

SAM



"mommy,  
can I have some more?"

**GROUND BEEF  
RECIPE MAGIC:**  
Healthy meals that  
please the toughest  
critic – your child.

# IT'S 5 O'CLOCK: do you know where your dinner is?

Time-crunched moms want premium-tasting meals. With a little advance planning, your family can enjoy gourmet meals while you unwind after a long day. The following meal plan delivers, with minimum time and hassle. **Here's how it works.** You prepare the basic recipe. Then simply freeze it. Days – or weeks – later, add seasoning or sauces for high-powered, high-taste meals in minutes. **Eating well gives joy to life and health to the body.** And planning ahead gives peace of mind to moms. The perfect recipe for success!

## BASIC RECIPE: three meals in one meat mix

Place 3 pounds lean ground beef in a large bowl. Add 1 cup packaged breadcrumbs,  $\frac{3}{4}$  cup chopped onion,  $\frac{1}{2}$  cup shredded carrots, 2 eggs, 2 teaspoons dried basil,  $\frac{3}{4}$  teaspoons salt and  $\frac{1}{2}$  teaspoons pepper. Mix together with clean hands.

**To prepare Stuffed Zucchini Boats for today's meal:** See recipe below.

**To prepare Meatballs for future meal:** Using  $\frac{1}{3}$  of the mixture, form 20 equally divided meatballs with your hands. Place in plastic freezer container. Seal, label with date and freeze for future use. See recipe below.

**To prepare Meatloaf for future meal:** Place  $\frac{1}{3}$  mixture into a small loaf pan and pack it down. Cover and freeze. See recipe below.

### stuffed zucchini boats

**Prep Time:** 20 minutes  
**Cook Time:** 15 minutes

Cut 8 medium zucchini squash in half lengthwise. With spoon, carefully scoop out flesh, leaving  $\frac{1}{4}$ -inch shell all around. Sprinkle with  $\frac{1}{2}$  teaspoon salt. Finely chop zucchini flesh. Place in bowl. Add  $\frac{1}{3}$  meat mixture and  $\frac{1}{2}$  teaspoon salt to chopped zucchini and mix well. Heat oven to 375°F. Spoon equally divided mixture into zucchini shells. Sprinkle the tops of the stuffing with 8 ounces of shredded Monterey jack cheese. Arrange the zucchini boats on a baking pan. Bake in 375°F oven for 25 minutes or until the internal temperature reaches 160°F on a food thermometer.

### spaghetti with meatballs

**Prep Time:** 10 minutes  
**Cook Time:** 30 minutes

**Take prepared meatballs out of freezer and defrost in the refrigerator the night before you plan to use them.** On the day of serving: Heat oven to 400°F. Place defrosted meatballs on a baking sheet. Bake in oven until lightly brown, about 15 minutes. While meatballs are baking, place pasta sauce from one 26 ounce jar into a large saucepan. Cover and heat over medium heat. Bring to a simmer. Add cooked meatballs to the sauce, reduce heat and simmer 15 minutes. While meatballs are cooking in sauce, cook 12 ounces of spaghetti according to package directions. Drain and transfer spaghetti to a large serving bowl. Top with meatballs and sauce, mix together and serve. Makes 4 servings.

### meatloaf

**Prep Time:** none  
**Cook Time:** 1 hour

**Take prepared meatloaf out of the freezer and defrost in the refrigerator the night before you plan to use it.** On the day of serving: Bake at 350°F for 1 hour until center is no longer pink (160°F). Cool 10 minutes before slicing and serving. Serve with Roasted Vegetables.

**Roasted Vegetables:** Preheat oven to 350°F. Combine 1  $\frac{1}{2}$  pounds, quartered medium potatoes, 1 pound carrots cut into  $\frac{3}{4}$ -inch pieces, 1 small onion, cut into  $\frac{1}{2}$ -inch thick wedges, 2 tablespoons olive oil and 2 cloves minced garlic in a large bowl and toss. Spread in a pan. Sprinkle with salt and pepper. Bake 45-50 minutes until vegetables are tender.

**CHICKEN RECIPE  
MAGIC:** Healthy  
meals that please  
the toughest critic –  
your child.



**"mommy,  
please make this again"**

# IT'S 5 O'CLOCK: do you know where your dinner is?

Time-crunched moms want premium-tasting meals. With a little advance planning, your family can enjoy gourmet meals while you unwind after a long day. The following meal plan delivers, with minimum time and hassle. **Here's how it works.** You prepare the basic recipe. Then simply freeze it. Days - or weeks - later, add seasoning or sauces for high-powered, high-taste meals in minutes. **Eating well gives joy to life and health to the body.** And planning ahead gives peace of mind to moms. The perfect recipe for success!

## BASIC RECIPE: roast lemon chicken

**Prep Time:** 10 minutes

**Cook Time:** 50 minutes

Heat oven to 450°F. Rub outside of two chickens (3½-4 lbs each) with 2 tablespoons of olive oil. Sprinkle inside and outside of chickens with salt and pepper—about ¾ teaspoon salt and ¼ teaspoon pepper. Place 1 lemon, cut into quarters, and 4 large cloves of crushed and peeled garlic inside each chicken. Roast the chickens in the same baking pan for 50 minutes (170°F internal temperature).

While chicken is cooking, scrub 4 medium baking potatoes. Pierce each potato with a fork. Place on the oven rack below chickens. Bake until tender, about 40 to 45 minutes. Let chicken rest about 10 minutes before carving. Serve 1 chicken with baked potatoes and a tossed green salad. **Divide and wrap the second chicken into two equal amounts for use in other recipes. Refrigerate or freeze remaining chicken.** (Leftover chicken stored in the refrigerator should be used within 3 days.)

### chicken and cheddar quesadillas

**Prep Time:** 20 minutes

**Cook Time:** 8 minutes

**Defrost frozen Roast Lemon Chicken in the refrigerator before using this recipe.** Heat oven to 450°F. Start with 8 (8-inch) flour tortillas, 1 can (4 oz) chopped mild green chilies, leftover Roast Lemon Chicken shredded (about 2 cups), ½ cup shredded Cheddar cheese, ½ cup bottled taco sauce, 1 cup bottled salsa and ¼ cup sour cream. Place four tortillas on large baking sheet. Spread each tortilla with 1 tablespoon chilies and top with about ¼ cup chicken, cheese and taco sauce. Top each with another tortilla. Bake for 8 minutes until crispy and cheese is melted. Remove from oven; let stand for 5 minutes. Cut into quarters. Garnish with cilantro, salsa and sour cream. Makes 4 servings.

### chicken noodle soup

**Prep Time:** 15 minutes

**Cook Time:** 5-10 minutes

**Defrost frozen Roast Lemon Chicken in the refrigerator before using this recipe.** In a medium saucepan, bring 2 cans (14.5 oz) chicken broth and ½ cup water to a boil. Add 1 minced garlic clove, 1 cup fine egg noodles and 1 cup cut green beans (fresh or frozen). Reduce heat and simmer 5 minutes. Add 2 grated carrots and remaining shredded Roast Lemon Chicken. Simmer 3 to 5 minutes until chicken is heated. Makes 4 servings.

"MOMMY,  
this is the best meal ever!"



THE AMERICAN NATION  
This certifies  
*Mike*  
is qualified as  
**BEGINNER IN SW**  
having passed the requ  
Minneapolis Area Chap

**PORK RECIPE MAGIC:** Healthy meals  
that please the toughest critic – your child.

# IT'S 5 O'CLOCK: do you know where your dinner is?

Time-crunched moms want premium-tasting meals. With a little advance planning, your family can enjoy gourmet meals while you unwind after a long day. The following meal plan delivers, with minimum time and hassle. **Here's how it works.** You prepare the basic recipe. Then simply freeze it. Days – or weeks – later, add seasoning or sauces for high-powered, high-taste meals in minutes. **Eating well gives joy to life and health to the body.** And planning ahead gives peace of mind to moms. The perfect recipe for success!

## BASIC RECIPE: latin pork roast

**Prep Time:** 10 minutes

**Cook Time:** 1 ½ hours of hands off cooking

**Prepare Savory Latin Rub:** Combine 2 tablespoons chili powder, 2 teaspoons brown sugar, 2 teaspoons ground cumin, 1 teaspoon ground cinnamon, ½ teaspoon ground red pepper and ½ teaspoon salt.

Spread the Savory Latin Rub over 4-lb boneless pork roast and place in shallow roasting pan. Bake at 350°F for 1 ½ hours. (Baste roast with cooking juices every 30 minutes). Meat should be at internal temperature of 155-160°F. Remove roast and let it rest for 10 minutes. **Divide roast evenly into 4 pieces. Refrigerate or freeze three pieces for later meals. Slice and serve the remaining piece with baked sweet potatoes and sautéed green beans. Each piece makes 4 (3 oz) servings.**

### southwest stir-fry fajitas

**Prep Time:** 5 minutes

**Cook Time:** 12 minutes

**Take one piece of the Latin Pork Roast prepared earlier out of the refrigerator or freezer. Defrost, if frozen.** Cut into thin strips. Heat 1 tablespoon of vegetable oil in a large skillet over medium heat. Add 1 sliced onion and cook 5 minutes until slightly softened. Cut 1 red and 1 green pepper into strips. Add to pan. Cook 5 more minutes until peppers are tender. Add Latin Pork Roast slices and 2 teaspoons Worcestershire sauce. Heat 8 flour tortillas according to package directions. Divide pepper and pork mixture between tortillas, top each with 1 tablespoon shredded cheddar cheese and wrap. Top with salsa, plain yogurt or sour cream.

### island pork and mango salad

**Prep Time:** 8 minutes

**Cook Time:** None!

**Take one piece of the Latin Pork Roast prepared earlier out of the refrigerator or freezer. Defrost, if frozen.** Cut into ½-inch cubes. In large bowl combine 6 cups of mixed greens, 2 cups canned or cooked black beans, ¼ cup chopped red onion, 2 peeled and cubed mangos. (No mango? Use 1 cup canned pineapple instead.) Pour ⅓ to ½ cup of your favorite bottled vinaigrette dressing over the salad. Divide between 4 plates. Make 4 servings. Serve with Sassy Corn Bread.

**Sassy Corn Bread:** Combine 1 (10 oz) box of corn bread mix with 1 cup defrosted frozen corn kernels, ¼ cup shredded Cheddar cheese, ½ cup milk and 1 egg. Bake in a greased 8x8x2-inch baking pan at 375°F for 20 to 25 minutes. Let cool 10 minutes before cutting. Options: Add a 4.5 oz can of diced green chilies and ¼ teaspoon of liquid hot-pepper sauce to the batter for extra spice.

### moo shu pork

**Prep Time:** 5 minutes

**Cook Time:** 7 minutes

**Take one piece of the Latin Pork Roast out of the refrigerator or freezer. Defrost, if frozen.** Slice into strips. Prepare 2 cups of brown rice using package directions. While the rice is cooking, heat 1 tablespoon vegetable oil in a large non-stick skillet over medium heat. Add 4 cups pre-packaged shredded cabbage with carrot and 1 small sliced onion. Cook for about 5 minutes until soft. Add 1 to 2 tablespoons water to prevent sticking if pan gets dry while cooking. Add ⅓ to ½ cup hoisin or plum sauce to pork. Cook until heated through – about two minutes. Serve with cooked brown rice. Makes 4 servings.

**"mommy,  
please pass the beans"**



**VEGETARIAN  
RECIPE MAGIC:**  
Healthy meals that  
please the toughest  
critic – your child.

# for moms who know beans

Your precious family deserves the best. When you give them beans, you are giving them the best. Beans, nature's perfect food, are a mom's best friend.

Beans come dried or canned. Dried beans require advance planning but not much "hands on" time. Directions for preparing dried beans are below. Canned beans are convenient and inexpensive—just rinse and add directly to recipes.

## PREPARATION: dried beans

**Directions for soaking dried beans:** In a large pot, add 10 cups of water to 1 pound of beans. Cover and soak 8 hours or overnight. Drain and rinse beans.

**Directions for gas-free beans:** In a large pot, add 10 cups of water to 1 pound of beans. Boil for 2-3 minutes, cover and set aside overnight. Drain and rinse beans. (Reduces gas by 75-90%)

**Directions for cooking dried beans:** Put soaked and rinsed beans into a large pot. Cover the beans with 3 times their volume of water—about 6 cups for one pound of beans. Bring to a boil; reduce the heat and simmer until tender, about 1 ½-2 hours. Drain and use in recipes.

**Storing beans for later use:** Drain and cool beans. Freeze in 1-2 cup packages. One pound of beans will result in 5-6 cups cooked beans.

### black beans and rice

**Prep Time:** 10 minutes  
**Cook Time:** 15 minutes

Prepare 2 cups rice using the package directions. While rice is cooking, heat 1 tablespoon olive or canola oil in a large skillet over medium-high heat. Add 1 chopped red or green pepper, ½ cup chopped onion and 1 clove of minced garlic. Cook for 5 minutes, or until peppers are soft. Add 2 cups black beans (canned or cooked) and 1 (16 oz) can Italian style diced tomatoes with juices. Simmer for 10 minutes. Divide 2 cups cooked rice between 4 plates. Top each serving with the black bean mixture. Makes 4 servings.

### vegetarian chili

**Prep Time:** 10 minutes  
**Cook Time:** 26 minutes

Heat 1 tablespoon olive oil in a medium-size non-stick skillet. Add 1 each: medium chopped onion, red and green pepper and 2 cloves of minced, garlic. Cook, stirring, for 5 minutes. Add 1 tablespoon chili powder and 2 teaspoons ground cumin; cook 30 seconds. Add 1 (16 oz) can whole tomatoes (with the juice), breaking up tomatoes with a spoon. Stir in 2 cups each black beans and kidney beans, canned or cooked, and 1 cup frozen corn kernels. Simmer 20 minutes. Add salt to taste. Makes 4 servings.

### bean tacos

**Prep Time:** 5 minutes  
**Cook Time:** 30 minutes

Heat 2 tablespoons of canola or olive oil in a large non-stick saucepan. Add 1 pound diced firm tofu. Add ½ chopped small onion, 1 chopped green pepper, 1 clove minced garlic and 1 tablespoon chili powder. Cook for 3 minutes. Add 2 cups kidney beans, canned or cooked, and 1 (8 oz) can of tomato sauce. Simmer for 20 minutes or until thick enough to use as taco filling. Divide mixture between 8 taco shells and serve along with shredded cheese, shredded lettuce and diced tomato. Makes 4 (2 tacos each) servings.

*NOTE: 1 pound lean ground turkey can be used instead of tofu.*

### red bean pizza

**Prep Time:** 15 minutes  
**Cook Time:** 15 minutes

Preheat oven to 425°F. Heat 1 tablespoon oil in large skillet over medium heat. Add 1 cup chopped onion. Cook 3 minutes or until softened. Add 2 cloves minced garlic and cook two minutes. Add 3 cups red beans (cooked or canned), a 12 oz jar salsa and ¼ cup chopped parsley. Cook stirring occasionally, until heated through, about 5 minutes. Meanwhile, prepare 1 (10 oz) tube refrigerated pizza dough for 12-inch pie according to package directions. Sprinkle dough with ½ cup shredded cheddar or Monterey jack cheese. Spoon bean mixture on top of cheese; spread to cover entire surface. Top with an additional ½ cup shredded cheddar or Monterey jack cheese. Bake in preheated hot oven (425°F) for 10 to 15 minutes or until hot and cheese is melted. Makes 4 servings.

*EVEN EASIER: Buy a pre-made pizza crust in your supermarkets' bread aisle and follow directions as above.*