

Hi, I'm Ken and in today's video, I'm going to be showing you some healthy, one-dish meals that you can prepare at home. Of course whenever preparing food at home, you want to follow some food safety guidelines and on the website, you will find a handout related to food safety. So review that and maybe keep that on hand so next time you're cooking you can refer to some of those safety rules. Of course, number one is to always wash your hands before preparing food. I'm just going to quick do that. Another tip for you is whenever you're using raw meat, you want to, if you're using a cutting board to cut that, you want to make sure that you use a separate cutting board for your meat, then a cutting board that you use for fruits and vegetables. So two cutting boards is the general rule. For most of us, or for some of us I guess, we don't really like to cook and so today, I'm going to be showing you a couple of real simple, healthy meals that you can make at home. The meals I'm preparing are Swiss Steak, which has only two ingredients, some round steak and a can of tomatoes. The second one I'm going to prepare today is Fiesta Chicken. This only has three ingredients. I have some boneless skinless chicken breasts, some black beans that have been drained and rinsed and some salsa.

So let's start today by preparing the Swiss Steak. What I have here are two pieces of Swiss Steak that are approximately four ounces a piece. I did purchase these in a larger packet and I just cut them into pieces myself, as that saved some money. Simply place these in the bottom of a baking dish and I have a can of stewed tomatoes here. These were, have onions and peppers in them. You can use whatever kind you like. There's a variety of them out there, just plain tomatoes, there's tomatoes with garlic and onions, there's spicy tomatoes, so these are just stewed tomatoes with onions and peppers. So I simply just pour that over the meat and you can just pour this directly from the can. The nice thing about using a tomato based product when cutting the tougher cuts of meat like round steak is the acid in the tomatoes will help to tenderize the beef. So we're simply going to bake this in the oven at 325 degrees for about 90 minutes. The longer you cook it and the lower the temperature, the more tender the meat is going to be. And a little quote you might want to remember is, "Save the meat and turn down the heat." So we'll just place this in the oven.

So on to the next recipe. I'm going to place this in the sink. This recipe is just as simple. We have three ingredients in this one. I have some boneless skinless chicken breasts and if the boneless chicken breasts are a little bit too expensive for you, you can try other chicken and just removing the skin. So with that recipe, I have boneless chicken breasts again, a can of black beans. Black beans are an excellent source of fiber so any time you can use beans in a recipe, you can add a tremendous amount of fiber to your diet and that will also be beneficial when trying to control your weight. And then I just have a small can of salsa. This happens to be mild salsa because that's what I prefer but if you like things a little spicier, try the medium or hot. So this one's real simple. We just pour the black beans in the bottom of a casserole dish, place the chicken breasts on top of that and then we just pour the salsa. I usually use the whole jar but you don't have to use that much. Just make sure that the chicken is really

covered with the salsa so that it doesn't dry out. Again, we're using a tomato-based product here, which has some acid in it, which is going to really make this chicken very tender. On this dish, I'm going to cover this with some foil since I don't have a lid so simply get a size big enough to put over the chicken and you're ready to go. So we'll just put that in the oven with the Swiss Steak. All right.

Well it's been 90 minutes, so I'm going to grab those out of the oven. Here's our Fiesta Chicken and here's our Swiss Steak. Now you want to let these sit for a little bit to just let the juices kind of all conglomerate but I'm going to show you how they look. They look great. We have our chicken here with tomatoes and our beans so we have a starch, we have some vegetable with the tomatoes, and a nice source of lean protein with the chicken and with the Swiss Steak, you'll also have a nice lean protein and some vegetables. Now if you're feeling like that's not going to be quite enough for you with a meal, you can add some frozen vegetables, a salad with that to round out that meal.

Now let's compare these really simple recipes with a couple of meals that you might traditionally make. The Swiss Steak meal, we estimate it at a serving of that, and we actually have two servings here, is about \$1.41 a serving, there's about 400 calories there and about 12 grams of fat. If we compare that to a helper meal, we're looking at about \$2.64 a serving and about 600 calories. The Fiesta Chicken has approximately 420 calories per serving, and there are two servings there, and probably costs about \$2.83 a serving. If we compare that to a fast food chicken meal, the cost is going to be about \$5.90 and the calories more than double, 980 calories in a fried chicken fast food meal.

So as you can see, cooking at home can be relatively simple. You don't have to have a lot of dirty dishes and it can be a lot better for you. So your task for the next week is to try making one of the recipes we showed today and see how you like it.