

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, tofu, 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 _____



EFNEP
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

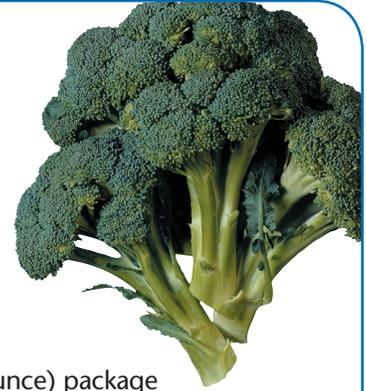
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CHICKEN AND BROCCOLI QUICHE



Makes 2 quiche
6 servings per quiche
Serving Size: 1/6 quiche

Tip: With this time saving recipe, you can make one now and freeze one for later.

Hint: To lower fat and calories, try making this recipe in a muffin tin without the crust. It will be a perfect size serving, and you can freeze the leftovers for a quick breakfast or snack later.



Eat Smart

Ingredients

- 2 (9-inch) pie crusts, baked
- 4 eggs
- 1 cup low-fat or skim milk
- 3/4 cup low-fat shredded cheddar cheese
- 3/4 cup cooked, chopped chicken
- 1 (10-ounce) package frozen, chopped broccoli
- 1/4 cup carrots, shredded
- 1/4 cup finely chopped onion (optional)
- pepper to taste
- 1/2 to 3/4 teaspoon garlic powder

Directions

1. Preheat oven to 350° F. Bake pie crusts according to package directions.
2. In a mixing bowl, combine eggs, milk, garlic powder and pepper. Mix well.
3. Place frozen chopped broccoli in microwave. Cook according to package directions. Pour off liquid. Let cool, squeeze broccoli to remove some more water.
4. Layer the meat, vegetables and cheese into baked pie crusts. Pour the egg mixture over the ingredients.
5. Bake at 350° F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean.
6. Let stand 5 minutes before cutting.

Nutrition information Per Serving

245 calories		Total Carbohydrate	21 g
Total Fat	11 g	Dietary Fiber	2 g
Saturated Fat	4 g	Sodium	360 mg
Protein	15 g		



Excellent Source of Vitamins A



Excellent Source of Vitamin C



Good Source of Calcium

START A WALKING GROUP

Get together with two other friends and their kids and go for a walk. Schedule it on a certain day of the week at a certain time, like every Thursday at 4pm. Walking together is a great way to talk and visit as well as get some activity.

www.pedbikeimages.org/Dan_Burden



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