



KITCHEN HACKS



Freeze for Later

When you come across healthful soups, buy a bunch and then freeze them for later! Add some whole grain bread and a side salad and you'll have a fantastic dinner.



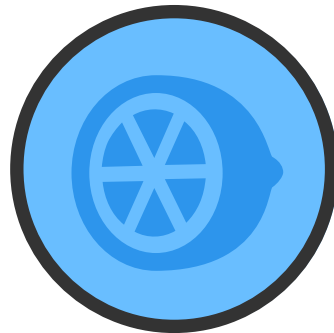
Cook and Walk

Toss a piece of frozen fish or chicken into a preheated oven with a potato or sweet potato, set the timer for an hour, and then go for a walk.



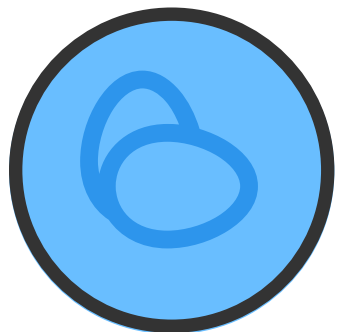
Plan Ahead

At the beginning of the week, serve greens raw in salads and grain dishes. Later, switch to serving the remaining greens cooked -- they'll still shine!



Bake a Lemon

Lemons baked in the oven with your meal will yield a lot more flavor and juice than regular lemons. Baking also gives the lemons a new depth of flavor that goes especially well with chicken or fish dishes.



Add Beans

Double the bean content of what most recipes call for -- this will help you get more beans into your meal. Try this with chilis, taco night, and soups.



Fruits & Veggies

Rinse some grapes and put them on a small plate. Do the same for baby carrots or grape tomatoes. Sometimes all you need is a simple side -- no assembly required.