

RightBite!

A Newsletter for Healthy Eating

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With busy schedules, deciding what to have for dinner depends on how much time family members have. Eating out sometimes seems like the only option, but this can be expensive and is usually less nutritious than meals cooked at home.

Don't lose hope! With a little planning and not much effort, you can make your meals quick and healthy.

DID YOU KNOW?

When you eat out, you pay for the labor. On the average, a fast-food meal costs **three times** what a home-cooked meal costs per person!



Meals in
a Flash

Time-Saving Tips

Plan meals ahead of time.

Keep the pantry and freezer stocked.

Get family members to help in the kitchen.

Plan ways to use leftovers.

Double recipes and freeze extra to use later.



Mix It Up

Main dishes that combine meat, vegetables, beans and/or grains can save time because you don't have to prepare each part of the meal separately.

- ◆ Add a frozen vegetable blend to cooked pasta. Stir in turkey, ham or water-packed canned tuna, and season with a low-fat or fat-free salad dressing for a cold salad.
- ◆ Mix pasta or rice with vegetables, diced chicken, a low-fat cream soup and low-fat cheese for an easy casserole. Bake until temperature reaches 165 degrees.
- ◆ Make soup from leftover pot roast and vegetables. Heat to 165 degrees and enjoy!
- ◆ Add noodles to a chili recipe or rice to a stir-fry dish that includes lean meat and chopped vegetables.

Find Your Snack!

Fruits and veggies make perfect snacks that are quick and healthy!
Can you find the fruits and vegetables hidden below?

CARROT
BANANA
APPLE
SQUASH
CUCUMBER
GRAPES
BROCCOLI
TOMATO
CELERY
PEAR

C	B	B	R	O	C	C	O	L	I	P	C
K	S	T	A	A	A	Y	G	P	G	Q	E
T	C	E	R	U	O	G	X	F	B	I	L
F	S	R	P	H	B	T	M	I	N	N	E
A	O	K	M	A	S	W	A	H	E	R	R
T	G	Z	N	V	R	A	E	M	E	P	Y
G	R	L	Y	P	T	G	U	B	O	E	W
J	B	A	N	A	N	A	M	Q	L	T	R
P	E	A	R	U	J	U	C	P	S	A	M
C	B	H	F	C	C	I	P	V	V	R	P
R	D	L	T	U	H	A	L	B	S	W	R
Q	V	B	C	A	U	I	Y	R	K	P	O

Right Bite Recipe

Chicken and Veggie Bake

Ingredients

- 1 cup low-fat or fat-free Italian salad dressing
- 4 chicken breast halves (remove bones, skin and fat)
- 4 medium potatoes, scrubbed or peeled, thinly sliced
- 1 medium onion, sliced into rings
- 1 (10 ounce) frozen cauliflower and broccoli mix, thawed and drained
- 1 (10 ounce) container frozen carrots, thawed and drained
- 1 teaspoon black pepper



Directions

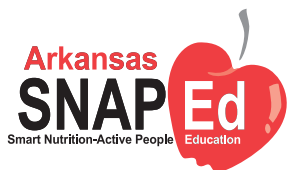
1. Preheat oven to 400 degrees.
2. Tear off two large pieces of foil and spread one-half of the dressing in the center of one piece of the foil.
3. Layer the chicken, potatoes and onions in foil and cover with the rest of the dressing.
4. Add cauliflower-and-broccoli mix and carrots, and sprinkle with pepper. Cover with foil (seal edges well) and bake for 1 hour and 15 minutes, or until chicken reaches 165 degrees.



Food Safety Corner

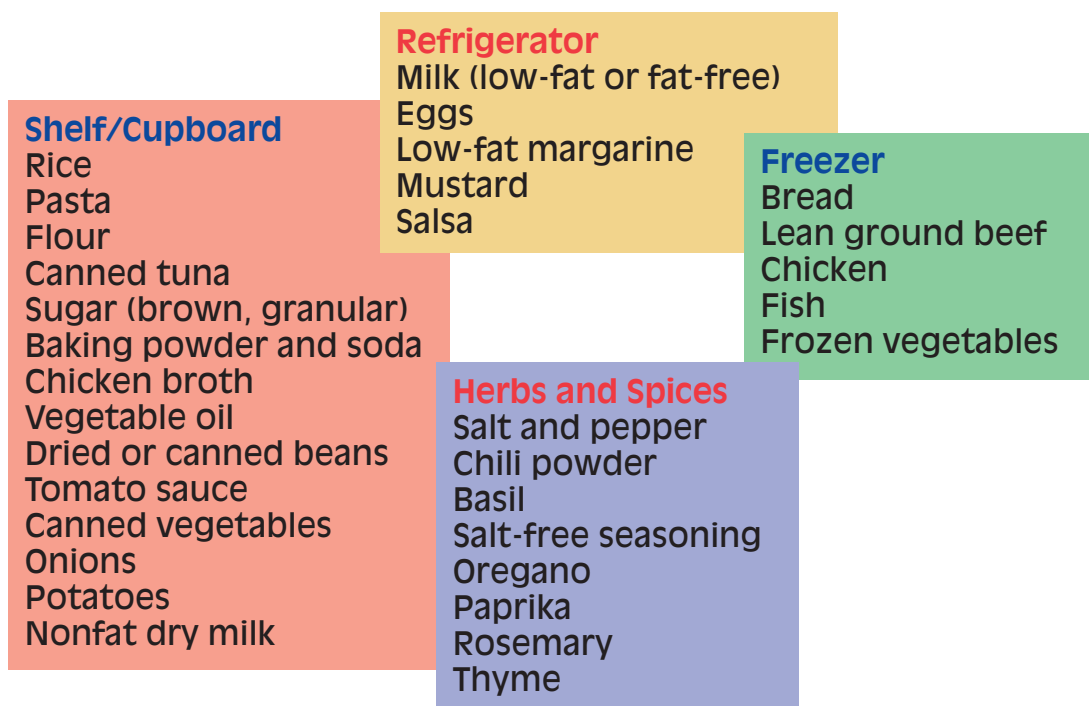
Defrosting (Thawing) Meat

- ◆ Never thaw meat on the counter or in warm water. Most bacteria in food grow quickly at room temperature.
- ◆ Two safe ways to thaw food are in your refrigerator and in your microwave.
- ◆ If you thaw in the refrigerator, cover raw meat and put it on the bottom shelf so juices don't drip onto other foods.
- ◆ Remember...meat thawed in the microwave needs to be cooked immediately.



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Avoid Last-Minute Shopping by Keeping Staples Handy!



For more information on food, nutrition or health, contact your county Extension office or visit www.uaex.edu.