



# Nutrition For Active Families



## Help Staying Healthy And Happy Juggling Busy Schedules

(NAPSA)—Making meals that are quick, tasty and nutritious can be a daily challenge for busy families. Here are some ideas for keeping the family healthy and happy at mealtime:

### Simple Make-Ahead Meals

Avoid the dinner rush hour by planning and preparing meals ahead of time for a healthy, convenient and affordable alternative to fast food or microwave dinners.

- **Get two for one** by preparing a larger portion of a family favorite, serving half now and freezing the other half to serve on another night.

- **Prepare dinners** for the coming week over the weekend when you have more time, so you just have to heat and eat during the week.

- **Create your own flavorful “fast food”** by making pasta sauce you can serve now and save for later by freezing in ice cube trays. Make several sauces and freeze at once so you always have a variety on hand. Just cook up some pasta, pop in flavor cubes, and heat up a quick, tasty and healthier alternative to pricier frozen meals. Or make a tasty side dish by adding a few cubes to veggies or potatoes.

Keep these tips in mind and you may find you have more money in your pocket and more time to spend with your busy family.

### Flavor Cubes Roasted Pepper and Basil Tosser

- 3 tablespoons very finely chopped roasted peppers
- 1 tablespoon Smart Balance oil
- 2 teaspoons dried basil leaves
- 1 medium garlic clove, minced
- 2 teaspoons cider vinegar



**Quick healthy meals for busy families are easy with a few hints.**

**Combine all the ingredients and stir until well blended.**

**Toss with warm pasta, potatoes or veggies.**

**Save the remainder by spooning sauce into ice cube trays, cover and freeze up to a month.**

### Buttery Herb Blend

- 3 tablespoons Smart Balance buttery spread
- 2 medium garlic cloves, minced
- 1 tablespoon dried oregano leaves
- 2 teaspoons dried basil leaves
- 1 teaspoon dried thyme leaves
- ½ teaspoon dried rosemary
- ¼-½ teaspoon dried pepper flakes

**Combine all the ingredients and stir until well blended.**

**Toss with warm pasta, potatoes or veggies.**

**Save the remainder by spooning sauce into ice cube trays, cover and freeze up to a month.**