



February 2018 Newsletter

Quick Dinner Tips

Most everyone believes that they could use a little more time in the course of the day. One way to save time during the day is to make quicker dinners. Now, before you think that your family won't want to eat a rushed, watered down meal you should know that it's possible to make a delicious and nutritious meal without spending a lot of time doing so.

That's exactly what this issue of the BLT newsletter is about.

Strategies

One of the most effective ways to save time in the kitchen is to build your meal from like ingredients. For example, you can cook a large batch of chicken one night and use some of it to make chicken spaghetti with whole wheat pasta. The next night, use the remaining chicken to prepare a tasty chicken salad.

Another time saving strategy is to take a day to make several meals. After completing the task, divide the meals into smaller portions and freeze some so that you have ready-made meals that can be served in a pinch.

Still another strategy is to use frozen vegetables. Frozen vegetables have the same

health benefits as fresh, but they are already chopped and can be accessed faster. Frozen vegetables are great for a quick meal like stir-fry vegetables over brown rice.

Finally, you can save a lot of time in the kitchen by being organized. Planning meals for the week (making a list that you can look at) can save a great deal of time during the week. Similarly, keeping an organized kitchen is an important step to saving time. If you know which refrigerator drawer has your vegetables, where your spices are located, and have your noodles and beans in an accessible area of the cupboard, you'll be amazed at the amount of time you'll save while cooking.

Adopting these strategies and others can help you to spend less time in the kitchen and more time with your family!



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Local Events

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Recipes of the Month

(Source: adapted from the USDA Mixing Bowl)

Quick Skillet Lasagna *(Makes: 7 servings)*

Ingredients:

½ cup of onion (chopped)
 ½ pound of lean ground beef
 1 can of tomatoes (14.5 ounce)
 ¾ cup of tomato paste
 1 tablespoon of parsley
 1 ½ cups of water
 1 teaspoon of garlic powder
 2 cups of egg noodles (cooked)
 ¾ cup of low-fat cottage cheese
 ¼ cup of parmesan cheese

Directions:

1. Cook the beef and onion in a frying pan until the beef is brown and the onion tender. Drain excess fat.
2. Add tomatoes, tomato paste, parsley, water, and garlic powder to the beef mixture. Bring to a boil and simmer until the sauce is thick (about 25 minutes).
3. Cook the noodles in a saucepan according to package directions and drain.
4. Add the cooked, drained noodles to the beef mixture, stirring to prevent sticking.
5. Mix the cheeses and add them into the pan.
6. Cover and heat over low heat for 5 minutes.



182 Calories, 5g Fat, 14g Protein, 2g Saturated Fat, 22g Carbohydrates, 3g Dietary Fiber, 236 mg Sodium

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Veggie Stir-Fry *(Makes: 6 servings)*

Ingredients:

1 teaspoon of margarine
 ½ onion (chopped)
 1 tomato (diced)
 2 ears of corn (or cut from the cob)
 10 stems of okra (sliced)
 3 yellow squash, medium (sliced)

Directions:

1. Cook the margarine, onion, corn, squash and okra in a frying pan over medium heat for 5 minutes or until tender.
2. Add the diced tomatoes and continue cooking for 3 minutes.

(This dish can be served over brown rice or noodles. Frozen vegetables can be substituted for fresh)



70 Calories, 2g Fat, 3g Protein, 0g Saturated Fat, 13g Carbohydrates, 3g Dietary Fiber, 20 mg Sodium