

Tips for quick, inexpensive, nutritious meals

- Buy large packages of bone-in chicken breasts when they are on sale and boil as soon as you bring them home from the grocery store. They can then be frozen individually or you can pick the meat off the bones to use in casseroles, salads or stir fry, or you can freeze the cooked breasts whole and just warm and brown on the grill for quick grilled chicken.
- Buy large packages of ground beef (the leaner the better) and cook the whole package. Then drain and cool the meat crumbles and freeze in 1 pound freezer plastic bags. When you want to fix spaghetti, tacos or chili you just have to grab a bag of meat and continue to fix whatever you want.
- Snacking can be more nutritious if you give your children fresh fruits and vegetables. Avoid the “I’m-hungry-and-have-to-eat-NOW” hassle that can lead to grabbing the first snack you see, healthy or not, by washing and chopping up fruit and vegetables as soon as possible after shopping. Package in smaller containers that are easy for small hands to grab for a quick, nutritious snack.
- On the weekend cook a large roast in a slow cooker and plan on using the extra for meals during the week. For example, leftover beef roast with potatoes and carrots can become beef stew another night. Or, leftovers from a large pork roast can become barbeque sandwiches one night and pork tacos another night. You can also use leftover roast as the starter for quick stir fry dishes. Just add vegetables, rice and you have a delicious, nutritious dinner.

