



NEWS RELEASE

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Tips for Busy Families

With your family's busy schedule, limit your time in the kitchen as much as possible. Here are some simple tips to keep good nutrition on the table.

Pizza Chicken - Place boneless, skinless chicken breast in an 8 x 8-inch baking dish. Cover with prepared tomato-basil (or other favorite red sauce). Top with a generous layer of shredded mozzarella cheese. Cover with foil and bake until tender - about 45 minutes at 325 degrees F. Serve with angel hair pasta, salad and whole-grain bread.

Double Up - Make an extra batch when you cook main-dish items such as chili, macaroni and cheese, soups or spaghetti sauce and freeze it. Be sure to date and label each item.

Love Those Mashed Potatoes - No time to make homemade mashed potatoes? Try frozen mashed potatoes sold in the frozen food section of your grocer. Follow to package directions and season to taste with salt and pepper. For richer taste, substitute low-fat sour cream for part of the milk.

Minimize Cooking Time - Grill, stir-fry or use the microwave as often as possible.

Think Convenience - For the goal of good nutrition, the extra cost may be well worth it when it's hot. Shop for pre-cooked items like deli-roasted chicken, or store-prepared casseroles and pastas. Purchase pre-cut and washed vegetables and salads.

Marinate Meat Before Freezing - Portion beef, chicken or pork into resealable bags. Add your favorite marinade and refrigerate overnight before freezing. Be sure to label and date packages.

Kid Pleas'n Chicken Tenders - Coat chicken tenders with barbecue sauce and grill. They're so small they're done in minutes! Serve with potatoes baked on the grill and veggies.

Keep Milk on the Menu - Kids need milk 365 days of the year! Serve it with meals and for snacks try flavored milk too.

Shake Up Some Nutrition - Cool off with calcium-packed shakes. Blend 1 cup of milk, 2 to 3 scoops frozen yogurt or ice cream and flavored syrup until smooth and creamy. Or combine 1 cup frozen fruit, such as blueberries, peaches or strawberries and 1 cup of milk.

Snack Smart and Serve a Zoo - Serve a mixture of animal, teddy-shape graham, and fish-shape crackers with fresh fruit and milk.

Go for A and C - Kids eat veggies when it's easy. Cut and store fresh veggies in a resealable container so they are easy to grab. Serve with low-fat ranch dressing, hummus or yogurt dip for mid-afternoon snacks.

Homemade Frozen Treats - Stock the freezer your with own frozen novelties. Spread ice cream, pudding or fruit-flavored yogurt between chocolate graham crackers squares. Wrap and freeze.

Source: <http://www.nutritionexplorations.org>

