3 Tasty & Nutritious Family Meals for Busy Weeknights

Meal 1

Banana Pancakes*
Scrambled Egg
Fresh Apple Slices
1% or Fat Free Milk, or water

*Mash up a very ripe banana and add it to your favorite pancake batter. Sprinkle the cooked pancakes very lightly with powdered sugar or cinnamon before serving.

Meal 2

Quick Chili Con Carne*
Baked Tortilla Chips
Fresh Orange, Tangelo or Seedless Clementine
1% or Fat Free Milk, or water

*Choose extra lean ground beef, cook it, drain and refrigerate the night before making chili. Or, replace ground beef with frozen veggie burger crumbles – no precooking needed - for a meatless chili.
*Add finely diced, colorful Bell peppers, onions, and tomatoes for even more good nutrition.

Meal 3

Pasta with Butter, Garlic Powder & Shredded Parmesan Cheese*
Steamed Broccoli or Green Beans**
Leafy Green Salad or Raw Carrots
Small Cookie
1% or Fat Free Milk, or water

* Try a higher protein pasta such as Barilla Plus in a fun shape. Use 1 tablespoon butter for a family of 4.
**Frozen broccoli or green beans are an affordable option with just as much nutrition as fresh.



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