

Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

The MyPlate One-Pot Meal

Making a healthy meal can be done with just one pot! One-pot meals makes cooking easy, fun and can be more affordable. One-pot meals also make cleanup a breeze! Try some of these yummy one-pot meals.



Chili, Stew, Salad, Soup, Casseroles, and Pasta

USDA's MyPlate recommends 5 food groups as the building blocks for a healthy diet: fruits, vegetables, grains, protein, and dairy.¹ To make a one-pot meal, choose at least one ingredient from each of the 5 food groups. Depending on what you have, you can add a different mix of ingredients from the 5 food groups for each meal. This is an easy way to make a healthy one-pot meal.²

More Tips:

- For stews or soups, add 2 cups water and low sodium stock or broth (veggie, chicken, beef).
- If using a slow cook method, all items can be placed in the pot at once and left on low heat for 6-8 hours.
- Buy fresh produce when in season.

Add More Flavor!

- Herbs and spices
- Lemon or lime juice
- Red pepper flakes
- Garlic or garlic powder
- Onion powder
- Chili powder
- Salt-free seasoning blends



For more tips, visit www.kidseatright.org.

Easy Cheesy Chicken and Broccoli

Servings: 6, 1 ½-cup serving size

Ingredients:

- 1 14.5 oz. can low sodium broth
- 2 cups instant brown rice
- 1 16 oz. bag frozen broccoli
- 1 10 oz. can chicken, drained. (Or 1 cup cooked chicken, diced.)
- ¼ cup parmesan cheese
- 1 ½ cups shredded low fat cheddar cheese
- ½ tsp. garlic powder

Directions:

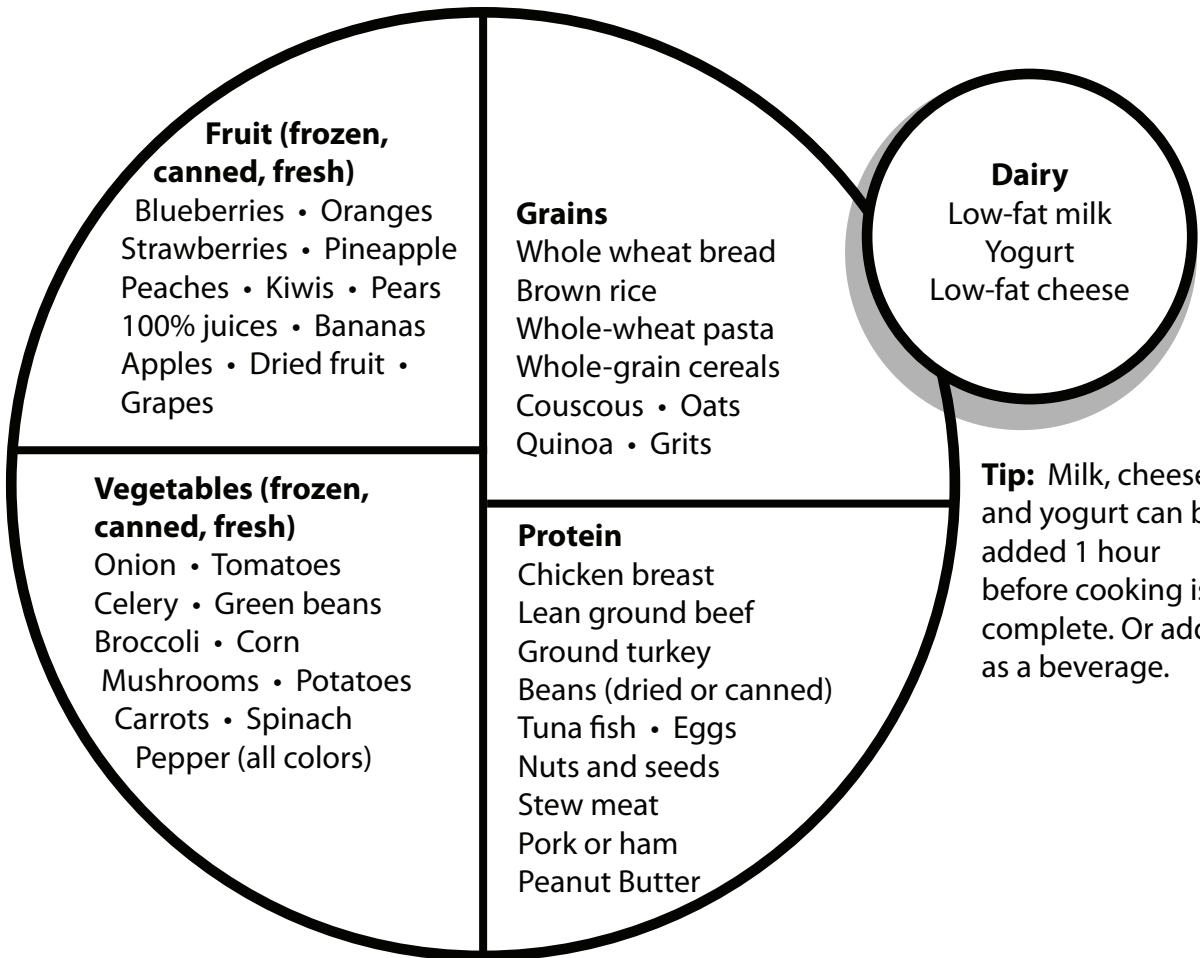
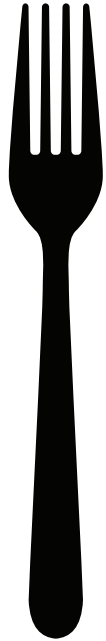
1. Place broth in a medium saucepan. Bring to a boil over medium-high heat.
2. Stir in rice. Place broccoli and chicken over rice but do not stir in. Cover and cook 5 minutes.
3. Remove from heat and let stand, covered, for 5 minutes. 4. Stir in cheeses and garlic powder. Let stand, covered, for 5 minutes, then serve.

<http://bit.ly/1sxufPL>

Tip: Add fruit for dessert or as a side dish to make it a complete MyPlate meal!

Tip: Enjoy fruit with your one-pot meals as dessert or a side dish if the fruit does not fit into your one-pot meal plan.

Tip: If adding pasta to your meal, cook pasta separately and add it to the one-pot dish at the end to keep it from overcooking.



Tip: Milk, cheese, and yogurt can be added 1 hour before cooking is complete. Or add as a beverage.

Tip: Add vegetables as one of the first ingredients so they can soften and add more flavor to your meal.

Tip: For any meal with raw meat, heat 1 Tbs. oil in the bottom of the pan and brown meat for 5 minutes before adding the other ingredients.

ChooseMyPlate.gov

This handout was developed through an educational grant from the National Dairy Council®.

Sources

1. ChooseMyPlate. USDA. <http://www.choosemyplate.gov/food-groups/>. Accessed March, 2014.
2. Garden-Robinson, Julie., Otto, Kendra. Now Serving: Slow Cooker Meals!. NDSU Extension Service. <http://www.ag.ndsu.edu/pubs/yf/foods/fn1511.pdf>. Revised October, 2013. Accessed March, 2014.