



**Planning ahead
can help you save time
in the kitchen.**



Look for recipes with few steps and ingredients, that don't take too long.

- Foods that are cooked on top of the stove are usually quicker than casseroles baked in the oven.
- When you find good recipes, save them in a box or notebook so they are easy to find again.



Do some preparation steps ahead, if you can.

- Thaw frozen meat by putting it in the refrigerator the day before.
- Brown and drain the ground meat for your recipe. Cover and refrigerate cooked meat (for up to 3 days) or freeze (for up to 1 month).
- Presoak and cook dried beans for your recipe. Refrigerate cooked beans (for up to 3 days) or freeze (for up to 2 months).



When you do have time to cook, fix enough main dishes for two meals. Put half in your refrigerator to eat in a day or two, or in your freezer (clearly labeled) to eat later in the month. This works well with chili, casseroles, soups, and stews.



Think of ways other family members can help. Even young children can help by washing fresh fruits and vegetables, tearing up lettuce, and setting the table.



Betty Greer, PhD
Professor and Nutrition Specialist