

Tips for Easy Healthy Eating

- Buy three to five pounds each of ground beef and ground turkey (it is best to get your meats from stores like Kellers Farm Store, Whole Foods etc.). Take a large dinner plate and cover it with a sheet of plastic wrap. Make three or four patties and put them on the plastic wrap covered dish. Cover these with another layer of plastic wrap and then make another three or four meat patties. Continue making layers of patties with plastic wrap between them. Continue this until you have made all of your ground meats into patties. Freeze them in the freezer and then take them apart and put the frozen separate meat patties into one-gallon size freezer zip lock type bags. Keep these in the freezer and use them when you want a quick hot meal. Pan fry either type of patty and season with what ever you like such as garlic, salt, pepper, Canadian Steak mix, etc. To cook faster, cover the meat with another pot lid.
- Keep a bag of frozen fish filets in your freezer. Salmon, cod, perch, tuna, halibut, etc. are all fine. Do **NOT** use the pre-breaded types of fish. Only buy the plain fish steaks or filets and try to get ocean raised – not farm raised because they give the fish hormones. You can pan fry these in a little olive oil or butter or poach them in water for a very quick dinner.
- Keep a bag of Spring Mix lettuce or spinach leaves or a head of Romain or Green Leaf lettuce on hand. If you get the last two types, you may separate the leaves, wash them in cold water and spin or shake them out (to remove as much water as you can) and then store the leaves in a zip loc bag. Never buy more than what you will eat within 4 to 5 days. Also keep some grape tomatoes, baby carrots, cucumber and any other type of salad vegetable you like. When you get home you can quickly rinse off the veggies, cut up the larger ones into a size you like and add them to your pre-washed lettuce leaves. You have a quick and easy basic salad.

If you prefer to use a head of Romaine lettuce, simply cut the head lengthwise in half. Then cut one of the halves in half again so you have a quarter head. You can dunk wash this in a large bowl of water, shake it out to get rid of excess water and put it on your plate. Add grape tomatoes, baby carrots, cucumber slices, etc. and you have an almost instant salad. If you have a head of lettuce that is beginning to wilt, cut about a quarter of an inch off the bottom of the root, rinse the entire head under running water, and then put the head of lettuce, root down, into a bowl of water. This will freshen up the lettuce and keep it crisp a while longer.

- In a crock-pot, cover some beans with water (pinto, red, kidney, etc.) over night. Drain them in the morning, rinse and drain again, then cover them with water. Add a piece of sea weed (this trick helps to stop the beans from causing gas). Cook on high over night or all day. Let the beans cool to where you can put one or two cups of cooked beans in a zip lock freezer bag (sandwich size) and freeze them. You can put these in a pan to heat up and add any seasoning you like (tomato sauce, garlic, chili powder, etc.) for a great side dish.
- Keep a head of cabbage on hand. You can cut off a chunk of this, chop it up and add olive oil and Balsamic vinegar or a good Italian type dressing (Newman's Own) or one of Annies Naturals dressings. Makes great coleslaw.