

- **Mackerel Creole** : Combine together in microwave dish: 1/2 cup canned mackerel, 1 cup stewed tomatoes, 1 tablespoon tomato paste, 1/4 cup canned or frozen corn and 1 chopped green onion per person. Heat and stir until mixture is hot. Season with Tabasco sauce, fine herbs, salt and pepper. Serve over minute rice with a glass of cold milk. Mix together any leftover creole and rice with chicken broth and simmer gently to make a hearty seafood soup for lunch the next day.
- **Supper in an Envelope ... Skip the dishes!** : Place an uncooked lean beef pattie, chicken leg or porkchop on a square foot of aluminum foil. Add a peeled potato, cut in quarters, and the vegetable of your choice. Sprinkle with onion soup base. Add a few shakes of water or wine. Fold up foil and seal tightly. Bake in 300 °F oven for 50 minutes.
- **Revive the Roast** : Remove all packaging materials from the outside of the meat or fowl to be roasted. Check inside roasting fowl and remove giblets as well. Rinse meat or bird under cold running water and place in roasting pan. Pour a half a cup of broth into pan and cover. Roast in 300 °F oven until the meat thermometer reading shows your roast is well cooked. Remove roast from oven, cool and slice. Divide meat into serving sizes that suit your needs and flash freeze portions in tightly sealed plastic bags. Be sure to remember to put a freshly-scrubbed potato or yam and another vegetable in the oven with your roast for an easy supper on roasting day.

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Healthy Meals that You Can Prepare in Less than 10 Minutes

Simple breakfasts that are good for you!

- High fiber cereal with low fat milk : try adding dried fruit, nuts and seeds or mix two cereals together for a brand new taste
- Bagel, cheese and fresh fruit
- Boiled egg, toast and fruit juice
- Carnation Instant Breakfast®, Boost®, Ensure® or yogurt smoothie : yogurt blended with fresh fruit
- Scrambled eggs from farm fresh eggs or an egg substitute with wholegrain toast, fruit or juice
- Yogurt, fresh fruit, and a toasted English muffin with peanut butter
- Hot cooked cereal with dried fruit and milk

Lunch or Light Supper Ideas

- Soup and sandwich
- Chef salad (salad greens and other veggies plus hard cooked egg, cheese, ham and turkey) and wholewheat crackers
- Open face melt : toasted bagel or bread with meat, cheese, poultry or seafood and veggies topped with melted cheese
- Pickled eggs, rusks, raw vegetables and yogurt dip
- Fajita roll-up : soft wholewheat tortillas layered with lettuce, shredded vegetables, cheese and/or cooked meat, poultry or seafood rolled up and warmed in microwave oven and then sliced into bite sized rolls
- Cold pasta salad with cooked cubes of meat, fish or poultry and freshly chopped or grated vegetables
- Submarine sandwich
- Seasoned stewed tomatoes with toast and melted cheese
- Broiled nacho chips covered with salsa and grated cheese
- Cottage or Quark cheese with fresh fruit/vegetables and a bun
- Broiled English muffin spread with pizza sauce topped with veggies and melted mozzarella cheese

Snacks that nourish

- Chestnuts, hot from the microwave
- Wholewheat rusks or crackers and peanut butter
- Cherry tomatoes or your favourite raw vegetable with or without dip
- Popcorn : air popped has the lowest fat content
- Big fat homemade pretzels; use your bread machine to make the dough
- Fresh fruit or fruit salad and oatmeal cookies
- Cheese and high fiber crackers
- Graham crackers with milk and fresh fruit
- Unsweetened, fiber-rich breakfast cereal by the handful or in a bowl with milk
- Yogurt cups, tubes, drinks or frozen pops

Main Meals in a Hurry

- **Stirfry** : Sauté raw meat or poultry strips until well cooked. Add sliced vegetables (fresh or frozen) and stirfry until vegetables are tender. Season to taste with bottled sauce. Try teriyaki, honey garlic, soya sauce or a low fat sweet salad dressing. Serve over minute rice or Asian noodles with a glass of milk.
- **Chili** : Brown 3 oz (90 g) of lean ground meat or poultry in a heavy pot, remove excess fat. Add a small can of store-bought chili to the cooked meat mixture. Add some freshly chopped mushrooms and peppers. Heat thoroughly. Serve with toasted wholegrain bread, fresh salad and a glass of milk.
- **Pasta and Sauce** : Boil 1/4 cup dried red or green lentils in enough salted water to cover. In another pot begin cooking your favourite pasta. Open a bottle of your preferred brand of store bought pasta sauce. Combine pasta sauce and cooked lentils. Stir well until mixture is hot. Serve this high fiber pasta sauce over cooked pasta and sprinkle with grated cheese. Don't forget to have a salad on the side.
- **Cheese Fondue** : Try a commercial Swiss Fondue mix as a simple supper for one. Heat package contents in a glass bowl in the microwave. Dip cubes of French bread into the hot cheese for a quick and great tasting supper. Balance your meal by adding a plate of raw veggies and dip them in the fondue as well. If eating alone, store any leftover fondue in your fridge and use it for lunch tomorrow in an open faced melted cheese and tomato sandwich.