

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

Ideas For Eating Better For Less

Meals Made Easy - Plan Your Meals

- Plan your meals for the entire week using the Food Guide Pyramid.
- Use grocery store ads and make a shopping list at the same time.
- Use fresh, frozen and canned foods to vary texture and flavor.
- Serve foods in season - best flavor, better prices and quality.
- Purchase foods that can be stored for long periods of time.
- Make enough food for 2 meals and freeze one.
- Make meals and snacks from what you have on hand.



QUICK CHILI (Serves 4)

1/2 pound ground beef
1 can (15-1/2 ounce) kidney beans
1 cup "No salt added" canned tomato puree

1 tablespoon instant minced onion
1 1/2 tablespoons chili powder

1. Cook beef in hot fry pan until lightly browned.
2. Drain off fat. Stir in remaining ingredients.
3. Bring to a boil.
4. Reduce heat, cover and simmer 10 minutes.



Tacos - Spoon chili into taco shells. Add shredded lettuce, chopped tomatoes, and shredded cheese.

Taco Salad - Serve chili over lettuce, top with tomato, shredded cheese and taco chips.

Macaroni and Chili - Add 2 cups cooked macaroni to chili and cook until heated through.

Potato Topper - Serve over baked potato. May add shredded cheese.

NUTRITION FACTS (per serving) - Calories 280 ~ fat 10 g ~ calories from fat 90 ~ sodium 290 mg ~ total carbohydrate 22 g ~ fiber 6 g

LEMON CHEESECAKE Serves 8

1 package (8 ounces) nonfat cream cheese
2 cups skim milk

1 package lemon instant pudding
8 - inch graham cracker crust

1. Stir cream cheese until very soft.
2. Gradually blend in 1/2 cup milk until smooth and creamy.
3. Add remaining milk and pudding mix.
4. Beat mixture slowly about one minute.
5. Pour into cooled graham cracker crust.
7. Chill. Serve with fruit or fruit pie filling.



NUTRITION FACTS (per serving) - Calories 240 ~ fat 8 g ~ calories from fat 70 ~ sodium 520 mg ~ total carbohydrate 36 g ~ fiber 1 g

Prepare Some Foods Ahead of Time and Serve Later.

- Cook dried beans, rice, macaroni, noodles and potatoes. Use in salads, casseroles, side dishes within 2 or 3 days.
- Hard cooked eggs can be kept in the refrigerator for 3-4 days. Remove shell and store in a covered container.
- Prepare gelatin salads and desserts one day ahead.
- Many soups and stews improve in flavor on standing. Cook one day, cool quickly (refrigerate) and reheat (to 165° F.) the next day.
- Wash vegetables and fruits (except berries) before storing in refrigerator.



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FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

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