

## Frequently Asked Questions and Answers

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*Quick & Healthy Recipes and Ideas and Quick and Healthy Volume II*

### **Is planning crucial to healthy eating?**

Yes. Planning is important for everyone who wants to eat healthy. My clients have always told me that when they plan menus for the week, prepare a grocery list for these menus and use it to shop once a week, they always eat much better and save time as well as money. Since they know what they are having for dinner and they have the ingredients on hand, this means less trips to the grocery store (and fast food restaurants) which also means saving money on gas and also avoiding the temptation of high calorie and higher cost foods.

### **Do your books offer help with menu planning?**

To help with planning, *Quick & Healthy Recipes and Ideas* and *Quick & Healthy Volume II* include thirty weeks of simple, low-fat dinner menus, each with a grocery list. Add breakfast, lunch and snack items to the grocery list and you are ready to shop for a week. In addition, there is a listing of recipes in *Quick & Healthy Recipes and Ideas* and a suggestion of what food you can add to complete the meal, although some of the recipes are a complete meal, served alone. A sample grocery list is also included and I suggest that you post it in the kitchen for family members to add to.

In *Quick & Healthy Volume II* there is also a listing of over 100 menus listed by category, such as poultry, meatless, etc. This is a real help with planning menus for the week.

### **Do you have suggestions for selecting healthy recipes?**

Search out recipes that are easy to prepare, good for you and ones that your family will enjoy eating. All of the recipes in the *Quick & Healthy* Cookbooks meet this criteria and have been family tested.

### **What are some of your suggestions for meals that will appeal to children?**

Preparing meals that children will eat is not always easy. Here are some tips for parents who are trying to plan meals for the whole family.

- Get the children involved in planning.
- Plan to have finger foods for part of some meals. Examples: low-fat pizza, vegetable sticks, oven French fries
- Offer vegetables, but also think of what they like such as raw carrots versus cooked; oven fried sweet potatoes; stuffed cherry tomatoes.
- Fruits also provide nutrients and are a good choice in addition to, or in place of vegetables.
- Get children to help with the preparation. Teach them how to cook. Try the Quick Lasagna on page 202, *Quick & Healthy Recipes and Ideas, 3rd Edition*.
- Ask them (but don't force) to take just one bite. Sometimes the results are surprising.

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**What are some suggestions for saving time in the kitchen?**

- Organize your work area so you work more efficiently. Use a large cutting board for your work surface. Gather your tools all at one time and place within easy reach (i.e. to your right if you are right handed). Line up the ingredients above the cutting board. Lastly, have a scrap bowl for waste. This will make clean up easy.
- Buy partially prepared foods such as cleaned lettuce, stir-fry vegetables, dried onion, and chopped garlic.
- Prepare fresh produce (clean/chop) all at one time, for the week. This is a real time saver.
- Use a salad spinner when cleaning whole heads of lettuce.
- Double a recipe so you cook once and serve twice.
- Use local vegetables and fruits in season – they often taste better than those shipped in and preparation is easy. Just serve raw or microwave.
- Freeze chopped herbs in sealed containers. Remove just what you need for a recipe.
- Use the grocery lists and planned menus in *Quick & Healthy Recipes and Ideas* AND *Quick & Healthy Volume II*

**We all have days when we just don't have time and didn't plan for dinner. Can you offer suggestions to help?**

We've all been there. This is the time you need to be able to open your pantry/freezer and pull out the ingredients to prepare a quick meal. A well-stocked pantry will be your rescue. I have a section in *Quick & Healthy Recipes and Ideas*, titled, Quick Ideas for Meals – No Recipes Needed! This section includes quick meal ideas for Breakfast, Lunch, Dinner and Desserts. Many are so simple, even children can help. Also included is a Staples Grocery List that lists most of the food items needed.

**There are many low-fat and special food products in the grocery store. Are they all good? What should consumers look for when choosing these items?**

You have to read the label to find out how much fat is in a serving. And you have to pay attention to the serving size, as it is not unusual to eat 2-3 times the amount that is listed as one serving. The goal is to keep your fat below 30% of your daily calories.

Taste is another issue. It doesn't matter how low in fat it is, if it doesn't taste good you're not going to eat it. In *Quick & Healthy Recipes and Ideas* and on my web site, I list products worth trying that we have sampled and really taste good.

**What about help with eating out and holiday parties?**

*Quick & Healthy Volume II* offers tips for eating out and well as ideas to help make holiday meals more healthy but still appealing. Included is a recipe for fat-free gravy is really wonderful.

**Can people get any sample recipes and menus from your web site?**

Yes. Go to: [www.QuickandHealthy.net](http://www.QuickandHealthy.net)

You'll find recipes to try, menus, grocery lists, recommended foods and even more tips to help you. Also, each month a new Recipe and Healthy Tip of the Month is posted.

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**What are some tips you can offer for saving money while still having healthy meals?**

- Use more fresh foods instead of processed foods. They really do cost less.
- Check the newspaper advertisements for sales when planning menus.
- Use coupons, but be sure they are for items you really need.
- Stock up on staples, including frozen foods, when they are on sale.
- Compare store brands to national brands. Store brands are often less money.
- Plan on using leftovers in soups and for other meals.
- Shop at a local farmer's market as they often have the best price and freshest produce.
- Plant an herb garden. It doesn't take much room and you can snip just what you need.
- If you have the room and inclination, consider planting a vegetable garden.
- Back to planning: Write out menus for the week and a grocery list to match.
- Plan to shop once a week and you'll save time and money.
- Never shop when hungry and you'll be less tempted to buy what you don't need.

**What are some of the favorite recipes from Quick & Healthy Recipes and Ideas?**

Smoked Salmon Spread (appetizer and sandwich spread)

Pear Salad with Raspberry Dressing

Chicken Curry Soup

Basil Tomatoes

Low-Fat French Fries also Sweet Potato Fries

Roasted Root Vegetables

Quick Lasagna

Grilled Salmon or Grilled Chicken with Fruit Salsa

Mandarin Chicken

Green Chili Chicken Enchilada Casserole

Baked Chimichangas

Biscuits and Gravy

Swedish Meatballs

Oven-Fried Pork Loin

Chocolate Mocha Mousse

White Chocolate Mousse with Berries

**What are some of the favorite recipes from Quick & Healthy Volume II?**

Apple Cider Pancakes

Mexican Cornbread

Black Bean Soup

Creamy Cabbage Soup

Chicken Chili

Grilled Eggplant

Harvest Vegetable Stir-Fry

Citrus Salad

Tuna Burgers

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Black Bean and Chicken Casserole  
Chicken Cordon Bleu  
Creamy Seafood Fettucini  
Beef Stroganoff  
Sour Cream Enchiladas  
Peach Custard  
Pumpkin Cheesecake

***Quick & Healthy Recipes and Ideas AND Quick & Healthy Volume II*** are published by Small Steps Press, publishing health conscious books for the general population, a division of the American Diabetes Association.  
Available by calling 800-232-6733 or at [www.SmallStepsPress.org](http://www.SmallStepsPress.org) or at local and online bookstores.

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