

PREPARING HEALTHY AND NUTRITIOUS MEALS ON A BUDGET

- Main dishes can be built around pasta, rice or noodles and combining them with smaller amounts of meat, fish, chicken or eggs. A great main dish can be prepared using pasta, vegetables and some meat.
- If you feel like your low-cost favorites are getting tired create some variety by preparing them in a different way. For example, if you always mash your potatoes try baking or boiling them.
- Plan leftovers for a great time and cost savings. For example, when prepare a large stew or roast, serve half of it and freeze the rest for another day. Leftovers can be extended by adding extra vegetables or a grain.
- Batch cooking is a wonderful way to prepare for upcoming meals and save time. Cook a large amount of spaghetti sauce and portion it out into family size servings for freezing. This way you'll have sauce on hand for next week or the following month.
- Make one-pot meals to reduce preparation time, and clean up. Stews and hearty soups are also a great way to use up old looking vegetables and other leftovers.
- Look for specials, sales and coupons in newspaper ads on foods that are usually used. Coupons only save money on foods normally purchased.
- Use dry beans and peas instead of meat poultry or fish to reduce cost and vary meals. Beans are an excellent source of protein and fiber.