

MEAL TIME

Family Time

Healthy Family Eating

from Extension Foods & Nutrition

Menu

- Salmon Cakes*
- Parsley New Potatoes*
- Peas*
- Peach Slices
- Milk, 2%

Shopping List

- 1 (15 ½ oz) can salmon, canned in water
- eggs
- cornflakes
- onion
- vegetable oil
- 1-1 ½ lbs. tiny new potatoes
- margarine
- parsley
- 1 (16 oz) package frozen peas
- 1 (15 oz) can sliced peaches, packed in own juice
- milk, skim and 2%

Family Time

Why sit down at the table to eat dinner? It communicates several important points. Dinner is a special family time to relax and enjoy each other. It says I love you enough to spend time preparing a meal and paying attention to your needs. Family relationships are important, and time spent together is valuable.

Meal Preparation Steps

30 min. before dinner: Helper: Start potatoes.

25 min. Cook: Start salmon cakes.

15 min. Helper: Cook salmon cakes.

10 min. Cook: Start peas, open canned peaches and put in bowl. Set table.

9 min. Helper: Turn salmon cakes.

2 min. Cook: Take potatoes out of microwave oven. Helper: Put salmon cakes on serving dish and put peas in serving dish.

Preparation Tips

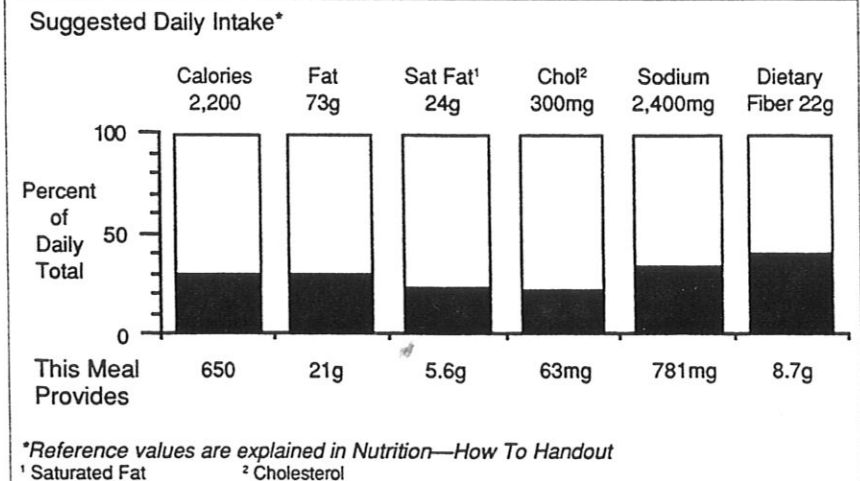
The new potatoes can be boiled on the stovetop rather than in the microwave.

Keep It Safe

Store eggs in their carton on an inside shelf of the refrigerator. Putting them in those little slots on a refrigerator door that is repeatedly opened and closed can cause temperature fluctuations that accelerate spoilage as well as lead to breakage. Another reason to keep eggs in their original carton: It prevents them from absorbing the odors and flavors of other foods.

Remember, too, to cook eggs completely. Avoid eating homemade ice cream, eggnog and other products made with uncooked eggs. Cook the eggs or use pasteurized egg products.

Nutrition of Meal



* Recipe on Back

Cooperative Extension Service

Preparation Time:*Active:* 10 minutes*Total:* 22 minutes**Nutrition per Serving**

Calories 230

Total fat 14 g

Saturated fatty acids 2 g

Cholesterol 41 mg

Sodium 550 mg

Dietary fiber .3 g

Salmon Cakes

1 can (15 ½ oz) salmon, canned in water, drained

½ cup skim milk

2 egg whites

½ cup crushed cornflakes

2 tablespoons chopped onion

1 tablespoon vegetable oil

Combine ingredients except oil. Form into 4 thin patties. Heat oil in large skillet and brown patties over medium heat 4-6 minutes on each side or until golden brown.

Preparation Time:*Active:* 5 minutes*Total:* 30 minutes

4 servings, 2 potatoes each

Nutrition per Serving

Calories 202

Total fat 2 g

Saturated fatty acids .4 g

Cholesterol 0 mg

Sodium 36 mg

Dietary fiber 4 g

Parsley New Potatoes

1-1 ½ lbs, tiny new potatoes (8-10 potatoes)

3 ½ cups hot water

2 teaspoons margarine

1 teaspoon dried parsley

Wash potatoes. Halve any large potatoes so all are about the same size. Pare a small strip of skin around center of whole potatoes. In a deep 3-qt. microwave safe casserole, cover potatoes with hot water. Microwave covered on High for 20 to 22 minutes or until potatoes are fork-tender, stirring once. Let stand covered, 2 minutes. Drain. Add margarine and parsley; toss until potatoes are coated.

Preparation Time:*Active:* 2 minutes*Total:* 8 minutes

Makes 6, ½ cup servings

Nutrition per Serving

Calories 63

Total fat .2 g

Saturated fatty acids 0 g

Cholesterol 0 mg

Sodium 70 mg

Dietary fiber 3.6 g

Peas

1 (16 oz) package frozen peas

½ cup water

Bring water to boil in saucepan. Add peas. Bring water to second boil. Stir, cover and reduce heat. Simmer 4-6 minutes to desired doneness. Drain.

Prepared by Jeanne Dray, Extension Assistant, Department of Foods and Nutrition, Cooperative Extension Service, Kansas State University, Manhattan, Kansas (1/92)

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