



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Semi-Homemade Makes Sense!

For most, the pandemic meant cooking at home more often.

Over time, burnout with at-home cooking became too real.

We ran out of ideas and couldn't always find the things we needed at the grocery store. But, there were some positives.

People learned basic cooking skills and tried new recipes!

Now, as families head back to school or resume working in an office, plan a menu that includes semi-homemade meals.

They're sensible because they save time and money.

On busy school nights, less time prepping and cleaning up is helpful.

Buying a prepared sauce instead of making it from scratch saves you money and avoids waste.

You can boost the nutritional quality of a meal without spending a lot more, just by adding frozen and canned ingredients.

Choose packages stating an item has No Salt Added, Low Sodium, or No Added Sugar. Make restaurant-quality meals better-for-you with a semi-homemade recipe!

You can even get creative and explore different ethnic flavors you might not make from scratch. **Enjoy a taste of THAI!**

Thai Peanut Chicken and Fried Rice

Ingredients:

- 2 Tbsps. canola oil
- 1 cup pre-cooked chicken, diced
- 2 cups frozen pepper & onion mix
- 2 packages ready-to-serve rice
- 1/4 cup water
- 1/4 cup Thai peanut sauce
- 1/2 cup coarsely chopped fresh basil
- 1/4 cup chopped dry roasted, unsalted peanuts
- 1/4 cup thinly sliced green onions



Directions:

1. In a skillet, heat oil over medium-high heat. Add chicken, plus pepper & onion mix; cook 3 minutes, stirring occasionally. Add rice and water; cover and cook 7 minutes or until heated through, stirring occasionally. Add peanut sauce; cook 2 minutes, stirring frequently.
2. Serve fried rice topped with basil, peanuts and green onions. Makes about 5 cups.