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Quick Mealtime Tips for Busy Schedules

Utah State Extension
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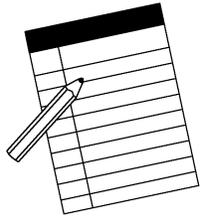
QUICK MEALTIME TIPS FOR BUSY SCHEDULES

PLAN MENUS

- Plan around the Food Guide Pyramid.
- Select some family favorites.
- Add some budget stretchers.
- Turn leftovers into planned-overs.
- Include some convenience foods.

SHOP WISELY

- Make a grocery list.
- Use coupons wisely.
- Compare unit prices.



ORGANIZE AND EQUIP KITCHEN

- Acquire necessary equipment.
- Arrange food and equipment conveniently.
- Use labor-saving equipment.

STOCK PANTRY AND REFRIGERATOR

- Keep a good supply of staples on hand.
- Purchase in quantity and repackage into portion sizes.
- Practice the FIFO method (*First In–First Out*).

INVOLVE FAMILY MEMBERS

- Delegate mealtime tasks.
- Teach life skills.
- Build family memories.

USE EFFICIENT CLEAN-UP TECHNIQUES

- Clean as you go.
- Soak dirty dishes.
- Assign family members clean-up chores.

QUICK AND EZ MEALS

SKILLET CHICKEN BARBECUE

1/4 cup flour	1 can (8-oz.) tomato sauce
1 tsp. salt	1/2 cup water
1/4 tsp. pepper	2 Tbsp. vinegar
3 boneless, skinless chicken breasts, cut into 1/4-inch strips	2 Tbsp. brown sugar
1/2 cup onion, chopped	1 tsp. Worcestershire sauce
1 Tbsp. oil	1/8 tsp. cumin
	1/2 tsp. salt

Combine flour, 1 teaspoon salt and pepper in a plastic bag. Add chicken and shake to coat. In a large skillet sauté chicken and onion in oil until chicken is lightly browned. Combine remaining ingredients, pour over chicken. Cover and simmer for 15 minutes or until chicken is tender; stir occasionally. Yield: 6 servings.

CHUCK WAGON SKILLET

1 lb. Italian sausage	2 cups uncooked noodles
1/2 cup onion, chopped	2 Tbsp. catsup
1 cup celery, sliced	1 tsp. salt
1/2 cup water	Pepper to taste
1 can (14 1/2-oz.) tomatoes	2 cups cheese, grated
1 can (14-oz.) corn, drained	



In a large skillet sauté sausage, onion and celery; drain fat. Add water, tomatoes, corn, noodles, catsup, salt and pepper. Cover and simmer 18-20 minutes or until noodles are tender; stir occasionally. Stir in cheese. Yield: 8 servings.

POLYNESIAN SKILLET

2 boneless, skinless chicken breasts, cut into 1/4-inch strips	1 cup water
1 Tbsp. oil	1/4 cup vinegar
1 medium onion, sliced	1/2 cup brown sugar
1 green pepper, sliced	2 Tbsp. soy sauce
1 can (15-oz.) pineapple chunks	2 Tbsp. cornstarch
2 tsp. chicken bouillon granules	1 can (11-oz.) mandarin oranges, drained

In a large skillet sauté chicken in oil until chicken is lightly browned. Add onion and green pepper. Stir fry until vegetables are tender. Add 1/2 cup juice from pineapple, bouillon, water, vinegar and brown sugar. Combine soy sauce and cornstarch; mix well. Add to chicken and vegetables. Simmer until mixture thickens; stir constantly. Add pineapple and mandarin oranges. Serve over rice. Yield: 6-8 servings.

Variations: Substitute 1/2 lb. diced pork for chicken or use 1 cup cooked diced ham or 2 cups cooked meatballs.