

5 Dinners for Everyone



Here are some ideas to help manage the family dinner minefield and put together healthful meals that everyone will love. These ideas are easy on the budget and short on prep time.

Dinner Option #1: Assemble Together

My son was a picky eater when he was little, and I found that he would try more foods if he felt more involved in their creation. So why not serve the pieces of a meal and let the whole family assemble their own dinners from the options?

This will also cut down on prep time for the cook and allow you to put out options that some people like without having to leave off everything that the rest of your family doesn't want.

Table-Assembly Friendly Meals:

- Burritos
- Pasta
- Fajitas
- Pizzas (assemble together, bake)
- Rice or whole grain veggie bowls

Dinner Option #2: Foil and the Grill

You can cook an endless number of meals in 20 minutes without a lot of prep or cleanup by putting your foods on an

oiled piece of foil and grilling them. After you've served your meal, recycle the foil and extinguish the grill. How easy is that?

Dinner Option #3: The Oven Toss

As the days get cooler, roasting becomes the name of the dinner game. Chop a bunch of vegetables into pieces of roughly the same size, then toss them with some herbs and spices and throw them on a baking sheet. Add a few frozen chicken breasts or pieces of fish to a second sheet and put it in the oven too. All the pieces of your dinner should be ready at the same time. Plus, you can use the time while everything is roasting in order to set the table or catch up on the day's events with your family. It's a hands-off meal approach that's perfect for this time of year.

Dinner Option #4: Use a Pressure Cooker

Because of the way pressure cookers work, they shave a ton of cooking time from just about any recipe. It's easy to prepare cheap and cheerful meals with this one handy device.

Dinner Option #5: Make Planned-Overs

When you do have time to cook a more traditional meal, make planned-overs. These are like leftovers, but on purpose! You can make a double batch of a recipe and freeze the other half for a faster meal when you need it, or you can make versatile key ingredients and use them in new ways later.

For example, you could roast 2 chickens instead of one and use the second in chicken salads, burritos, chicken and rice, etc.