

MEALTIME FamilyTime

Healthy Family Eating

from Extension Foods & Nutrition

Menu

- Beef Stir Fry*
- Winter Fruit Salad*
- Granola Applesauce Muffin,*
Margarine
- Milk, 2%

Shopping List

1 lb boneless beef round steak
 ½ lb broccoli flowerettes
 ½ lb carrots
 granola with fruit or nuts
 1 (16 oz) can applesauce
 1 egg
 1 (8 oz) can mandarin oranges
 2 medium apples
 2 medium bananas
 plain lowfat yogurt
 vegetable oil
 onion, garlic clove
 soy sauce
 lemon juice, bottled
 flour, sugar
 baking powder, baking soda
 salt, cinnamon, nutmeg
 coarsely chopped almonds
 margarine
 milk, skim and 2%

Family Time

Single parents. It is tempting for a single parent to cook to please the kids. This is a mistake. The kids' job is to fit into your household, not vice versa. Cook to please yourself and let the kids pick and choose from what is available. If you've been catering to them, sit down and have a talk before you change.

* Recipe on Back

Meal Preparation Steps

30 min. before dinner: Cook: Set table. Helper: Prepare vegetables (broccoli and carrots) for stir fry.

25 min. Cook: Slice beef into thin strips, prepare onion and garlic for stir fry. Helper: Prepare salad and put in refrigerator until serving time.

15 min. Cook: Start cooking stir fry according to recipe. Helper: Mix ingredients together for muffins and bake in microwave.

Serve: Cook: Put food on table and eat.

Preparation Tips

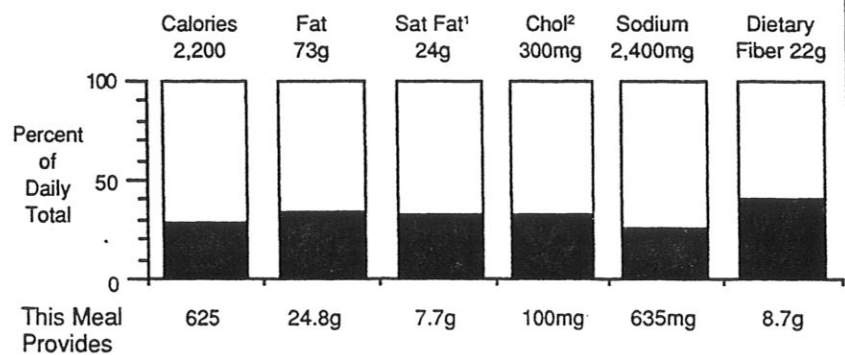
The recipes included are best when prepared as described. The applesauce muffin recipe is especially designed to be cooked in the microwave; oven baking is less satisfactory.

Keep It Safe

Washing produce. Wash fruits and vegetables with plain water. Avoid use of soaps, detergents or chlorine bleach. Washing with water helps remove soil and other debris. It also helps remove surface pesticide residue that might be present. Scrub thick-skinned produce with a brush.

Nutrition of Meal

Suggested Daily Intake*



*Reference values are explained in Nutrition—How To Handout
¹ Saturated Fat ² Cholesterol

Preparation Time: 15 minutes
4 servings, 3 oz steak, about ¾
cup vegetables

Nutrition per Serving

Calories 247
Total fat 10 g
Saturated fatty acids 3 g
Cholesterol 70 mg
Sodium 363 mg
Dietary fiber 4 g

Beef Stir Fry

1 lb boneless beef round steak, cut into thin strips
1 tablespoon vegetable oil
1 small onion, sliced
1 clove garlic, minced
½ lb broccoli flowerettes, cut into small pieces, stems chopped
½ lb carrots, cut into ¼ inch diagonal slices
1 tablespoon soy sauce

Trim excess fat from beef. Quickly brown beef strips in hot oil in large skillet, stirring constantly. Add onion, broccoli stems and carrots. Cook until vegetables are hot but crisp, stirring constantly. Add broccoli flowerettes and soy sauce; cook and stir one minute.

Preparation Time: 10 minutes.
4 servings, ½ cup each

Nutrition per Serving

Calories 143
Total fat 3 g
Saturated fatty acids .5 g
Cholesterol 1 mg
Sodium 15 mg
Dietary fiber 4 g

Winter Fruit Salad

1 (8 oz) can mandarin oranges
2 medium apples, cut into bite-size pieces
2 medium bananas, cut into bite-size pieces
2 tablespoons coarsely chopped almonds
¼ cup lowfat plain yogurt

Mix all ingredients in medium mixing bowl and serve.

Preparation Time:

Active: 8 minutes
Total: 10 minutes
Makes 30 muffins

Nutrition per Muffin

Calories 80
Total fat 3 g
Saturated fatty acids 1 g
Cholesterol 7 mg
Sodium 91 mg
Dietary fiber 1 g

Granola Applesauce Muffins

2 teaspoons lemon juice	1 ¼ cups all-purpose flour
¾ cup skim milk	½ cup sugar
½ cup water	1 teaspoon baking powder
1 ½ cups granola with fruit or nuts	1 teaspoon baking soda
½ cup applesauce	½ teaspoon salt
¼ cup vegetable oil	1 teaspoon ground cinnamon
1 egg, beaten	½ teaspoon ground nutmeg

Stir lemon juice into milk; set aside. Place water in 2 quart microwave bowl. Microwave 1 ½ to 2 minutes or until water is boiling. Sprinkle granola into boiling water. Stir until moistened. Stir in milk mixture, applesauce, oil, and egg; mix well. In medium bowl, thoroughly stir together flour, sugar, baking powder, baking soda, salt, cinnamon, and nutmeg. Add flour mixture to granola mixture. Stir just until moistened. Cover; refrigerate up to 3 weeks.

Spoon batter into paper baking cups in microwave muffin pan. Microwave on high according to chart or until toothpick inserted in center comes out clean:

6 muffins	2 ½ to 3 min.	2 muffins	55 sec.
4 muffins	1 min. 40 sec.	1 muffin	40 sec.

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