

# EASY & QUICK WEEKDAY DINNERS

**Please use this suggested timeline as a guide to help you prepare flavorful and healthful weeknight dinners in a flash!**

## **Preparing items in advance SAVES YOU TIME**

On the weekends or your day off GO FOOD SHOPPING. When you get home:

1. Wash and cut the fresh vegetables into bite sized pieces and store in the refrigerator.
2. Buy boneless and skinless meats—they cook faster and have less calories and fat!
  - Place raw proteins (chicken, fish, beef, or pork) in a container and coat with your favorite flavor agent. Try teriyaki, low fat Italian dressing, and BBQ. Cover and store in the refrigerator on the bottom shelf.

## **When you get home on a Work Day**

1. As soon as you walk in the door, before you do ANYTHING (I mean ANYTHING!):
  - Preheat the oven to 400°F
2. Take your selected (marinated) protein out of the refrigerator.
  - Now you can go to the bathroom if needed 😊
3. Then decide on the starch for your meal:
  - Whole wheat pasta: put a pot of water on the stove on high and bring to a boil, then cook according to package directions.
  - Rice (Brown preferred): Start preparing following directions on package usually about 1 to 2, rice to water for example 1 cup rice, 2 cups water; less water for brown rice.
  - Potato (size of a computer mouse): wash and pierce with a fork, microwave on high for 5 minutes, then wrap with foil and place in the oven (it's OK if your oven is not preheated yet)
4. After you started your starch, if your oven is preheated place the protein in a foil lined pan and bake until desired doneness. Approximate times are:

- Chicken breast (boneless): 18 minutes
- Fish: approximately 12-15 minutes, depending on thickness and preference
- Steak or Pork Tenderloin (boneless): 10 minutes per inch thickness

5. Now start with your vegetables. If they are already cut—great job you don't have much to do! If not wash and cut your vegetables.

- Place cut vegetables in a microwave safe bowl and fill with about ¼ cup of water or low sodium broth. Microwave on high though different vegetables will take different times. Here are some approximate times for each vegetable and serving suggestions:
  - Carrots: 7 minutes. Toss with 1 Tbsp each honey & OJ
  - Broccoli: 4 minutes. Top each portion w/ 1 Tbsp of shredded cheese
  - Green beans: 2 minutes. Can drizzle with Olive Oil or top with ¼ cup slivered almonds

6. Plate your family's food: ½ vegetables, ¼ starch/grain, ¼ protein & ENJOY!



Use a timer on your stove, microwave, watch, or cell phone so you don't risk overcooking your food & you can multitask without worry!

### **TIP:**

Not good at chopping, don't like it, or not quick?

Get your kids involved. They can use sharp scissors to cut-- the more involved, the more they will eat!

**Call today to discuss & schedule a Nutrition visit: (718) 920-4664 x 0**

**CHAM, Children's Hospital 3415 Bainbridge Ave, 4<sup>th</sup> Fl  
Scarsdale 1075 Central Park Ave, 301**