Concern about health is leading some people back to the kitchen. With planning and a few short cuts it isn’t hard to prepare speedy suppers that put you in charge of what and how much you eat.

With our busy lifestyles it sometimes seems easier to grab a meal at a fast food restaurant than to take time to prepare a home-cooked meal. Fifty-six percent of Americans eat at least 3 dinners per week that are not prepared at home; 40 percent eat at least four not made at home.

What you eat does affect your risk of cancer and other chronic diseases. A diet that features 5-10 servings of vegetables and fruits per day can cut cancer risk by 20 percent even before it is rounded out by whole grains and beans. Combine that with exercise and weight control, and the risk is reduced by 30-40 percent.

The next step is controlling how much you eat. Portion size has gotten out of control in this country at the same time as overweight and obesity are skyrocketing. By gradually reducing portion sizes, most people can stabilize or even lose weight.

If you are stocked up with a “fast food” pantry, refrigerator and freezer, meal planning is a breeze. Keep lots of fresh fruit, vegetables, and grains in the refrigerator and on the shelf. Stock up on frozen vegetables (easily prepared in the microwave), canned fruits and vegetables and canned meats.

Planning ahead and posting the menu helps. This gives you a chance to check recipes and ingredients required, and decide who will do the shopping, if needed. Clean out the refrigerator before going to shop. It not only helps in creating a better grocery list but makes it easier and quicker to put away the groceries.

Another strategy that works well for many families also provides an incentive: Whoever gets home first starts the meal. Whoever cooks does not clean up.

To make a menu more manageable, focus on the entrée. A one-dish dinner, skillet-supper, main-dish salad (in the summer), or soup or stew (in colder weather) simplifies cooking and clean-up. Stir-frying is fast, easy, and usually requires only a nonstick skillet or wok.

Baking, broiling, even grilling, can be fast as well. In warmer weather, especially, much of a meal can be prepared on the grill—vegetables can be cooked right along with lean meats, poultry, and fish.

Try some of these recipes that use just a few ingredients for a speedy and nutritious supper!

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**Monthly Shopping List**  
(Foods that keep well)  
- Rice  
- Pasta  
- Potatoes  
- Cereals (oatmeal, cornmeal)  
- Dried beans  
- Carrots  
- Onions  
- Canned and frozen fruits, vegetables and juice  
- Cheese  
- Yogurt  
- Canned soup  
- Canned chili

**Weekly Shopping List**  
(Foods that spoil quickly)  
- Fresh fruits  
- Fresh green vegetables  
- Milk  
- Meats, fish or poultry

**Extras**  
- Sugar  
- Cooking Oil  
- Baking powder  
- Salt, pepper, spices  
- Parmesan cheese

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Educational programs of Kentucky Cooperative Extension service all people regardless of race, color, age, sex, religion, disability, or national origin.
When Adults and Children Eat Together…

- Children do better in school.
- Children have fewer behavior problems.
- Teenagers are less apt to use alcohol or drugs.
- Children and teenagers say they like having time to talk to the adults in their lives.
- Communication improves between children and adults.
- Children understand their family’s values and traditions.
- Traditions are created around food and meals.

Also…

- Meals are more nutritious and healthful.
- Food dollars go further.
- Time is better utilized because the family only cooks one meal.
- Involves family in meal preparation

10 Tips for Quality Family Meals

1. Aim for 4 or more meals a week.
2. Make family meals a priority.
3. Keep a sense of humor and laugh a lot.
4. Cook it quick and eat it slow.
5. Work toward happy, relaxing conversations at meals.
6. If time is an issue, make meals quick and easy.
7. Shop for food and cook together.
8. Take telephone calls later.
9. Turn the TV off.
10. Respect each individual’s right to decide how much to eat.
My Pyramid
A Guide to Daily Food Choices

Some simple ways to remember about how big some servings are!

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
<th>Looks Like</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat, Chicken or Fish</td>
<td>3 ounces</td>
<td>Deck of cards</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1/2 cup</td>
<td>Tennis ball</td>
</tr>
<tr>
<td>Ice Cream or frozen Yogurt</td>
<td>1/2 cup</td>
<td>Tennis ball</td>
</tr>
</tbody>
</table>

For a 2,000-calorie diet, you need these amounts. To find the amounts that are right for you, go to MyPyramid.gov.

2005 Dietary Guidelines for Americans

The 2005 Dietary Guidelines for Americans were released in mid-January. The recommendations are aimed at helping Americans choose a nutrition diet within their energy requirements. Here are a few tips found in the new guidelines.

- Get adequate nutrients within calorie needs.
- Maintain body weight in a healthy.
- Engage in regular physical activity.
- Eat adequate amounts of fruits and vegetables.
- Eat more whole grain foods.
- Consume at least 3 cups per day of fat-free or low-fat milk or equivalent milk products.
- Less than 10% of calories should come from saturated fats and no more than 300 mg/day of cholesterol should be consumed.
- Total fat intake should be no more than 20-35% of calories.
- Eat foods with more fiber.
- Consume less that 2,300 mg (approximately 1 teaspoon of salt) of sodium per day.
- Eat foods that are rich in potassium.
- Those who choose to drink alcoholic beverages should do so sensibly and in moderation.
- Reduce your risk of foodborne illness by using good food safety practices.

Bottom line, the Dietary Guidelines encourage most Americans to eat fewer calories, be more active, and make wiser food choices.


MILK Get your calcium-rich foods
Get 3 cups every day; for kids aged 2 to 8, it’s 2
Go low-fat or fat-free when you choose milk, yogurt, and other milk products.

FRUITS Focus on fruits
Eat 2 cups every day
Eat a variety of fruit.
Choose fresh, frozen, canned or dried fruit.
Go easy on fruit juices.

VEGETABLES Vary your veggies
Eat 2, 1/2 cups every day
Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.
Eat more orange vegetables like carrots & sweet potatoes. Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

Know the limits on fats, sugars, and salt (sodium)
LIMIT CALORIES FROM THESE
Especially if you need to lose weight.
Check the label to keep saturated fats, trans fats, sodium, and sugar low.

MEAT & BEANS Go lean with protein
Eat 5, 1/2 oz. every day
Choose low-fat or lean meats and poultry.
Bake it, broil it, or grill it.
Vary your protein routine - choose more fish, beans, peas, nuts and seeds.

► For more information see the web sites: http://www.usda.gov/cnpp/Pubs/DG2000 and www.mypyramid.gov ◄
Main Dishes

Turkey Pot Pie
Yield: 4 servings
1 1/2 cups cubed cooked turkey or chicken
1 1/2 cups gravy (or) 1 can cream soup
1 1/2 cups thawed mixed vegetables
1/4 tsp. dried thyme, optional

Topping:
1 (10 count) can biscuits (OR)
1 cup baking mix (like Bisquick®)
plus 1/2 cup milk and 1 egg

Combine turkey, soup or gravy, vegetables and thyme. Pour into a 10-inch pie plate.

Option 1 – Combine baking mix, milk and egg, pour over turkey mixture. Bake at 400°F for 25 to 30 minutes until golden brown.

Option 2 – Bake turkey mixture at 425°F for 20 minutes. Top with unbaked biscuits and bake until browned, approximately 10 more minutes.

Per serving: calories 492; fat 19 gm; carbohydrates 56; sodium 1496 mg

Garden Chicken & Fettuccine
Yield: 4 servings
4 oz. uncooked fettuccine
1 1/2 cups chopped cooked chicken or turkey
1 1/2 tbsp. olive oil or vegetable oil
1 large tomato, chopped

Cook and drain pasta as directed on package; return to saucepan.

Add chicken, oil, tomatoes and 1 tsp. salt to pasta; toss until evenly coated.

Optional: Top with chopped fresh basil leaves.

Per serving: calories 325; fat 13g; carbohydrates 27g; sodium 460mg

Asian Inspired Pork Chops
Yield: 4 servings
4 pork loin chops, 1/2 inch thick (about 1 1/4 lbs.)
3 tbsp. reduced-sodium soy sauce
3 tbsp. ketchup
2 tsp. honey

Heat oven to 350°F. Remove fat from pork. Place pork in ungreased square baking dish, 8x8x2 inches. Mix remaining ingredients; pour over pork.

Cover and bake about 45 minutes or until pork is slightly pink when cut near bone. Uncover and bake 5 minutes longer.

Per serving: calories 195; fat 8gm; carbohydrates 7g; sodium 570 mg

Rosie’s Turkey and Stuffing
Yield: 4 servings
1 1/2 to 2 cups cooked, diced turkey or chicken
1 can cream soup
1 (6 oz.) pkg. stuffing mix

Prepare stuffing according to package directions. Mix turkey and soup; spread in an 8x8-inch casserole. Top with stuffing. Bake at 350°F for 20 to 30 minutes or until bubbly.

Per serving: calories 244; fat 12 gm; carbohydrates 15; sodium 758 mg

Tip
Use Italian Seasoning Mix
Sprinkle on pork chops and grill.
Open Faced Sandwich Supreme
Yield: 8 servings

3 cups small broccoli florets
1 (.9 oz.) pkg. hollandaise sauce mix
8 oz. sliced deli turkey
8 oz. sliced deli ham
4 slices sourdough bread, toasted

Cook broccoli in a small amount of water until tender; drain. Prepare the hollandaise sauce according to directions. Warm turkey and ham if desired; layer over toast. Top with broccoli and sauce.

Per serving: calories 170; fat 2.5g; carbohydrates 23g; sodium 1010mg

Grilled Pesto-Chicken Packets
Yield: 4 servings

4 boneless, skinless chicken breast halves (about 1¼ 1/4 pounds)
8 roma (plum) tomatoes, cut into 1/2-inch slices
4 small zucchini, cut into 1/2 inch slices
1/2 cup prepared basil pesto

Place 1 chicken breast half, 2 sliced tomatoes and 1 sliced zucchini on 1 side of each of 4 sheets of heavy-duty aluminum foil, 18x12 inches. Spoon 2 tbsp. pesto over chicken mixture. Fold other half of foil over chicken and vegetables so edges meet. Seal edges, making a tight 1 1/2-inch fold; fold again. Allow space on sides for circulation and expansion. Repeat folding to seal each side.

Cover and grill packets 4 to 5 inches from medium heat 20 to 25 minutes, or until juice of chicken is no longer pink when centers of chicken pieces are cut. Place foil packets on plates. To serve cut a large “X” across top of packets and fold back foil.

Note: No time for the grill? Bake the packets in a 350°F oven for 25 to 30 minutes instead. Try using foil bags for easier prep.

Per serving: calories 350; fat 7g; carbohydrates 51g; sodium 1340mg

Vegetable Rice Skillet
Yield: 4 servings

1 (14½ oz.) can ready-to-serve vegetable broth
2 tbsp. margarine
1 (16 oz.) pkg. frozen vegetable blend
1 (16½ oz.) pkg. fast cooking rice mix (such as Rice-A-Roni®)
3/4 cup shredded cheddar cheese

Heat broth and margarine to boiling in 10-inch skillet. Stir in vegetables, rice and contents of seasoning packet. Heat to boiling; reduce heat to low.

Cover and simmer 5 to 6 minutes or until vegetables and rice are tender. May need to add 1/4 cup water if dry. Sprinkle with cheese.

Optional: Add 1 to 2 cups chopped ham or cooked chicken for dinner-in-a-skillet.

Per serving: calories 380; fat 7g; carbohydrates 51g; sodium 1340mg

Easy Mexican Chicken and Beans
Yield: 4 servings

1 lb. cut-up boneless chicken breast for stir-fry
1 (1¼ oz.) envelope taco seasoning mix
1 (15 to 16 oz.) can black or pinto beans, rinsed and drained
1 (11 oz.) can whole kernel corn with red and green peppers, undrained

Spray 10-inch nonstick skillet with cooking spray. Cook chicken in skillet over medium-high heat 8 to 10 minutes, stirring occasionally, until no longer pink in the center.

Stir in seasoning mix, beans, corn and 1/4 cup of water. Cook uncovered over medium-high heat 8 to 10 minutes, stirring frequently, until sauce is slightly thickened.

Note: Turn this dish into a weeknight fiesta! Serve with flour tortillas, sour cream, salsa, black olives and green chilies and let everyone make their own wrap.

Per serving: calories 350; fat 5g; carbohydrates 48g; sodium 1020mg
Quick Beef Noodle Skillet
Yield: 4 servings
1 lb. lean ground beef
1 (3 oz.) pkg. oriental noodles pork flavor
1 (14.5 oz.) can stewed tomatoes, broken up
1 small can (8 oz.) whole kernel corn, undrained

In a heavy 10-inch skillet over medium heat, brown ground beef. Drain off excess fat. Stir in the seasoned packet from noodles, the stewed tomatoes with juice, and undrained corn. Break noodles into small pieces; add to beef mixture. Bring skillet mixture to a boil. Reduce heat, cover, and simmer for about 10 minutes, or until noodles are done.
Per serving: calories 320; fat 9gm; carbohydrates 33g; sodium 1090mg

Cucumbers Shell Salad
Yield: 16 - 3/4 cup servings
1 (16 oz.) pkg. medium shell pasta
1 (16 oz.) pkg. frozen peas, thawed
1 medium cucumber, halved and sliced
1 cup fat-free ranch salad dressing
1 small red onion, chopped (optional)

Cook pasta according to package directions; drain and rinse in cold water. In a large bowl, combine the pasta, peas, cucumber and onion. Add dressing; toss to coat. Cover and chill at least 2 hours.
Per serving: calories 165; fat 1gm; carbohydrates 33g; sodium 210mg

Oven-Poached Halibut
Yield: 4 servings
4 halibut fillets (1½ lbs.), about 1-inch thick
4 sprigs dill weed
4 slices lemon
1/4 cup dry white wine or chicken broth

Heat oven to 450°F. Place fish in ungreased rectangular baking dish, 11x7x1 1/2 inches. Sprinkle with 1/4 tsp. salt and 1/8 tsp. pepper. Place dill weed sprig and lemon slice on each. Pour wine over fish. Bake uncovered 10 to 25 minutes or until fish flakes easily with fork.
Per serving: calories 150; fat 2g; carbohydrates 0g; sodium 320mg

Patty’s Quick Chili
Yield: 16 servings
2 lbs. lean ground beef
2 qts. tomato juice and/or canned tomatoes
1 envelope chili powder (like Gold Star®)
1/2 cup catsup
1 onion chopped (optional)
1 can beans such as black beans, kidney, etc (optional)
Spaghetti (a little or a lot-1/4 to 1/2 lb)

Brown beef and rinse. Put in large pot and add all other ingredients except spaghetti. Bring to boil and cook for 30 minutes or more. Add spaghetti if desired and cook until tender (about 10-15 minutes). Serve. Can top with shredded cheese, if desired.
Per serving: calories 150; fat 3g; carbohydrates 10g; sodium 540mg

Marinated Tomato Salad
Yield: 4 servings
4 cups cherry tomatoes, halved
3 tbsp. minced fresh Basil
Italian dressing, to taste
2 cup crumbled Feta Cheese
1/2 cup chopped red pepper (optional)

Gently toss together all ingredients, except Feta cheese. Just before serving, add Feta cheese.
Per serving: 280 calories; fat 21g; carbohydrates 13g; sodium 1090mg

Can Opener Salad
Yield: 10 servings
1 (21 oz.) can peach pie filling
1 (11 oz.) can mandarin oranges, drained
1 (20 oz.) can pineapple tidbits, drained
2 apples diced
2 cup miniature marshmallows (optional)

Combine all ingredients in a bowl; chill if time permits.
Per serving: calories 120; fat 0g; carbohydrates 31g; sodium 30mg
**Orange Glazed Brussels Sprouts**  
*Yield: 4 servings*  
1 (16 oz.) pkg. frozen Brussels sprouts  
2 tbsp. water  
2 tbsp. margarine or butter  
2 tbsp broken pecans  
1 tbsp frozen orange juice concentrate  
1/4 tsp. dried basil, crushed  

Place Brussels sprouts in a colander. Run hot water over Brussels sprouts just till thawed. Cut any large Brussels sprouts in half.

Microwave Brussels sprouts with water for 6 to 8 minutes or till just tender, stirring after 4 minutes. Let stand, covered, while preparing the orange glaze.

For glaze, combine margarine or butter, broken pecans, orange juice concentrate, and basil. Cook for 1 to 2 minutes or till margarine or butter melts.

Drain Brussels sprouts. Pour orange glaze over Brussels sprouts. Stir gently to coat.  
Per serving: calories 130; fat 9g; carbohydrate 11g; sodium 80mg

**Marinated Vegetables**  
*Yield: 8 servings*  
2 (10 oz.) pkg. frozen cut green beans  
1 (10 oz.) pkg. frozen cauliflower  
1/4 cup fat free Italian dressing  
1 (2 oz.) jar sliced pimiento (drained)  

Cook beans and cauliflower according to package directions. Drain vegetables and place in mixing bowl. Add salad dressing and pimiento. Toss until vegetables are coated. Cover and chill at least 4 hours or overnight.  
Per serving: calories 29; fat .10gm; carbohydrates 4g; sodium 213mg

**Roasted Red Potatoes**  
*Yield: 4 servings*  
12 small red potatoes (about 1 1/2 lbs.)  
2 tbsp. olive or vegetable oil  
2 medium green onions, sliced  
2 tbsp. chopped fresh or 2 tsp. dried rosemary leaves, crumbled  

Heat the oven to 350°F.  
Place the potatoes in ungreased 8- or 9-inch square or 13x9-inch rectangular baking pan. Drizzle oil over potatoes, and turn potatoes so all sides are coated.  
Sprinkle the onions and rosemary over the potatoes; stir.  
Bake uncovered about 1 hour 15 minutes, stirring occasionally, until potatoes are tender.  
Per serving: 215 calories; fat 7g; carbohydrates 35g; sodium 10mg

**Country Style Potatoes**  
*Yield: 4 servings*  
2 (16 oz) cans potatoes (drained, sliced)  
2 tbsp. margarine (melted)  
1 tsp. basil  
1 medium onion (chopped)  

Melt margarine in skillet. Add potatoes and basil. Cook until potatoes are lightly browned, stirring occasionally. Add chopped onion and cook a few minutes longer. (Onion should be hot, but still crisp.)  
Per serving: calories 150; fat 6g; carbohydrate 22g; sodium 590mg

**Mixed Vegetable Casserole**  
*Yield: 4 servings*  
2 (16 oz.) cans Veg-All® mixed vegetables (drained)  
1 (8 oz.) jar cheese product (like Cheez Whiz®)  

Mix above ingredients together in a 2-qt. casserole dish.  
**Topping:**  
1/2 sleeve buttery type crackers (like Ritz®)  
Cooking spray (like Pam®)  
Crumble crackers on top of vegetable mixture. Spray lightly with cooking spray. Bake at 350°F for 20 minutes or until heated through.  
Per serving: calories 570; fat 36g; carbohydrates 41g; sodium 1360mg
DESSERTS

Easy Pineapple Cheese Cake
Yield: 8 servings
1 graham cracker crust
1 (8 oz.) pkg. cream cheese
1 (8 oz.) frozen whipped topping
1/2 cup confectioner’s sugar
1 small can crushed pineapple, drained well

Mix all together, put in graham cracker crust. Refrigerate overnight.
Per serving: calories 390; fat 25g; carbohydrates 39g; sodium 270mg

Pineapple Angel Food Cake
Yield: 8 servings
1 (16 oz.) Angel food cake mix, one-step method
1 (15 oz.) can crushed pineapple, undrained
Preheat oven to 350°F. Grease 9x13-inch pan, glass or aluminum. Combine dry cake mix and crushed pineapple in large bowl. Pour mixture into greased pan. Bake uncovered 30-35 minutes or until brown. Let cool.
Per serving: calories 159; fat 1g; carbohydrates 37g; sodium 279mg

Lemon Cake
Yield: 16 servings
1 purchased angel food cake
1 (4 serving size) lemon instant sugar-free pudding
1/2 cup skim milk
1 (6 oz.) carton lemon-flavored fat-free, no sugar-added yogurt
1/2 (8 oz.) carton “Lite” frozen whipped topping, thawed
Cut angel food cake in half, horizontally, using serrated knife in a sawing motion. Place bottom layer on serving plate. Beat pudding with milk until thickened, about 1 minute. Stir in yogurt. Fold thawed, reduced-calorie whipped topping into pudding mixture. Frost bottom layer of cake with lemon mixture. Place top layer on cake and frost. with remaining topping mixture. Chill until served. Garnish with thin strawberry, lemon or kiwi slices, if desired.
Per serving: calories 159; fat 1g; carbohydrates 37g; sodium 279mg

Lite Chocolate Ice Cream
Yield: 8 servings
1/2 gallon low fat chocolate milk
2 (8 oz.) tubs lite frozen whipped topping
1 (12 oz.) can low fat sweetened condensed milk
Mix chocolate milk, whipped topping, and condensed milk. Freeze according to ice cream freezer directions. Per serving: calories 400; fat 14g; carbohydrates 57g; sodium 210mg

Blueberry Pear Cobbler
Yield: 8 servings
2 cans (15-1/4 oz. each) sliced pears
1 (7 oz.) pkg. blueberry muffin mix
3 tbsp butter or margarine, cubed
Drain pears, reserving 3/4 cup juice (discard remaining juice or save for another use). Pour pears and reserved juice into a greased 2-qt baking dish. Sprinkle with dry muffin mix; dot with butter. Bake, uncovered, at 400°F for 20-25 minutes or until bubbly and top is lightly browned.
Per serving: calories 230; fat 8g; carbohydrates 37g; sodium 290mg

No product endorsement is implied, nor discrimination against similar materials intended, by the mention of brand names in this leaflet.

Lazy Day Cookies
Yield: 3 dozen
1 egg
1 (18¼ oz.) pkg. cake mix (any flavor)
1 stick margarine, softened to room temperature
1 cup (your choice) nuts, chocolate chips, raisins, etc.
Mix cake mix, margarine, and egg together, add 1 cup of your choice of nuts, etc, or may leave plain. Drop by tablespoonfuls onto greased cookie sheet. Flatten slightly. Bake at 350°F for 8 to 10 minutes or until golden brown.
Tip: Try these combos: Chocolate cake mix and candy coated peanut butter pieces, yellow cake mix and raisins, and white cake mix and macadamia nuts.
Per serving: calories 108; fat 5g; carbohydrates 14g; sodium 132mg