

Health Tip of the Month

LOVE YOUR FAMILY WITH A
DIFFERENT MEAL EVERY NIGHT



Are you too busy to cook ?

Don't eat out - just plan ahead.
You'll save time and money!

When you make dinner, double the main part of your meal and freeze half of it. Then think about ways to change that main dish into something new.

SOUP can become a **RICE OVER DISH**

BEANS can become **BURRITOS**

SAUCES can become original **PIZZAS**

FISH can become **FISHCAKES**

MEATS can become elegant **SALADS**

With something waiting in your freezer, a new and exciting meal is just around the corner!



Get CREATIVE

Spice up your leftovers!

SEASONED CHICKEN:

- make chicken and dumplings
- make fried rice with vegetables
- make chicken salad sandwiches
- wrap in lettuce with herbs and veggies

FISH:

- mix into couscous salad
- make tacos with beans and veggies
- wrap with brown rice and seaweed for sushi

PORK ROAST:

- diced into a risotto
- stir fried with a sauce and veggies
- with corn and beans to make soup

ROASTED VEGETABLES:

- turn into a vegetarian lasagna
- cook with broth and puree into a soup
- add seasonings to make curried vegetables

BEANS:

- add vegetables and eat over rice
- blend with tahini to make hummus
- mash with veggies to make burger patties



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Worksite Wellness Initiative: brought to you by Carolyn Lam, Dietetic Intern
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