

EATING SMART AT HOME



Plan: Know What's for Dinner

MEALS TO REMEMBER

Sometimes the hardest part about fixing dinner is figuring out what to make. List the meals you and your family enjoy to help you plan your week. Post the list in a handy spot like the inside door of a cabinet. Keep adding new favorites.

MAIN DISH

(chicken, beef, pork, fish, pasta, beans, etc.)

SIDE DISHES

(salad, vegetables, fruit, potatoes, rice, etc.)

Plan your dinners for the week. It will help with shopping and save time.

WHAT'S FOR DINNER?

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Sunday _____



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EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM



MINI MEATLOAVES

Makes 5 servings

Serving Size: 1 mini loaf

Ingredients

- 1 pound lean or extra lean ground beef
- 1 1/2 cup mild or medium salsa, divided in half
- 1 egg, lightly beaten
- 1/4 cup dry bread crumbs
- 1/4 cup finely chopped onion
- 1/2 teaspoon salt
- dash of black pepper
- Non-stick cooking spray

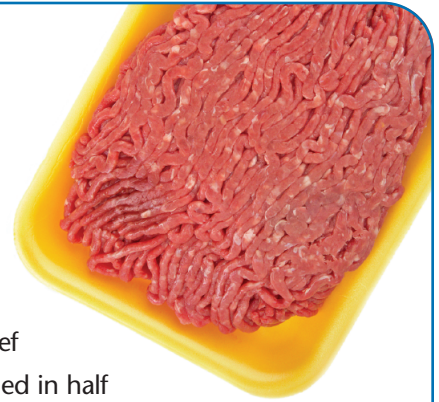
Directions

1. Heat oven to 350° F.
2. Combine all ingredients saving half of salsa for topping.
3. Divide into 5 equal portions. Shape into flattened loaves.
4. Spray baking dish with non-stick cooking spray.
5. Place loaves in dish.
6. Spoon half of the remaining salsa on top of loaves.
7. Bake at 350° F for 20 minutes.
8. Take out of oven and spoon remaining salsa over top and bake an additional 10 minutes.

Nutrition information Per Serving

210 calories		Total Carbohydrate	10 g
Total Fat	10 g	Dietary Fiber	2 g
Saturated Fat	3.5 g	Sodium	690 mg
Protein	22 g		

-  Good Source of Vitamin A
-  Excellent Source of Vitamin C
-  Excellent Source of Iron



Eat Smart



CHECK IT OUT!

Visit your local library and check out a book on exercise. Or better yet, check out a video and follow along. Choose a video that the whole family will enjoy. What day this week could you go to the library to see what they have to choose from?



Move More