

Top 10 // How to Fill an Empty Stomach on a Full Schedule



When your life is constantly on the go, don't let nutrition go!

Eating Healthy in a Hurry

It's a fact: life is crazy. Unfortunately, one of the first things to go when life gets hectic is a healthy diet. It's hard to find time to cook a delicious meal or prepare a variety of dishes when you barely have time to save your sanity!

When your life is in a whirlwind and you still want to watch what you eat, follow these top 10 tips from Eat Well Utah!

Here are a couple of tips:

#2. Keep a well-stocked pantry. A well stocked pantry with

staple items like rice, pasta, canned fruits and vegetables, and herbs and spices can be thrown together for a quick, yet healthy meal when your day didn't quite go as planned. For a list of good foods to have on hand, [click here](#).

#6. Use a slow cooker. Many slow cooker recipes call for little prep time and long, slow cooking times. Take a minute to throw the ingredients in the slow cooker, leave it, and you will have a great meal later.

For eight other great tips, [click here!](#)

Also, try one of these tasty, hasty dishes. They are perfect to make when your schedule is full but your stomach isn't.

Slow Cooker Chicken and Potatoes

Directions

Spray slow cooker with non-stick cooking spray. Place onions, carrots, and potatoes in the slow cooker. In a small bowl combine the broth, basil, and garlic. Pour over vegetables. In a medium bowl combine paprika and pepper; rub over chicken. Heat a medium skillet over high heat. Add oil to pan and swirl to coat. Add chicken to the pan and cook 3 minutes on each side or until browned. Place chicken on top of vegetables. Cover and cook on low for 3 ½ - 4 hours.

Ingredients:

1 medium onion, sliced
2 cups carrots, sliced
4-6 potatoes, sliced thin
1 cup low-sodium chicken broth
½ tsp. dried basil
1 tsp. minced garlic
1 tsp. paprika
½ tsp. ground black pepper
4 boneless, skinless chicken breasts
½ tbsp. olive oil

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Slow Cooker Shredded Chicken

Directions

Mix cumin, chili powder, and dressing in a bowl. Place frozen chicken in slow cooker and pour spice mixture over the chicken to cover. Cook on high for 5 hours or on low for 7 to 8 hours. Shred chicken in the slow cooker and mix it well.

Ingredients:

8 oz. Italian dressing
1 Tbsp. cumin
1 Tbsp. chili powder
3 lbs. frozen boneless, skinless chicken breasts.

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Green Chili Enchiladas

skillet meal 

Directions

Brown meat with onion and garlic; drain fat from meat. Mix in green chilies, seasonings, soup, and milk. Simmer mixture for 10 minutes. Cut tortillas in fourths. Layer tortillas and meat mixture in 9x13 baking dish, starting and ending with meat mixture. Top dish with cheese and bake at 350 degrees for 30 minutes.

Ingredients:

½ lb. lean ground beef
1 medium onion, chopped
1 clove garlic, minced
1 small can diced green chilies
½ tsp. cumin
¼ tsp. chili powder
½ tsp. salt
½ tsp. pepper
1 can cream of chicken soup
1 can black beans, drained and rinsed
1 ¼ cups skim or low-fat milk
8 corn tortillas
1 cup grated cheddar cheese

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