

February

Building Healthy Schools & Communities

Quick & Healthy Family Meals



Meals prepared at home usually have a greater variety of healthy foods compared to foods eaten at restaurants. Make healthy meals for your family in no time by following these simple tips.

Plan a weekly menu: Plan, pick recipes and make a shopping list with the whole family.

Cook once, eat twice: Cut down on your prep time. Cook and freeze key foods in smaller batches, like lean ground beef or turkey, so it is ready to add to tacos, spaghetti sauce and chili.

Pack your pantry and refrigerator: Keep staples on hand like canned beans, tuna and fruit; whole-wheat pasta and brown rice; and frozen vegetables. Clean, slice, chop and dice your vegetables all at one time. Then, they are ready for meals and snacks during the week.

For more tips on how to prepare quick, healthy family meals and for healthy recipes, visit www.mealsmatter.org or <http://www.nutritionexplorations.org/parents/busy-family.asp>

20 Minute Chicken Creole

Makes 8 servings (1 serving = 1 cup)

Ingredients:

1 Tablespoon vegetable oil	1 chopped onion, medium
2 whole, skinless, boneless chicken breasts	2 minced garlic cloves
1 can (14 ½ oz) diced tomatoes with juice	1 teaspoon dried basil
1 cup chili sauce, low sodium	1 teaspoon dried parsley
1 chopped green pepper, large	¼ teaspoon cayenne pepper
2 chopped celery ribs	¼ teaspoon salt



Instructions:

1. Heat pan over medium-high heat. Add vegetable oil and chicken and cook until no longer pink when cut (3-5 minutes).
2. Reduce heat to medium. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, cayenne pepper, and salt.
3. Bring to boil; reduce heat to low and simmer, covered for 10-15 minutes.
4. Serve over hot, cooked brown rice or whole wheat pasta.



Nutrition per 1 Cup Serving: Calories 130, Total fat 3 g, Sodium 260 mg, Total Carbohydrates 18 g Fiber 1 g, Protein 9 g

For more recipes, visit <http://recipefinder.nal.usda.gov/>

Get Kids Involved. Having your kids help prepare the meal will teach them the importance of healthy eating. Picky eaters will be more likely to try new foods when they sit down to a meal they have helped make. For kid-friendly recipes packed with healthy fruits and veggies go to www.fruitsandveggiesmorematters.org