



2-Step Chicken

Makes: 4 Servings

Total Cost: \$5.30

Serving cost: \$1.32

Ingredients:

- 1 Tbsp vegetable oil
- 2 boneless chicken breasts
- 1 can cream of chicken soup (10 oz)
- 1/2 cup water

Directions:

1. Heat oil in skillet at a medium-high setting.
2. Add chicken and cook for 10 minutes.
3. Remove chicken from pan and set aside.
4. Stir the soup and water together in the skillet and heat it to a boil.
5. Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165 °F.

Source: [What's Cooking? USDA Mixing Bowl](#)

Healthy Eating on the Run



Many Americans have packed schedules and end up choosing quick and convenient high calorie foods over healthy options. The good news is, it doesn't have to be this way! Here are a few ways to overcome the time constraint and make healthy choices when eating on the run.

- **Order smaller portions.** Try a child's portion and avoid supersizing. You can also order an appetizer instead for a meal. This can save you money as well.
- **Choose healthy sides.** You don't always have to eat the French fries. You can choose a side salad, fruit or baked potato instead. Many restaurants and fast food establishments are now carrying healthier options at no charge. Take advantage and make healthier choices.
- **Plan your day.** If you are having dinner out, take it easy at breakfast and lunch. Try smaller, healthier options when you know you may be indulging later.
- **Add vegetables where you can.** Ask for extra veggies when ordering a sandwich—such as cucumbers, bell peppers and tomatoes. If you are out for breakfast, choose veggies instead of meat in your omelet.
- **Pack food when possible.** Keeping non perishable foods such as nuts, crackers, or cereal bars in your car or desk at work, can help you avoid eating unhealthy foods from the vending machine or the convenience store. Also, packing a healthy lunch in a cooler can save time and money on the go.

Source: http://www.eatrightpro.org/~media/eatrightpro%20files/career/career%20development/flyers%20and%20handouts/ernt_healthy_eating_on_the_run.ashx

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Pollo en dos pasos

Rinde: 4 porciones

Costo Total: \$5.30

Costo por porción: \$1.32

Ingredientes:

- 1 cucharada de aceite vegetal
- 2 pechugas de pollo
- 1 lata (10 onzas) de crema de pollo
- ½ taza de agua

Preparación:

1. Caliente el aceite a fuego medio en un sartén.
2. Agregue el pollo y cocine durante 10 minutos
3. Retire el pollo del sartén y póngalo a un lado
4. Vierta la crema y el agua en el sartén y caliente hasta que empiece a hervir.
5. Regrese el pollo al sartén. Reduzca el fuego y hierva a fuego lento durante 10 minutos o hasta que el pollo haya alcanzado una temperatura de 165 ° F.

Source: [What's Cooking? USDA Mixing Bowl](#)

Coma saludablemente, aunque vaya de prisa



Muchos estadounidenses están muy ocupados y optan por comidas rápidas y convenientes pero altas en calorías, por encima de las opciones más saludables. La buena noticia es ¡que no tiene que ser así! Aquí le presentamos algunas ideas sobre cómo superar la falta de tiempo tomando decisiones saludables, aunque deba comer de prisa.

- **Ordene porciones más pequeñas.** Pruebe las porciones para niños y evite los súper tamaños. También puede ordenar un aperitivo como comida. Esto también puede ahorrarle dinero.
- **Elija guarniciones más saludables.** No siempre tiene que comerse las papas fritas. Puede escoger una ensalada pequeña, fruta o una papa asada. Muchos restaurantes y sitios de comida rápida ofrecen ahora opciones más saludables sin costo adicional. Aproveche eso y haga elecciones más saludables.
- **Planee su día.** Si va a cenar fuera, no coma mucho durante el desayuno y almuerzo. Pruebe opciones más pequeñas cuando sabe que se va a consentir más tarde.
- **Agregue verduras cuando pueda.** Pida que le den más verduras como pepinos, chile campana y tomate, cuando ordene un sándwich. Si sale a desayunar, escoja verduras en lugar de carne en su *omelet*.
- **Lleve consigo su propia comida cuando sea posible.** Si tiene alimentos no perecederos, como nueces, galletas saladas o barras de cereal, en su auto o escritorio, eso le evitará comer alimentos no saludables de las máquinas dispensadoras o de la tienda de conveniencia. Además, si empaca un almuerzo saludable en una hielera ahorrará tiempo y dinero.

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