



Right Bite!

A Newsletter for Healthy Eating

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Meals in Minutes!

With busy schedules, deciding what to have for dinner depends on how much time family members have. Many times, eating out 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 **3 times** what a home cooked meal costs per person!

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

Right Bite Recipe



CHICKEN & VEGGIE BAKE

Ingredients

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

Directions

1. Preheat oven to 400 degrees.
2. Tear off 2 large pieces of foil and spread ½ 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/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 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

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



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For more information about food, nutrition, or health, contact your local County Extension Office.

Avoid last minute shopping by keeping staples handy!

Refrigerator

Milk (low-fat or fat-free)
Eggs
Low-fat margarine
Mustard
Salsa

Herbs and Spices

Salt and Pepper
Chili powder
Basil
Salt-free seasoning
Oregano
Paprika
Rosemary
Thyme

Shelf/Cupboard

Rice
Pasta
Flour
Canned tuna
Sugar (brown, granular)
Baking powder and soda
Chicken broth
Vegetable oil
Dried or canned beans
Tomato sauce
Canned vegetables
Onions
Potatoes
Non-fat dry milk

Freezer

Bread
Lean ground beef
Chicken
Fish
Frozen vegetables