3g

Protein 14g

Vitamin A 8% Vitamin C 0%

Calcium 15% 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 sausage or bacon in place of ham. Chopped onions or green peppers can also be added.



“Let me help.”

Kids can help with tearing the bread into pieces and stirring up the egg mixture.



Mealtime/ Family Time

This is a great recipe to prepare for someone on a special day such as a birthday or anniversary.



Physical Activity

Use a book such as a cookbook to exercise arms. Do arm curls and lift the book up and down.

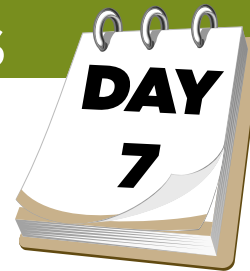
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EATING WELL BUT COOKING LESS



LUNCH

Menu Suggestion

Hamburgers
Cheese Slices
Lettuce/Tomato
Onion/Pickles
Whole Wheat Buns
Potato Salad (purchased)
Watermelon
Milk

Equipment Needed

- mixing bowl
- mixing spoon
- measuring spoons
- skillet or grill



Shopping Tip

Pre-formed hamburger patties can be purchased but are often higher in fat content.



Nutrition Tip

Very lean ground beef (90/10 or higher) may fall apart during frying and grilling. Add a beaten egg or 2 beaten egg whites to ground beef and mix well before making into patties.



Food Safety Tip

The only safe way to know that ground beef is done is to use a food thermometer. An instant read thermometer is thin enough to insert into the side of the hamburger for an accurate reading.

HAMBURGERS

Servings - 4



1 pound lean ground beef
salt to taste
pepper to taste
other favorite seasonings

1. Add desired seasonings to ground beef. Mix well and shape into 4 patties.
2. Fry or grill until internal temperature of 160°.

Nutrition Facts

Serving Size (113g)

Servings Per Container 4

Amount Per Serving

Calories 200 Calories from Fat 100

% Daily Value *

Total Fat	11g	17%
Saturated Fat	4.5g	23%
Trans Fat	0g	
Cholesterol	75mg	3%
Sodium	75mg	3%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	23g	

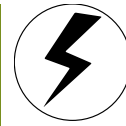
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	15%

*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
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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

While hamburgers are cooking, wash and separate lettuce leaves, and wash and slice tomatoes and onions.



Other Creative Ideas

Use different types of sliced cheeses such as Swiss and different buns such as onion buns.



“Let me help.”

Kids can help with setting the table, putting things in the trash and pouring the milk.



Mealtime/ Family Time

This meal is great for a indoor or outdoor picnic.



Physical Activity

Walk to the park for a picnic.

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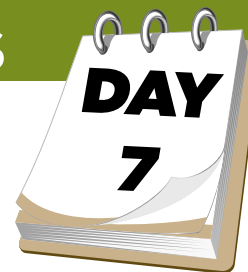


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EATING WELL BUT COOKING LESS

DINNER



Menu Suggestion

Chicken Fried Rice
Oriental Mixed Vegetables
Pudding Fruit cup
(*snack recipe*)
Dinner Rolls
Milk

Equipment Needed

- large pot with lid
- measuring cups
- measuring spoons
- skillet
- mixing spoon
- small bowl
- fork
- can opener



Shopping Tip

Cooking sprays come in a variety of flavors. Store brands are less expensive.



Nutrition Tip

To lower sodium, use low sodium soy sauce.



Food Safety Tip

Be sure to wash hands before and after handling raw eggs.



Quick Tip

When cooking rice, cook extra for other recipes. Divide into small batches, and refrigerate or freeze.

CHICKEN FRIED RICE

Servings - 6



4 cups cooked rice
1 tablespoon vegetable oil or cooking spray
 $\frac{3}{4}$ cup frozen, chopped onion
2 eggs
1 can (12.5 oz.) chicken white meat
2 tablespoons soy sauce
 $\frac{1}{4}$ teaspoon pepper

1. Cook rice - refer to basic rice recipe.
2. Cook onion in oil until tender.
3. Beat eggs and add to the onion. Stir to cook.
4. When rice is done, add rice and remaining ingredients to onions and eggs.

