

“What’s For Dinner?”

by Heidi Diller, RD

Albertsons Nutritionist

(NAPSA)—Ah, the dreaded question. What’s for dinner?

We’ve all experienced the chaos that happens around the dinner hour. Lack of mealtime planning usually leads to frustration and another night of pizza delivery. Getting a healthy dinner on the



by Heidi Diller, RD
Albertsons
Nutritionist

table (fast) doesn’t have to be a struggle. It just takes a little pre-planning.

Start by taking the time to pencil out a menu for the week and make a shopping list. Do your shopping and stick the menu on the fridge. Each morning, quickly glance at the menu and take foods out of the freezer that need defrosting. The real key to a stress-free dinner hour is flexibility. If you planned on serving steamed green beans but run out of time—open up a can instead. I also love the new steamable frozen lines of vegetables. No chopping, quick prep and no fuss.

Are the same old menus getting you down? Pick up a new cookbook or search for recipes online (allrecipes.com) and then incorporate a couple of new meals into your weekly plan. I like recipes that include pre-made components and can be pulled together in less than 30 minutes. Some of my favorite cookbook/recipe sources are:

- “The Six O’Clock Scramble” by Aviva Goldfarb (www.the-scramble.com)

- “Rotisserie Chickens to the Rescue!” by Carla Williams

- “Healthy Homestyle Cooking” by Evelyn Tribble

- “Cooking Light” and “Eating Well” magazines.

Other ideas? Remember that eggs aren’t just for breakfast; they’re great for quick dinners. Make an omelet and fill it with ham and cheese, then add

chopped tomato, onions or mushrooms. Serve with a salad and a good loaf of whole wheat bread from the bakery department.

Wraps are great and can be filled with just about anything. For a Mexican wrap, cook ground beef or turkey, drain and add some chopped tomatoes, grated cheese, sour cream or guacamole. You can also fill wraps with heated tuna, corn kernels and a little mayonnaise. Or scrambled eggs, chopped ham and tomatoes make a tasty “anytime” wrap. Leftover chicken, cheese and lettuce work great, too.

Here is a delicious recipe that is easy, fast and healthy—my new family favorite:

Skillet Chicken and Vegetables

Serves 4. 20 minutes

- ¼ cup Albertsons Light Italian Dressing (find one made with olive oil)
- 2 cloves garlic, minced
- 4 small boneless, skinless chicken breasts
- 1 teaspoon dried basil leaves
- ¼ teaspoon black pepper
- 1-2 packages Albertsons Frozen Mixed Vegetables, thawed
- 2 tablespoons Albertsons Parmesan cheese, grated
- Uncle Ben’s Brown Rice (microwave and serve bag)

Add light dressing to a large skillet on medium-high heat. Add garlic and sauté for one minute. Add chicken and season with basil leaves and pepper. Cook 4-5 minutes or until chicken is cooked through (165 degrees). Add vegetables to skillet. Cook 2-3 minutes or until vegetables are heated, stirring occasionally. Sprinkle with Parmesan cheese. Serve with a side of brown rice.

Nutrition information per serving: Calories 300, total fat 4.5 g, sodium 380 mg

Note to Editors: This story is most relevant to the following states: CA, WA, OR, ID, NV, UT.