

The Price \$aver *August 2007*

Wisconsin Nutrition Education Program (WNEP)

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How to Survive the Dinner Hour

The toughest/busiest hours for any parent, whether working outside the home or not, are the hours after school and before bedtime.

Take a look at these helpful hints for parents for the dinner hour:



- ✘ Why not have "breakfast" for dinner? If you have eggs and bread, you have the makings of a meal. Whether it be French toast or scrambled egg sandwiches. Another good breakfast-for-dinner is pancakes or waffles. Serve with blueberries, strawberries, bananas, or whatever fruit you wish, on the side. Yogurt is a great topping.
- ✘ Always have on hand fresh ready-made meat patties that you've frozen. You don't necessarily have to have hamburger buns. You can use tortilla wraps, bread, English muffins, or just large romaine lettuce leaves to wrap them in. If you keep a large bag of potatoes on hand, slice them lengthwise, lay them on a cookie sheet lined with aluminum foil, drizzle with oil, lightly salt them, and then bake for about twenty minutes in a preheated 400-degree oven.
- ✘ Chicken can be easy with no mess, too. Put about a cup of mayonnaise on a piece of wax paper or dish. Put about two cups seasoned

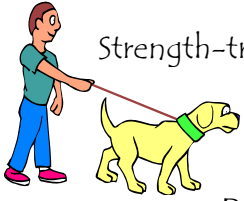
breadcrumbs on another piece of wax paper or dish. Dip each chicken piece into the mayo and then the breadcrumbs, and then lay each piece on the pan. Bake in a 350° oven for approximately 50 minutes or until internal temperature reaches 180°. If these are boneless chicken pieces, you might want to check them after 30 minutes (170°). The mayonnaise keeps the chicken moist. Serve with a large salad.

- ✘ And, of course, pasta is an all-time favorite. Keep cans of crushed tomatoes on hand. All you have to do is simmer the tomatoes with basil, pepper, salt, and oregano. If you have time, cook some chopped onion and garlic in oil first and then add the cans of tomatoes.
- ✘ Try this simple pasta salad. Open a can of each, tuna and peas. Drain. Cook some macaroni and cool. Combine all and add mayonnaise or salad dressing. Serve immediately.
- ✘ A quick side dish or dessert is easy if you have some apples on hand. Any kind will do. You don't have to peel them. Cut about three into quarters, and place in a microwave-safe bowl or a small pot for the stove. Add a pat of butter, a teaspoon of sugar, a half-teaspoon of cinnamon, and a teaspoon of water. Cook in the microwave (covered) for about a minute. Or, cook on the stovetop for five minutes, stirring occasionally. They should be soft, not mushy. Add sugar or cinnamon to taste.

The Dollar Stretcher

Metabolism-Boosting Tips:

Do 30 minutes or more of aerobic activity at least four to five times a week. Try brisk walking, biking or dancing to burn calories and get your heart pumping.



Strength-train three times a week to increase your lean muscle and the rate at which your body burns calories.

Don't wait more than five hours between meals (except at night). Skipping meals can slow your metabolism and deprive you of needed energy.

Eat breakfast to wake up your metabolism after a night's sleep. Having breakfast gives you energy and helps prevent overeating at your next meal.

Dress Your Salad More Healthfully:

Keep a measuring spoon handy – and use it – until you're adept at eyeballing two tablespoons of dressing.

Enjoy dressing on the side, dipping your fork into it first; you'll use less dressing but still enjoy its flavor.



For family dinners, serve your salad family style, already dressed; you'll use less dressing than if each person poured separately.

Thin out a thick dressing with a little skim milk or water to allow it to pour more easily and to dilute the calories.

Whip up your own healthful homemade dressing: Try mostly Balsamic vinegar and a little high quality, fruity olive oil. You may find that's all you need.

Crunchy Honey Mustard Chicken Fingers

- 4 small, boneless skinless chicken breast halves
- 1/4 cup honey, warmed
- 1/4 cup Dijon mustard
- 1 cup corn flakes, crushed



Preheat oven to 425°. Lightly grease a cookie sheet. In a small bowl, mix mustard and warmed honey together until well mixed. Put crushed corn flakes in a separate bowl. Slice chicken into 3/4" strips. Dip in honey mustard mix. Then roll in crushed corn flakes and put on cookie sheet. Bake for 10 to 15 minutes or until done.

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WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715-339-2158.

Your Price County Nutrition Education Program Educators have been trained to help individuals and families stretch food \$\$ by creating spending plans and preparing low-cost nutritious meals and snacks. Call or stop by our office. There is no charge for this service.

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