



Healthy Convenience Foods

You don't have to cook every part of a meal from scratch to be serving your family a healthful meal. In this day of prepackaged foods, take advantage of healthy shortcuts where you can.

Rotisserie Chicken. Keep some in the fridge, then freeze the rest in 1-2 cup servings.

To make a pasta salad, steam some veggies, add some chicken, and finish with dressing. You've got a healthy meal in minutes.

To make chicken soup, pour a couple of boxes of chicken stock in a pot, add shredded rotisserie chicken, carrots, onions, and a can of diced tomatoes, season to taste with salt, pepper or bullion, simmer and you have a healthy soup dinner.

Chicken tacos are just a taco seasoning packet away.

Prepackaged Greens. Prewashed, prepackaged greens make it almost too easy to have a salad with dinner. Add a handful to tacos, burgers, or turn into a dinner salad. A frozen pizza and a nice big salad make a fine dinner.

Frozen spinach or kale work great in your favorite smoothies. These frozen greens also crumble easily, making great additions to pasta, casseroles, or soup going almost unnoticed.

Canned & Frozen Veggies. Canned & Frozen produce are processed shortly after they are harvested, so most of the nutrients are maintained. These veggies work great as side dishes or as additions to many recipes.

Boil In Bag Rice. This 10-minute rice goes great with so many recipes from stir-fry to chicken and rice, or simply served as a side.

Pre-chopped produce. Skipping the chopping step saves a lot of time. When time-strapped, consider purchasing prechopped produce to speed up your recipes. Consider chopping in bulk next time, then freeze. Saves time and money.

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