

Knowledge @ Noon

“Make Ahead Meals”



Wednesday, September 16, 2015
12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

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Cook Once, Eat for a Month!

Fact Sheet

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Introduction

Preparing a month of meals in a single day seems like a daunting task, but it can be done. This lesson will teach individuals the basics of this method of preparing meals, providing them with the tools they need to provide healthy, home-cooked meals for their families. Once people learn this method of cooking, they will begin to see the many benefits it can provide.

Why Cook This Way?

This method of cooking has many benefits. First, it saves money. Whether you work outside the home or stay at home, busy schedules sometimes do not allow time to prepare dinner. Busy schedules often lead to eating out, which is more expensive than a home-cooked meal. Having a prepared entrée that you can simply put in the oven saves money and preparation time.

Providing a healthy meal is another benefit of this cooking method. When you prepare the recipes yourself, you are in control of the ingredients and ultimately what your family is eating. While some fast food restaurants do provide healthy alternatives, not all do, and often family members do not select those healthy alternatives. Being in control of the meal allows you to incorporate more fruits and vegetables into the recipe. One of every five children is now obese, according to the Centers for Disease Control and Prevention. These children are at an increased risk for a host of serious lifetime physical complications. Seventy-seven percent of overweight kids become obese adults because lifetime eating habits are established in childhood. The Cook Once method provides families with an effective tool to combat obesity.

Perhaps the greatest benefit of this method is how it can encourage the family to eat meals together. Family mealtimes are slowly becoming a thing of the past. In today's society, the family makeup has changed from a two-parent household to a variety of other family structures. In 2006, the percentage of children under the age of 18 living in a two-parent household was 67 percent, a decline from 85 percent in 1970, according to statistics gathered by the Child Trends Databank. This change in dynamics often means that children are residing in households where the adult(s) work full time and do not have the time to plan a healthy and nutritious home-cooked meal every evening.

How Do You Do It?

Step 1: Choose the recipes

When choosing recipes, select recipes that will freeze well, including those containing meat, poultry, and fish. Other good recipe choices include breads, baked goods, and many soups, stews, and casseroles. Foods that do not freeze well include raw salad vegetables; raw or hard-boiled eggs in their shells; potatoes; gelatin salads or desserts; icing made with egg whites; boiled frostings or cakes with cream fillings; instant rice; rice, macaroni, or spaghetti when frozen by itself for another use; custard pies, cream pies, or pies with meringue. If you are not sure about how a

prepared food freezes, try freezing just a small portion the first time and checking to see if the quality is acceptable in one to two months or more.

Before choosing recipes, take an inventory of your pantry and freezer. Using recipes that will incorporate items already purchased will save money at the grocery store. Consider selecting recipes that use a variety of meats. Choose dishes that your family will like — now is not the time to try out new recipes.

Step 2: Make a list of needed ingredients

Create a list of ingredients needed for the recipes. Write down all items needed, even those you think you already have on hand. Include all necessary storage containers, freezer bags, aluminum foil, or other wraps. Use thicker freezer bags rather than regular storage bags to avoid leaks and tears.

Step 3: Create a shopping list

Go through the ingredient list item by item, checking off things you have on hand and adding needed items to a shopping list. For shopping ease, organize your list by putting like items together. For example, group produce, dairy, canned goods, and freezer supplies. To speed up the shopping trip, organize this list by store layout. (The less time you spend in the store, the less money you will be likely to spend.)

Step 4: Go shopping

Be prepared to spend the bulk of the monthly grocery budget in this one trip, keeping in mind you are shopping for a month of meals. Also, be prepared to spend more time than normal at the grocery store. If you have children, consider hiring a babysitter or leaving them with a friend or grandparent so you do not get distracted and forget something.

It is always a good idea to eat before you go shopping. You are less likely to give in to impulse buys when you shop with a full stomach. Shopping in one big trip also cuts down on trips where you think you only need one or two items, and end up purchasing more than you intended. Be a smart shopper. Study store ads for sales on needed items and use coupons whenever possible.

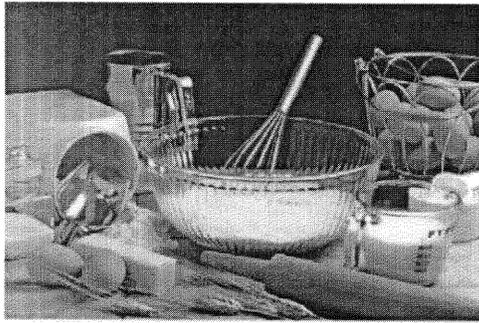
Step 5: Preparation

Before cooking day, clean out the freezer, making room for the entrées. This is a great time to throw out unmarked or other outdated items in your freezer. All dishes prepared should fit easily in a refrigerator's freezer.

Make a list of preparation steps to help the day run smoothly. Plan to combine steps for different recipes when possible. For example, if two recipes call for browned ground beef, brown the ground beef for both recipes at the same time.

Prepare the workspace the day before by removing all unnecessary items from the work area (canisters, mixers, and decorations, for example). Once the workspace has been cleared, set out all needed utensils and nonperishable items. This includes measuring cups and spoons, pots and pans, spices, canned goods, and storage containers. Label storage containers with the name of the item and brief cooking instructions —





such as oven temperature and cook time — or the page in the cookbook where the recipe can be found.

A little prep work will need to be done the night before. Chop vegetables and cut up meat, bread, or other items that need to be prepared.

Step 6: Cooking Day

Start the day by following the preparation steps that have been outlined. Check them off as they are completed so none are missed. If you are preparing a two-week cycle of menus, it should take about half a day to complete the process. If a full month of menus is being prepared, be ready to spend the entire day cooking.

When cooking, always keep in mind food safety basics such as washing hands frequently, keeping hair tied back, and being aware of food temperatures. Use a food thermometer to ensure safe temperatures have been reached. Let foods cool almost to room temperature before putting them into freezer bags. (Freezer bags can melt if the food is too hot when packaged.) Squeeze out excess air before sealing the bag.

Clean as you go for a smoother day. To make clean-up time faster, stop and wash dishes occasionally.

Step 7: Enjoy

Create a calendar for the family to follow with a list of the meals and side dishes. Save spaces on the calendar, like weekends, to eat leftovers. Then post this calendar on the refrigerator or where the entire family will see it. That way, everyone knows what's for dinner and can help with preparation.

Make it Work for You

The goal of this lesson is to help you create more family mealtimes in your own home. This won't happen unless you tailor this method to work for you. Here are some tips to help you do that:

- If a recipe provides more servings than your family will use in a given meal, divide the recipe into two meals.
- Adapt recipes by substituting ingredients you know your family won't like with ones they will like.
- Use the buddy system. Cooking with a friend or friends and sharing ingredients will help you save money in the long run, not to mention it's a lot of fun to cook in a group.



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<https://onceamonthmeals.com/>



Once A Month Meals - Freezer Cooking Menus Resource

Once A Month Meals helps you fill your freezer by creating freezer cooking menus using freezable seasonal recipes.

Baked – Freezer Meals

Upside-Down Pizza (Makes 1 9x13 inch or 2 9x9 inch pans)

- 2 lb. hamburger
- ¼ cup chopped onion or minced onion
- 1 envelope spaghetti sauce mix
- 1 16 oz. can tomato sauce
- 1 6 oz. can sliced mushrooms
- 1 ½ cups (6 oz.) grated mozzarella cheese
- 1 8 oz. crescent rolls
- 1 Tbsp. margarine, melted
- ¼ cup Parmesan Cheese

Brown hamburger with minced onion. Drain. Add spaghetti sauce mix, tomato sauce, and mushrooms. Simmer for 5 minutes to let flavors combine. Spread meat mixture into pans. Layer on mozzarella cheese. Unroll crescent roll dough into rectangles. Put on top of meat mixture for “crust”; brush with margarine and sprinkle with parmesan cheese.

Day of Cooking-Thaw. Bake uncovered at 375 degrees for 20-30 minutes. Serves 6 - 8

Nutrition Information: Servings Per Recipe 6: Calories: 469, Total Fat: 26.1 gram, Cholesterol: 75 mg, Sodium: 966 mg. Total Carbs: 27.7 grams, Dietary Fiber: 2.3 grams, Protein: 28.3 grams.

Salsa Sloppy Joes – makes 1 9” round

- 1 lb ground turkey or beef
- 1 1/3 cups salsa
- 1 can condensed tomato soup
- 1 Tablespoon brown sugar

Cook meat. Add other ingredients. Simmer 10 minutes or until heated through. Pour into pan. Day of Cooking: Thaw. Uncover. Cook at 350 degrees for 20 minutes or until bubbly. Serve on buns.

Chicken Crescent Roll-Ups (1 9x13” pan or 2 9x9” pans)

- ½ cup Milk
- 1 cup cheddar cheese
- 1 can cream of chicken soup
- 3 cups shredded chicken – (to prepare, cook chicken in broth overnight and then shred before assembling)
- 2 pkg. crescent rolls

Put chicken into crescent rolls, roll up. Place crescent rolls in pans. In microwave safe bowl, put soup, cheese, and milk. Cook for a couple minutes only to melt cheese. Pour evenly over rolls with chicken inside. Cover pans.

Day of cooking: Thaw. Bake at 350 degrees for about 15 minutes.

Sour Cream Noodle Bake – from The Pioneer Woman

- 1-1/4 pound Ground Chuck
- 1 can 15-ounces Tomato Sauce
- ½ tsp. teaspoon Salt
- ½ tsp. Freshly Ground Black Pepper
- 8 ounces, wide Egg Noodles
- 1/2 cup Sour Cream
- 1-1/4 cup Small Curd Cottage Cheese
- 1/2 cup Sliced Green Onions (less To Taste)
- 1 cup Grated Sharp Cheddar Cheese

Brown ground chuck in a large skillet. Drain fat, then add tomato sauce. 1/2 teaspoon salt and plenty of freshly ground black pepper. Stir, then simmer while you prepare the other ingredients.

Cook egg noodles until al dente. Drain and set aside.

In a medium bowl, combine sour cream and cottage cheese. Add freshly ground black pepper. Add to noodles and stir. Add green onions and stir.

To assemble, add half of the noodles to a baking dish. Top with half the meat mixture, then sprinkle on half the grated cheddar. Repeat with noodles, meat, and then a final layer of cheese.

Day of Cooking: Thaw. Bake for 20 minutes, or until all cheese is melted at 350 degrees. Makes one 9 x 13” pan or two 9x9” pans.

Chicken Tetrizeni

- 24 oz. spaghetti
- ¼ oz. margarine
- 3 Tbsp. flour
- 2 cups chicken broth
- ¾ cup light cream or 12 oz. evaporated milk
- 1 cup parmesan cheese
- 1 tsp. dried parsley
- 1 tsp. salt
- Dash pepper
- 3 cups chicken – shredded/cubed

Cook spaghetti. In large pan, put in margarine, melt. Stir in flour. Add broth and cook until thickened. Remove from heat. Stir in cream, parsley, salt, pepper, spaghetti, & chicken. Place in pans. Top with parmesan cheese. Makes one 9 x 13” pan or two 9x9” pans.

Day of cooking: Thaw. Bake at 350 degrees for 30 minutes. Let stand 10 minutes.

Broccoli Casserole

2 pkg. frozen broccoli (chopped) – could use fresh broccoli
2 cups chicken (chopped or shredded – prepared ahead)
2 cans cream of chicken soup
¾ cup slivered almonds
1 cup Hellman's Mayo (can use lite may – no miracle whip)
1 tsp. lemon juice
1 cup cooked rice
1 pkg. croutons

Prepare 1 cup cooked rice. Combine all ingredients, except croutons. Place in pans and cover. Makes one 9 x 13" pan or two 9x9" pans.

Day of cooking: Thaw. Bake at 350 degrees for 50 min-1 hour. Crush & add croutons on top. Bake at 400 degrees for 7-10 minutes until croutons are gently browned.

Meat Loaf or Meat Balls

Serves: 6

2 lbs. lean ground beef
¼ teaspoon chili powder
½ cup ketchup
2 eggs
1 cup milk
1 teaspoon dry mustard
1 teaspoon salt
½ cup chopped onion
Pepper to taste
1 teaspoon Worcestershire sauce
½ cup dry breadcrumbs
½ cup quick-cooking oatmeal

Sauce:

½ cup ketchup
½ cup packed brown sugar
1 teaspoon mustard

Mix all meat loaf ingredients together and press into a 5x9- inch Pyrex loaf pan. Mix the sauce ingredients and pour into a sandwich bag. Place sauce bag on top of the meat loaf. Cover the loaf pan with heavy-duty aluminum foil, label, and freeze.

To serve, thaw the meatloaf. Remove the sauce bag and reserve. Bake the meat loaf in a pre-heated 350°F oven for 1 hour. Stir the sauce ingredients and spread over the meat loaf; then bake an additional 10-15 minutes, or until the meat loaf is no longer pink in the center.

Freeze in: 1 5x9-inch Pyrex loaf pan; 1 Ziploc sandwich bag & heavy-duty aluminum foil.

**See Seven Sauces for Meatloaf & Meatballs in handout to use with this meatloaf recipe.

Slow Cooker Freezer Meals

Apple BBQ Pork Loin

- 2 lb pork loin
- 21 oz can apple pie filling
- 1 cup favorite barbecue sauce
- 2 Tbsp. minced dried onions
 1. Empty contents into freezer bags.
 2. Directions for label – Thaw night before. Cook on low for 6-8 hours or on high for 3-4 hours.
 3. Serve over rice or noodles or with a baked potato. Serves 3- 4

Crock Pot Cream Cheese Chicken Chili (Delicious)

2 chicken breasts, still frozen
1 can Rotel tomatoes
1 can corn kernels, do not drain
1 can black beans, drained and rinsed
1 pkg. Ranch dressing mix
1 Tbsp. cumin
1 tsp. chili powder
1 tsp. onion powder
1 8-oz pkg. cream cheese

Combine all ingredients in Ziploc bag. Mix together.

Label info: Cook on low for 6-8 hours, stirring once or twice to blend in the cheese. Shred the chicken into large pieces and serve over rice. Can also serve in tortillas or taco shells or as a dip with chips. Serves 4

Crockpot Applesauce Chicken

4 Boneless Skinless Chicken Breasts	2/3 Cup of Applesauce
2/3 Cup of BBQ Sauce	2 Tablespoons of Brown Sugar
½ Teaspoon of Pepper	1 Teaspoon of Chili Powder

Place all ingredients in ziploc bag except chicken. Mash with your hand a bit to mix it. Add the chicken. Lay flat, squeeze excess air out and lay flat before placing in the freezer. Label info: Thaw before cooking. Pour contents into crockpot. Cook for 6 hours. I served mine over egg noodles. You could also serve over rice, or even mashed potatoes. Serves 4.

Fiesta Ranch Chicken

2 lb chicken breasts (3-5 breasts)
1 can 98% fat free cream of mushroom soup or cream of chicken
1/2 cup light sour cream
1 packet Fiesta Ranch mix (Hidden Valley)
cooked rice, for serving

Place all ingredients into Ziploc bag. Mix together in bag.

Label info: Thaw overnight. Pour contents into crockpot. Cook on low for 6 hours or high 3-4 hours. Serve over cooked rice, pasta, or potatoes. Serves: 4-6.

Garlic Parmesan Chops

6 Pork Chops
1/3 stick of butter or margarine
1 finely sliced onion
1-2 tablespoons minced garlic (or garlic powder)
1 Packet of Instant Soup (onion or cream of chicken, optional)
1 cup of Water
1 teaspoon parsley flakes
1/2 teaspoon onion salt
1/4 teaspoon black pepper, freshly ground
1/2 cup parmesan cheese, grated
Salt to taste

Mix the water and the soup mix for the liquid base. Then place all ingredients with soup mixture into bag.

Label info: Cook for 2 hours on high or 6 hours on low. Sprinkle parmesan cheese on top. Let flavors mix & enjoy.

Taco Ranch Chicken

3-4 chicken breasts
1 packet taco seasoning
1 packet Ranch seasoning mix
2 cups chicken broth

1. Put chicken, taco seasoning, ranch seasoning, and chicken broth in bag.

2. Cooking instructions: Thaw overnight. Cook on low for 4-6 hours. Shred chicken with fork and let it soak up the broth. Serve in taco shells topped with lettuce, tomato/salsa, and sour cream or use in enchiladas.

Slow Cooker Black Bean and Corn Salsa Chicken

Serves 4 – 6

- 2 (14 oz) cans black beans, drained and rinsed
 - 2 (14 oz) cans corn, drained
 - 1 (1 oz) package taco seasoning
 - 4-6 boneless chicken breasts
 - 1 cup salsa
 - ¾ cup water
1. Combine all ingredients into Ziploc bag – mix together after sealed.
 2. When ready to eat, remove from freezer and thaw in fridge overnight. Cook on HIGH for 3-4 hours or LOW for 7-8 hours.
 3. When finished cooking, shred chicken and serve over rice, with a salad, or in a wrap. Top with cheese, sour cream, avocado, lettuce, tomato. Can also be used as a dip with chips.

Chicken Spaghetti

1-16 oz. pkg spaghetti, cooked
1 can cream of chicken soup
1 can Rotel
1 cup chicken broth
1 cup cooked chicken
1 ½ cups shredded cheese, divided

Mix cooked spaghetti, soup, rotel, broth, chicken, and 1 cup cheese. Pour into pans. Top with remaining cheese and cover. Makes 1 9x13” pan or 2 9x9” pans.

Day of Cooking: Thaw. Bake 350 degrees for 45 minutes, uncovered.

Frozen Strawberry Salad

8 oz. cream cheese	2 Tbsp. lemon juice
2 (10 oz.) pkg, sweetened frozen strawberries	2 to 3 bananas, sliced thinly
1 (20 oz.) can crushed pineapple	1 cup chopped pecans
1/2 cup sugar	1 large (8 to 12 oz.) carton cool whip

Mix together cream cheese and sugar. Add fruits and their juice. Add pecans and lemon juice. Fold in cool whip and freeze. Note - if the frozen strawberries are 16 oz. instead of 10 oz. you may go ahead and use them - it works out fine with either. Freeze in 9x13 inch glass baking dish. Cover with lid or foil. Serves 15. Will keep 2 – 3 months tightly covered in the freezer.

From: Helen Wooldridge, Longview TX

How To Pack the Perfect Salad in a Jar --Makes 1 salad

What You Need

Ingredients

1 to 4 tablespoons salad dressing

Mix of raw and cooked vegetables, fresh and dried fruit, nuts, cheese, and other salad ingredients

Salad greens

Equipment

Wide-mouth canning jars with tight-fitting lids:

pint jars for side salads, quart jars for individual meal-sized salads,

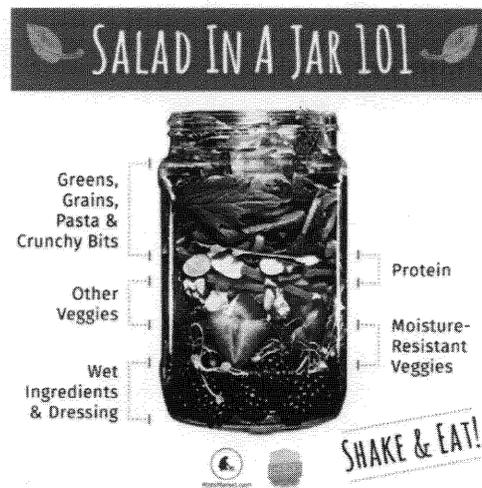
2-quart jars (or larger) for multiple servings

Large bowl, to serve

Instructions

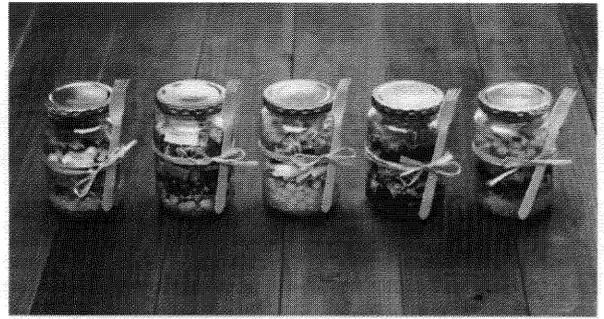
1. **Salad dressing:** Pour 1 to 4 tablespoons of your favorite salad dressing in the bottom of the jar. Adjust the amount of dressing depending on the size of the salad you are making and your personal preference.
2. **Hard vegetables:** Next, add any hard chopped vegetables you're including in your salad, like carrots, cucumbers, red and green peppers, cooked beets, and fennel.
3. **Beans, grains, and pasta:** Next, add any beans, grains, and/or pasta, like chickpeas, black beans, cooked barley, cooked rice, and pasta corkscrews.
4. **Cheese and proteins (optional):** If you'll be eating the salad within the day, add a layer of diced or crumbled cheese and proteins like tuna fish, diced (cooked) chicken, hard-boiled eggs, or cubed tofu. *If you're making salads ahead to eat throughout the week, wait to add these ingredients until the day you're planning to eat the salad and add them on top of the jar.*
5. **Softer vegetables and fruits (optional):** Next, add any soft vegetables or fruits, like avocados, tomatoes, diced strawberries, or dried apricots. *If you're making salads ahead to eat throughout the week, wait to add these ingredients until the day you're planning to eat the salad and add them to the top of the jar.*
6. **Nuts, seeds, and lighter grains:** Next, add any nuts or seeds, like almonds, walnuts, and sunflower seeds. If you're making a salad with lighter, more absorbent grains like quinoa or millet, add them in this layer instead of with the beans.
7. **Salad greens:** Last but not least, fill the rest of the jar with salad greens. Use your hands to tear them into bite-sized pieces. It's fine to pack them into the jar fairly compactly.
8. **Storing the salad:** Screw the lid on the jar and refrigerate for up to 5 days. If you're including any cheese, proteins, or soft fruits and vegetables, add these to the top of the jar the morning you plan to eat your salad.
9. **Tossing and eating the salad:** When ready to eat, unscrew the lid and shake the salad into the bowl. The action of shaking the salad into the bowl is usually enough to mix the salad with the dressing. If not, toss gently with a fork until coated.

Source: <http://www.thekitchn.com/how-to-pack-the-perfect-salad-in-a-jar-cooking-lessons-from-the-kitchn-192174>



5 Easy, Quick Steps to Making Mason Jar Salads

Mason jar salads have quickly become a thing because, as it turns out, they're a perfect, portable solution for getting in your greens while on the go. Another reason to love them? You can make four or five at a time—enough to get you through the entire workweek without having to painstakingly chop and assemble all of your salad ingredients every day.



But before you start assembling, you'll need to get the right jars. Mason jars are affordable and easy to find. They come in all different sizes, but hearty salad-lovers will want to pick up several of the larger, quart-sized jars.

Start with the Dressing The secret to great mason jar salads lies in the layering, so it's best to start with the dressing. After all, the longer those ingredients mingle, the more flavor your dressing will have. If you're short on time, bottled dressing will do in a pinch, but homemade salad dressings are quick and easy, and often more affordable and healthier than store-bought stuff. Many contain just a handful of ingredients, which you likely already have on hand. (If you don't yet have a go-to vinaigrette, try one of these!)

If you're planning to eat your salad within a day or two, the dressing can go straight into the bottom of the jar (about 2-3 tablespoons for a quart-sized salad; 1-2 tablespoons for pint-size). If you'll be keeping it longer than that, consider storing the dressing separately in travel-friendly, 2-ounce containers.

Chop Your Resilient Veggies Resilient veggies are those that can hold their own in the bottom of the jar—meaning they won't get soggy, and can handle the pressure of having other, lighter ingredients layered on top. Some to consider: raw onion (letting these sit in the dressing will mellow them out a bit), bell peppers, carrots, cucumbers, snap peas, grape tomatoes, olives and artichoke hearts. If you're feeling a little fruity, grapes and diced apples hold up well, too—just sprinkle a little lemon juice onto the apples first to keep them from browning if you won't be eating it right away.

Pack in Some Protein For a more satisfying salad with staying power, layer some lean protein on top of your resilient veggies. Some to consider: chopped hard-boiled eggs, diced chicken breast (or deli meat), canned tuna or salmon, and cooked beans or chickpeas.

Grab Your Greens Next, cover your resilient veggies and protein with a good handful (or two) of greens. Packing the greens tightly will help keep ingredients in place. Darker varieties pack more nutrients, so skip the iceberg and mix dark greens like kale, spinach or spring mix with chopped romaine.

Top it Off With your mason jar mostly full, now is the time to sprinkle on your favorite toppings. These can be croutons, shredded cheeses, nuts, seeds and more delicate ingredients like berries and sprouts. When it's time to dig in, pour your salad onto a plate or into a bowl, or shake things up and enjoy it right from the jar. Just don't forget to pack a fork if you'll be eating it on the go!

Measurements

2 medium carrots peeled and sliced = 1 cup

3 medium stalks of celery = 1 cup

1 medium green bell pepper = 1 1/3 cup

1 medium red bell pepper = 1 1/2 cups

1 medium zucchini = 3/4 chopped

1 large onion = 3 cups

1 medium onion = 2 cups

2 green onions = 1/4 cup

1 teaspoon ground ginger = 1 Tablespoon fresh ginger

1 teaspoon dried spice = 1 Tablespoon fresh (generally)

1 medium boneless, skinless chicken breast chopped = 1 1/3 cups
(uncooked)

2 medium boneless skinless chicken breast halves = 1 pound

1 cooked cubed chicken breast = 1 cup

1 roasted (rotisserie) chicken, shredded = 3 cups

16 ounces grated cheese = 4 cups

1 6 ounces can of olives = 1 cup chopped olives

Rice 1/4 cup uncooked rice = 1 serving

1 fresh lemon = 2-3 Tablespoon juice

1 fresh lime = 1 1/2 - 2 Tablespoons juice

1/4 cup = 4 Tablespoons
3 teaspoons = 1 Tablespoon
16 Tablespoons = 1 cup
8 ounces = 1 cup
16 ounces = 2 cups or 1 pint

30 DAY GOURMET BEEF ENTREE

Recipe: Seven Sauces for Meatloaf & Meatballs

Each of these sauces is formulated to be used with one meal (5 C.) of our Master Meat Mix. These sauces can be poured over broiled meatballs then baked for 20-30 minutes at 350°. The sauces can be poured over a meatloaf before the last 30 minutes of baking time. Gently turn meatballs in the sauce once or twice during baking to coat them and baste the meatloaf every ten minutes during the last half hour.

If you choose to pre-bake and slice a meatloaf before freezing, we recommend making the sauce on the day it is to be served. The sauce can be brushed over the meatloaf slices during warming and the excess sauce warmed and passed around at the table. For all of these sauces, mix all of the ingredients together, unless otherwise noted.

- Salisbury Sauce:** 1-1/2 C. *white sauce (or one 10-3/4 oz. can cream of mushroom soup diluted with 1/4 C. water), plus 2 t. Worcestershire sauce.
- Barbecue Sauce:** 1-1/2 C. of any commercial or homemade barbecue sauce.
- Italian Sauce:** 2-3 C. of meatless spaghetti sauce can be poured over the baking meatballs and served on spaghetti noodles. 1-1/2 C. sauce can be used on a meatloaf.
- Stroganoff Sauce:** Pour 1-1/2 C. of *white sauce or one 10-3/4 oz. can cream of mushroom soup over meatballs. Just before serving, gently stir in 8 oz. sour cream.
- Teriyaki Sauce:**
- | | |
|----------------------|-----------------------|
| 1/2 C. soy sauce | 1/2 C. brown sugar |
| 2 t. vinegar | 2 t. cooking oil |
| 1/2 t. ground ginger | 1 minced garlic clove |
- Savory Sauce:** Two 10-3/4 oz. cans tomato soup
(*Halve this recipe for meatloaf.) 2 t. Worcestershire sauce
1-1/4 C. water
- Swedish Sauce:**
- | | |
|---------------------------|------------------|
| 5 T. Worcestershire sauce | 4 T. any vinegar |
| 2 T. sugar | 1 C. ketchup |
| 1/3 C. water | |

COMMENTS:

*Any of these sauces will help make the average meatloaf taste just WONDERFUL!
Using different ones could let you serve the same entree once a week but make it taste different each time. Give some a try!*