



## Fast Food On The Run

Article written by Kayla Hinrichs, khinrichs3@unl.edu  
Extension Educator in Central IV Counties  
(Greeley – Howard – Sherman – Valley)



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It's baseball season! That means warm summer nights under the lights, washing dusty uniforms and perhaps a few too many hurried meals.

These tips will help you prepare for the baseball season so you can make the first pitch! Here are some ideas that can make your family on the run a much healthier one!

- ① Purchase healthy, basic ingredients for quick meals and snacks including fruits, vegetables, whole grains, protein and dairy. If you only purchase and stock your kitchen with healthy options, it will be much easier to select healthy items when you make a choice.
- ① Wash fresh fruits and vegetables, pre-cut and have in a bowl on the middle fridge shelf for easy accessibility. Or, individually bag fruits and vegetables for a quick and healthy snack to take with you.
- ① Keep less healthful foods out of sight in an inconvenient location so you are not as tempted to eat them.
- ① Try to have at least six single servings of lean protein in your fridge including eggs, yogurt, string cheese, tofu, black beans etc.
- ① Keep whole grain bread or oats. Read the label to find the word "whole" grain in the ingredient list.
- ① When making a meal, make two or three at the same time and freeze them for busy nights when you don't have time to cook.
- ① Have a text and TV-free table. Enjoy the company of others and be better able to listen to your body's signals of hunger and fullness when you are not distracted by technology and TV.

Try the recipe below for a quick and tasty alternative to just peanuts and crackerjacks!

## Colorful Black Bean Salad

### Ingredients:

- 2 15-ounce cans black beans, drained
- 2 cups corn, drained (1 15-ounce can or 12 ounces frozen)
- 1 15-ounce can diced tomatoes
- 1 4-ounce can chopped green chilies, drained, or 1 teaspoon chili powder
- ¼ cup finely chopped onion
- 3 Tablespoons lime juice
- 2 Tablespoons olive or canola oil
- ½ teaspoon salt, pepper to taste
- 1 red or green bell pepper, chopped, optional
- 1 avocado, chopped, optional

### Instructions:

1. Mix black beans, corn, tomatoes, chilies, onion and optional bell pepper in a large bowl.
2. Add lime juice, oil, salt, and pepper; toss gently to combine.
3. Add optional avocado just before serving.
4. Serve alone, over rice or quinoa, or with whole grain tortillas or tortilla chips.

**Yield:** About 12 servings



### Sources:

1. [slimbydesign.com](http://slimbydesign.com)
2. Recipe from Cornell University's Choose Health for Food, Fun and Fitness Curriculum: <http://bit.ly/2rxdJA9>, adapted from <http://snacktheplanet.blogspot.com> found at <http://bit.ly/2tnWQJw>.