

Make It Quick

You can make healthy meals quickly. Here's how:

- Plan weekly menus in advance.
- Choose recipes with few ingredients (no more than five) and short cooking time.
- When shopping, buy pre-washed, pre-cut lettuces, salad mixes, vegetables, or fruit.
- Choose lean meats that are pre-cooked and only need to be reheated.
- Keep frozen and canned vegetables on hand to quickly add to meals.
- Cook soups, stews, or meat in a slow cooker when you are busy.
- Spend some time on the weekend making your favorite recipes if you are too busy to cook during the week.
- Make enough for several meals. Divide the meals into single servings in freezer bags or containers.
- Add a mixed green salad and a side of fruit to a meal.
- Consider pre-packaged frozen or refrigerated meals that are low in calories, fat, and salt. Add vegetables to balance the meal.



Here are some tips for quick and nutritious food preparation techniques:

- **Stir-fry or Sauté.** If you don't have a wok, use a cast-iron or non-stick skillet. Most dishes can be cooked using a small amount of olive or canola oil, or reduced-sodium broth.
- **Microwave.** Because microwaves cook so quickly, most of the nutrients remain in the foods you are cooking. Read the cooking directions carefully; it is easy to overcook foods.
- **Crock Pot.** This handy kitchen appliance cooks food slowly at low temperatures. Set it up in the morning and dinner will be ready and waiting when you get home. Soups, stews, and pot roasts all make great crock-pot meals. Extra-lean, less marbled cuts of meat become tender and juicy when cooked in a crock pot.
- **Bake, Broil, and Grill.** Bake, broil, or grill foods on a rack to drain fats away during cooking. Not only is this a healthier way to eat, but it's delicious as well.
- **Steam.** Steam using a microwave, on the stove, or in a steamer. Steaming helps keep nutrients and flavor in foods, without adding fat.
- **Pressure Cook.** By using steam, pressure cookers can cook a pound of potatoes in just 4 minutes or a chicken stew in less than half an hour. A pressure cooker can also turn the toughest cut of meat into a tender main course. Don't over-season foods, pressure cooking uses very little liquid, so flavors are more concentrated.
- **Poach.** In poaching, the food is covered with liquid (such as broth, milk, or wine) and gently simmered until done. Poaching uses less liquid than steaming or boiling, so delicate flavors are less diluted. Poaching works well for fish or eggs.

