
Quick Meals for Hectic Households

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With today's hectic pace, making dinner can seem overwhelming. We grab food when we can without planning which often leads to meals that miss the nutrition mark. A little planning can make meal time quick, easy, and healthy.

- Plan your meals a week or a month in advance. If you know something is planned you are less likely to graze or grab fast food.
- Look for "fast" recipes. Magazines, newspapers, television shows, and the internet have fast or quick meal sections.
- Choose recipes with five or fewer ingredients.
- Find recipes that require little preparation time, but long baking times. You can spend the baking time doing something else
- Use time saving appliances – crock pots, microwaves, and pressure cookers.

Pressure Cooking

Pressure cooking saves time and energy by cooking foods three to ten times faster than other methods. Pressure cookers convert liquid to steam which cooks the food. Pressure cooking can be traced back to the early nineteenth century when Napoleon's troops were fed with pressure cooked food. The first home pressure cooker was introduced in 1939 by national Pressure Cooker Company (now Presto Industries) at the World's Fair in New York. By the 1940's the pressure cooker was one of the most popular cooking methods, but then World War II started – food was rationed, women went to work, and the Presto facilities were converted to war work. In 1943 Presto made the following statement in Life magazine

The manufacturing facilities of the makers of PRESTO COOKERS are now devoted to war production. Once victory is won – there will be PRESTO COOKERS for everybody. Until then, if you own one, share it, won't you? It's a good neighbor policy.

By 1945 the demand for pressure cookers was tremendous. The demand exceeding the supply and homemakers everywhere put their names on waiting lists. In following years times and

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technology were changing. Cooks turned to frozen dinners and the microwave changes cooking forever. But pressure cookers are back and more and more homes are equipped with a pressure cooker. (Source: *The Official Presto Pressure Cooker Cookbook*).



Pork Chop Menu

from The Official Presto Pressure Cooker Cookbook

Flavored Pork Chops

Pecan Broccoli

Rice

Fruit Salad

Marmalade Apples

Flavored Pork Chops

2-4 boneless pork chops (about 8 ounces total)

1 Tbsp. vegetable oil

Season salt

1 1/2 cups water



Pecan Broccoli

8 ounces broccoli

2 tsp. margarine

salt

pepper

2 Tbs. chopped toasted pecans



Marmalade Apples

2 tart apples

2 Tbs. margarine

2 Tbsp. packed brown sugar

2 Tbsp. orange marmalade

2 Tbs. slivered almonds (optional)

To prepare:

1. **Flavored Pork Chops.** Rub chops with season salt or your favorite seasoning. Heat 1 tablespoon oil in pressure cooker. Brown chops on both sides and remove. Place greased cooking rack and 1 1/2 cups water in pressure cooker. Place chops on rack.
2. **Pecan Broccoli.** Separate broccoli flowerettes. Cut stalks into 3/4 inch pieces. Wrap broccoli in aluminum foil packet.

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3. **Marmalade apples.** Core apples, cutting to but not through the bottoms. Mix margarine and brown sugar. Spoon about 1 tablespoon mixture into center of each apple. Top with marmalade, almonds, and remaining margarine mixture. Wrap in aluminum foil (optional).
4. **Pressure Cook.** Close cover securely. Place pressure regulator on vent pipe. Cook pork chops 3 minutes at 15 pounds pressure. Quick cool cooker. Arrange broccoli packets and apples on rack with pork chops. Close cover securely. Place pressure regulator on vent pipe. Cook 3 minutes at 15 pounds pressure. Quick cool cooker.
5. **To Complete.** Arrange pork chops on plate. Season broccoli with margarine, salt, and pepper; sprinkle with pecans. Place apple sin shallow dishes.

Chicken Breast Menu

from The Official Presto Pressure Cooker Cookbook

Chicken Breasts
Herbed Potatoes
Honey Glazed Carrots
Dinner Rolls
Strawberries

Chicken Breasts

1 Tbsp. vegetable oil
2 boneless/skinless chicken breasts halved
1 1/2 cups chicken broth
1/2 cup apple or white grape juice
2 Tbsp. chopped onion
1 tsp. paprika
Salt
Pepper

Herbed Potatoes

4 small potatoes, pared, cut into 3/4 inch thick slices
1 Tbsp. margarine
2 tsp. parsley
1/2 tsp. oregano
1/4 tsp. garlic salt

Honey Glazed Carrots

1 cup baby carrots
2 Tbsp. margarine
1 tsp. honey

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To Prepare

1. **Chicken Breasts.** Heat oil in 6 to 8 quart pressure cooker. Brown chicken on all sides. Mix chicken broth, juice, onion, paprika, salt, and pepper. Pour over Chicken.
2. **Pressure Cook.** Close cover securely. Place pressure regulator on vent pipe. Cook 2 minutes at 15 pounds pressure. Quick cool cooker.
3. **Herbed potatoes and Honey Glazed Carrots.** Place potatoes and carrots on rack (or in basket).
4. **Pressure Cook.** Close cover securely. Place pressure regulator on vent pipe. Cook 5 minutes at 15 pounds pressure. Quick cool cooker. Meanwhile, heat together margarine and honey. Keep warm. Remove carrots, potatoes, and chicken. Cook and stir until remaining liquid from pressure cooker boils and thickens. Keep warm.
5. **To complete.** Season potatoes with margarine, parsley, oregano, and garlic salt. Season carrots with margarine and honey mixture. Serve sauce over chicken.

Turkey Burger Menu

**Turkey Burgers with cranberry mayonnaise
Corn on the cob
Garden Salad*

Turkey Burgers

1 pound ground turkey
1 tsp. poultry seasoning
1 small apple, chopped
1 small onion, chopped
1 stalk celery chopped
1/4 cup mayonnaise
1/2 cup cranberry sauce
Lettuce
English Muffins

Mix ground turkey, poultry seasoning, apple, onion, and celery together. For four 4 ounce burgers or 8 2 ounces burgers (the smaller size fits better on the English muffins). Grill burgers until internal temperature reaches 165 degrees, about 4-5 minutes on each size. In small bowl mix mayonnaise and cranberry sauce together. To serve, place burgers on English muffins, top with cranberry mixture and leaf of lettuce.