

(week 3)

FN1474

# COOKING 101

Quick and Easy Menus, Recipes and Tips for Singles and Couples

## HEALTHY eating ON THE RUN

NDSU

EXTENSION

reviewed and revised OCTOBER 2019

Cost and the amount of time you have to cook probably affect what you decide to eat. Think about nutrition, too. Food provides your body with the energy it needs to function and the nutrients it needs to perform well.

## POP QUIZ:

## WHAT DO YOU KNOW already?

(The answers are on page 5.)

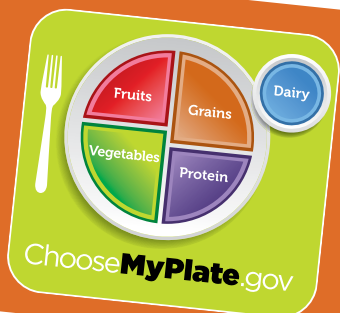
## MYPLATE, YOUR NEW BEST FRIEND

Remember learning in elementary school about a food pyramid that was shaped, well, like a pyramid? The rules for following this pyramid were easy: Eat the most from foods on the bottom and eat the least from foods on the top. Everyone, regardless of gender, size or activity level, had the same pyramid.

The latest diet advice is arranged with a new food icon called MyPlate. It shows the different proportions for each food group and is based on individuals' needs. Check out [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn what your food needs are. These are just a few of the tools this site provides:

- **MyPlate Daily Food Plan:** Find out how many calories and how many servings of each food group you should be eating each day.
- **Printable materials**
- **Seasonal resources**
- **Quizzes about MyPlate food groups**
- **Videos**
- **Recipes**

1. True or False: You can enter your daily diet into [www.choosemyplate.gov](http://www.choosemyplate.gov) and have its nutritional content analyzed.
2. True or False: Every person needs the same amount of calories, nutrients and physical activity to maintain health.
3. True or False: You will have the most bone mass when you are in your late teens to early 20s.
4. Which of the following vitamins helps your body absorb iron?
  - a. Vitamin A
  - b. Vitamin B
  - c. Vitamin C
  - d. Vitamin K
5. What is the daily recommended amount of iron for women in milligrams (mg)?
  - a. 9 mg
  - b. 18 mg
  - c. 31 mg
  - d. 43 mg
6. True or False: A diet high in fiber can lower your cholesterol and reduce your risk for certain diseases.



# THE NEGLECTED NUTRIENTS



Imagine you are planning your grocery list. You know you have limited time to prepare meals and snacks each day.

Many people struggle to make healthful food choices with today's busy schedules. The following is a list of some very important but often neglected nutrients for good health. See the ways to add foods rich in these nutrients to your menus:

**CALCIUM:** Calcium helps build strong bones, and peak bone mass is reached by age 30. Good calcium intake now can help lower the chances of developing osteoporosis, a bone disease that makes bones more likely to break. And not only is calcium good for bone health, it also can help the body by aiding in blood clotting and nerve and muscle function. Milk, cheese and yogurt are great sources of calcium. Males and females ages 19 to 30 should aim for 1,000 milligrams daily to reach the recommend amounts.

**IRON:** Iron helps support growth and moves oxygen from the lungs to the rest of the body. Iron is found in lean meats and iron-fortified cereals, so start the day with an iron-fortified cereal and glass of orange juice or an orange. The vitamin C found in orange juice helps your body absorb the iron so it can be used. Try to have lean meats or dark leafy greens for lunch and dinner to reach the 18 milligrams of iron recommended for women and 8 milligrams for men.

**FIBER:** Fiber is important for the digestive system. Some types of fiber also can help lower cholesterol and prevent disease. Fiber is found in fruits, vegetables and whole grains, so enjoy more whole-grain products and try swapping high-fat snack foods with apples, carrots or any other favorite fruits and vegetables. Women should try to get 25 grams of fiber daily and men should aim for 38 grams.

# WEEKLY MENU PLANNER – week 3

\*indicates recipe is provided

	Breakfast	Lunch	Dinner	Snacks
MON.	<ul style="list-style-type: none"> <li>▶ Apple slices</li> <li>▶ Low-fat or fat-free yogurt</li> <li>▶ Granola bar</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Scrambled egg on bagel</li> <li>▶ Salsa</li> <li>▶ Carrots</li> <li>▶ Grapes</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Broiled or grilled chicken breast</li> <li>▶ Microwaved frozen veggies</li> <li>▶ Brown rice</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Pretzels</li> <li>▶ Banana</li> <li>▶ Celery</li> </ul>
TUES.	<ul style="list-style-type: none"> <li>▶ Whole-wheat bagel topped with peanut butter</li> <li>▶ Banana</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Tortilla with melted cheese</li> <li>▶ Lettuce salad</li> <li>▶ Hard-cooked egg</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Ground Beef Taco*</li> <li>▶ Orange</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Granola bar</li> </ul>
WED.	<ul style="list-style-type: none"> <li>▶ Cereal</li> <li>▶ Orange</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Bagel with peanut butter</li> <li>▶ Apple</li> <li>▶ Carrots</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Scrambled eggs with salsa</li> <li>▶ Grapes</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Pretzels</li> <li>▶ Celery</li> </ul>
THURS.	<ul style="list-style-type: none"> <li>▶ Low-fat or fat-free yogurt</li> <li>▶ Granola bar</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Turkey wrap (tortilla with turkey, lettuce and cheese)</li> <li>▶ Grapes</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Chicken Stir-fry*</li> <li>▶ Apple</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Banana</li> <li>▶ Carrots</li> </ul>
FRI.	<ul style="list-style-type: none"> <li>▶ Hard-cooked egg</li> <li>▶ Toasted bagel</li> <li>▶ Orange</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Peanut Butter Rolls*</li> <li>▶ Carrots</li> <li>▶ Celery</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Easy Spaghetti*</li> <li>▶ Tossed salad</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Granola bar</li> <li>▶ Apple</li> </ul>
SAT.	<ul style="list-style-type: none"> <li>▶ Cereal</li> <li>▶ Banana</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Bagel Pizza*</li> <li>▶ Tossed salad</li> <li>▶ Orange</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Grilled chicken wrap</li> <li>▶ Microwaved frozen vegetables</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Granola bar</li> <li>▶ Carrots</li> </ul>
SUN.	<ul style="list-style-type: none"> <li>▶ Low-fat or fat-free yogurt</li> <li>▶ Granola bar</li> <li>▶ Orange</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Turkey salad (chopped turkey with celery, mayo) on on a bagel</li> <li>▶ Carrots</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Slow Cooker Chicken Noodle Soup*</li> <li>▶ Apple</li> <li>▶ Skim milk</li> </ul>	<ul style="list-style-type: none"> <li>▶ Pretzels</li> <li>▶ Grapes</li> </ul>

# GROCERY LIST

Read through the recipes and check your supplies to see what and how much you need.

To save money, compare unit prices (price per ounce) on the store shelving.

## GRAINS

- 1 package whole-wheat bagels (6)
- 1 box spaghetti
- 1 box instant brown rice
- 1 package whole-wheat tortilla shells
- Whole-wheat pretzels
- 1 box of cereal (preferably whole grain)
- 1 package of granola bars

## VEGETABLES

- Bag of romaine lettuce
- 1 package fresh stir-fry vegetables
- 1 package frozen vegetables
- 1 bag baby carrots
- 1 bag celery
- 1 jar (or can) spaghetti sauce
- 1 jar salsa

## FRUIT

- 5 apples of choice
- 4 bananas
- 1 bag of grapes
- 5 oranges

## DAIRY

- 1 gallon (or more) skim milk
- 1 bag shredded cheddar cheese
- 3 containers of low-fat or fat-free yogurt (flavor of choice)

## MEAT/OTHER PROTEIN FOODS

- 2 pounds lean ground beef
- 1 bag frozen chicken breasts
- 1 dozen eggs
- 1 container peanut butter
- Deli turkey

## CANNED/DRY GOODS, ETC.

- 1 packet taco seasoning
- 2 cans low-sodium chicken broth
- 1 can cream of mushroom soup (with roasted garlic)
- Teriyaki sauce
- Salad dressing (such as Ranch dressing)
- Cooking spray



# RECIPES

## KEY TO ABBREVIATIONS

tsp. = teaspoon

Tbsp. = tablespoon

c. = cup

oz. = ounce

pkg. = package

g = grams

mg = milligrams

lb. = pound

### QUICK TIP

Freeze leftovers  
in air-tight containers  
in meal-size  
amounts.



## EASY SPAGHETTI

- 1 lb. ground beef
- 1 jar spaghetti sauce
- ½ box of dry spaghetti noodles  
(preferably whole wheat)

Prepare the pasta as the package indicates. While noodles are cooking, brown the beef in a skillet and drain excess oil when done. Add the spaghetti sauce to beef and let simmer for 10 minutes. Top pasta with spaghetti sauce to serve.

**Makes six servings.** Per serving: 210 calories, 5 g fat, 26 g carbohydrate, 4 g fiber, 680 mg sodium



## BAGEL PIZZA

- 1 wheat bagel
- 2 Tbsp. spaghetti sauce
- ¼ c. shredded cheese

Cut the bagel in half. Spread each half with 1 tablespoon spaghetti sauce

Top with cheese. Microwave on high, uncovered, one to 1½ minutes or until cheese is melted.

**Makes one serving.** Per serving: 310 calories, 12 g fat, 42 g carbohydrate, 7 g fiber, 390 mg sodium



## CHICKEN STIR-FRY

- 4 small chicken breasts
- 1 pkg. stir-fry vegetables
- Cooking spray
- ¼-½ c. teriyaki sauce (reduced-sodium)
- 2 c. brown rice

Prepare the brown rice as the package indicates. Cut chicken into bite-sized pieces. While the rice is cooking, add cooking spray to the skillet and cook the chicken. When chicken is fully cooked, add the package of vegetables to the pan. Add sauce to the vegetables and chicken when vegetables are tender. Serve the chicken and vegetables over brown rice.

**Makes four servings.** Per serving: 330 calories, 3 g fat, 44 g carbohydrate, 4 g fiber, 400 mg sodium



## SLOW COOKER CHICKEN NOODLE SOUP

- 2 c. cooked chicken, chopped
- 1½ c. frozen vegetables (carrots, peas, onions, whatever you like)
- 2 14-oz. cans low-sodium chicken broth
- 1 11-oz. can condensed cream of mushroom soup (with roasted garlic)
- Salt and pepper to taste
- ½ tsp. thyme
- 1 c. pasta of choice

Cut the chicken breast into small pieces. Place chicken into slow cooker with the carrots, onions and peas. Stir in the broth and mushroom soup. Season with pepper and salt. Cover the slow cooker and cook on high for three to four hours or on low for eight to nine hours. To maintain high-quality pasta, cook the pasta in a separate pan on the stove and stir in cooked pasta five minutes before the soup is ready to serve. Serve with whole-wheat crackers.

**Makes four servings.** Per serving: 290 calories, 3.5 g fat, 34 g carbohydrate, 3 g fiber, 1,190 mg sodium



## PEANUT BUTTER ROLLS

- 1 whole-wheat tortilla
- 2 Tbsp. peanut butter
- 1 banana

Coat the middle of the tortilla with the peanut butter. Place the peeled banana on top of the tortilla. Fold the tortilla into a wrap shape and cut into small pieces resembling sushi rolls. Serve immediately.

**Makes one serving.** Per serving: 450 calories, 20 g fat, 61 g carbohydrate, 7 g fiber, 320 mg sodium

## GROUND BEEF TACOS

- 1 lb. ground beef
- Cooking spray
- 1 pkg. taco seasoning
- 4 whole-wheat tortillas
- Toppings:
  - ½ c. lettuce
  - ½ c. shredded cheddar cheese
  - 1 c. salsa



Coat the skillet with cooking spray. Thoroughly cook the ground beef in a skillet over medium-high heat. Add the taco seasoning packet to the beef according to the directions of package. In a warm taco shell, add beef, salsa, lettuce and cheese.

**Makes four servings.** Per serving: 450 calories, 18 g fat, 33 g carbohydrate, 2 g fiber, 1,190 mg sodium

**Julie Garden-Robinson**  
Food and Nutrition Specialist

**EAT SMART. PLAY HARD. TOGETHER.**  
For more information, visit [www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart).

NDSU Nutrition Education in the Community Students (2010): **Joan Nagel**, Student Dietitian, Lead student writer; **Leah Gramlow**, Student Dietitian; **Katie Myrold**, Student Dietitian

NDSU Extension does not endorse commercial products or companies even though reference may be made to tradenames, trademarks or service names. NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work for commercial purposes and share your resulting work similarly. For more information, visit [www.ag.ndsu.edu/agcomm/creative-commons](http://www.ag.ndsu.edu/agcomm/creative-commons).

**For more information on this and other topics, see [www.ndsu.edu/extension](http://www.ndsu.edu/extension)**

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, [ndsu.eoaa@ndsu.edu](mailto:ndsu.eoaa@ndsu.edu). This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881.

2M-5-10, 2M-4-11, 500-5-16, 200-10-19