

# Mealtime Solutions

HELPFUL IDEAS FOR TAKING ON THE MEALTIME CHALLENGE.

## Healthy Choices

### Cutting Corners

This can be eaten as a salsa or salad.

- 1 can beans
- 1 can black beans
- 1 can black eyed peas
- 1 can petite diced tomatoes
- ½ cup low or no-fat Italian dressing
- Mix ingredients, chill & enjoy!
- If you have more time you can use all or one of the following:
  - 1 green pepper, diced
  - 1 clove of garlic, diced
  - ½ onion, diced
  - 2 TBSP lime juice
  - 1-2 chopped jalepeno peppers
- You may also mix ½ Italian dressing and ½ salsa for dressing.

Answer : The 2 wheel steerable commercially successful bike was invented in 1817 by German Baron Karl Von Drais.

### Keep It Safe

When packing lunches for children, freeze juice boxes and put them in lunch boxes in the morning to help keep lunches cold.

### Family Connections

Summertime is the perfect time to introduce cooking skills to children. Children are more likely to try foods that they have prepared themselves and it is exciting for them to share the food they have prepared with the rest of the family. You may want to start with items like smoothies, wraps, and sandwiches and then move on to easy baked items and then to dishes cooked on top of stove.

The recipe has to be of interest to the child if you want to keep his attention. Children as young as 7 can learn to chop vegetables and fruits with a small paring knife and supervision. Two websites that have lots of suggestions about cooking with kids and kid friendly recipes are : [www.thekidscookmonday.org](http://www.thekidscookmonday.org) and [www.kidsacookin.ksu.dedu](http://www.kidsacookin.ksu.dedu).

### Food on the Move

#### Salad in a Bag



- 1 cup salad greens per person (romaine, spinach, arugula, etc.)
- ½ cup vegetables per person such as: broccoli, black beans, shredded carrots, peas, cabbage, cucumbers, onions, tomatoes

Use 1 gallon sized zip-lock bag for a family sized salad or a 1 quart sized bag for individual salads.

Place 1 cup salad greens per person in a gallon bag or 1 cup salad in a quart bag. For individual salads, add ½ cup veggies to each bag. For a family sized salad add ½ cup veggies per person. Add salad dressing. Zip bag shut and shake to distribute the dressing over all ingredients.

### BBQ Chicken Pizza

- 6 English muffins
- ¾ cup BBQ sauce
- 1 ½ cups chicken (cooked and diced)
- ¾ cup shredded cheese
- 1 chopped bell pepper



Preheat oven to 450°. Measure out all ingredients. Slice English muffins in half and place on an ungreased cookie sheet. Spread BBQ sauce on English muffins. Top with remaining ingredients. Bake at 450° for 7-12 minutes, (or until cheese is melted). Enjoy!

### Pat's Baked Beans

- 1 cup chopped onion
- ¾ cup ketchup
- 1 (15 oz.) can butter beans, drained
- 1 (16 oz.) can red kidney beans, drained
- 2 TBSP. Worcestershire sauce
- 1 TBSP. yellow mustard
- 1 clove garlic, minced
- ½ cup molasses
- 1 (16 oz.) baked beans
- ¼ cup molasses
- 1 (16 oz.) pinto beans
- ½ teaspoon pepper



Preheat oven to 375 degrees F. Cook the onion and garlic in oil until tender. To the onions add pinto beans, northern beans, baked beans, kidney beans and butter beans. Stir in ketchup, molasses, brown sugar, Worcestershire sauce, mustard and black pepper. Mix well and transfer to a 9x12 inch casserole dish. Cover and bake for 1 hour.

### ASK AN AGENT

This E-Newsletter is brought to you by the MSU Extension Service in Custer, Fergus, Richland, Roosevelt & Sheridan Counties.

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### What Can I Do Today?

As spring turns into summer it is a great time to introduce your family to new fruits and veggies. You can find a wide variety of both at your local grocery store or farmers market. If you have a garden, try growing something you haven't grown before.