



## Nutrition Nibbles

### Get Out of the Kitchen!

### College Corner: Summer Refresh

A healthy, tasty diet starts outside of the kitchen! It's the result of some savvy planning and a trip (just one) to the grocery store. Spend a little time thinking about how you'll eat for the week, make a list, check it twice, hit the store, and cook up some "planned overs."

What are planned overs? They are merely leftovers with a game plan. Don't like reheated food? Me neither! Take tonight's meal and spin it into a new creation for tomorrow night. Cooking once and eating twice can cut down on time spent in the kitchen *and* keep money in your wallet. Here are some examples:

**S**unday Night's Dinner: Barbecued chicken (cook extra), Grilled vegetables (make plenty), Corn-on-the-cob

**M**onday's Dinner: Fiesta chicken salad made with, you guessed it, leftover barbecued chicken, roasted veggies, corn sliced off the cob, mixed greens, a sprinkling of cheese, some black beans, and your favorite dressing

**T**uesday's Dinner: Slow-cooked pulled pork (make a lot and save some of the sauce) on whole grain sandwich thins, cabbage slaw, sliced melon

**W**ednesday's Dinner: Pulled pork penne with sauteed onions, mushrooms, and broccoli

**Y**ou get the idea. Make some extra protein when you cook, prep additional vegetables, slice up a lot of fruit, and make starches in bulk. Spin 'em, twist 'em, season 'em and take those leftovers from blah and boring to the bomb!

**O**ther tips and tricks to save you time in the kitchen include:

- **C**reating a meal plan. I can't reiterate this enough. Spending some time up front to think about what you're going to have during the week allows you to eat more cleanly and nutritiously during the week. It also keeps you out of the grocery store each day and the drive-thru every night.

With another school year coming to an end and summer right around the corner, *now* is the perfect time to **reboot** your nutritional **hard drive** so to speak and **refresh** your palate. Here's how:

**1** **Shutdown** unhealthy habits that crept up over the semester. Put an end to late night fast food runs, subsisting on processed convenience foods, and quenching your thirst with calorie-filled beverages.

**2** **Autocorrect** your system by stocking up on satisfying snacks like fresh fruits, chopped veggies, nuts, string cheese, low fat yogurt, whole grain crackers, and hummus.

**3** **Find** your stove **and** **replace** your microwave. Instead of zapping a frozen meal for dinner, create a quick and nutritious supper the speed-scratch way. Stir-fry some chicken and vegetables and serve over rice; brown some ground turkey, combine with marinara sauce and veggies, and pour over pasta.

**Questions or Comments? Email me at  
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## Get Out of the Kitchen continued...

- **P**rep multiple meals at once. Many of my favorite recipes use the same ingredients (hey, I like onions, garlic, and mixed greens) so I chop the ingredients that I'll use all week at once. Save the extras in tupperware or ziploc bags for later. This works especially well for romaine lettuce and many fruits.
- **C**ook big and freeze for later. When I cook rice (especially brown rice) and pasta, I'll cook a lot and stash recipe-size amounts in the freezer for another time. These items defrost quickly in the microwave or a saute pan.
- **M**ake two. When conjuring up a casserole, it's easy and not much more time-consuming to put together an additional one for the freezer. Better yet, make two additional casseroles and swap them out with friends for different dishes. Other people's cooking always tastes better anyway!
- **K**eeep some basics on hand for whipping together a quick meal. A can of cannellini beans, a box of whole wheat pasta, a jar of marinara, and a bag of frozen broccoli may not seem glamorous. Cook them up and you have pasta with vegetarian ragu and a side of herbed steamed broccoli. Not so bad now, huh?
- **I**nvest in a few key kitchen appliances. I'm not sure

what I'd do without my crock pot, toaster oven, and rice cooker. These appliances allow me to be more productive for their mostly fix-it-and-forget-about-it qualities. If there is something you cook up frequently and there's a tool or gadget that would streamline the process, invest in it! Any minute saved = another minute to do something more fun!

**I** hope I've inspired you to rethink how you spend your time in the kitchen. These tips were meant to get you out of the kitchen (but still eating well) and making the most of your life!

### Planned Over Checklist

- Keep your planned overs from becoming "picked over" by portioning out the amount needed for your future meal and storing it in the fridge/freezer before serving up tonight's meal
- Before storing, prep your planned overs the way you'll be using them (ex. dice the cooked chicken or slice the corn off the cob)
- Freeze planned over foods in amounts commonly used in recipes (ex. 2 cups cooked brown rice)
- Freeze foods flat in ziploc bags. Once frozen, the bags can be stacked or stood upright like books on a shelf
- Don't forget what you made! Label planned overs well (i.e. BBQ chicken, approx 10 oz, 5/19/14)
- Keep a list of your pantry and freezer contents

## Summer continued...

**4** **Reformat** your beverage intake. This summer, stay hydrated with good ol' water. Spice it up with a twist of lime or a sprig of mint.

**5** Choose an international **theme** for summer. If you're traveling abroad, awaken your palate and stretch your senses by embracing the local diet and eating customs. Staying put? Do a little research and choose a cuisine you'd like to explore. Gather recipes and create a different worldly-meal each week.

**6** **Insert a new page** into your summer plans by testing out a new health habit. Experiment in the kitchen with an unusual ingredient from the grocery store, attempt a different type of physical exercise, or have a go at growing a garden. Get creative!

**7** **Track your changes** over the next three months and see just how much your health, diet, and attitude have progressed. This will also keep you from going into **sleep mode** and completely checking-out from your body this summer!

Enjoy your time off!

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