

Pointers for Parents

Cooking Up Some Savings

(NAPSA)—Even in shaky economic times, making just one simple change could save families some serious dough: eating at home more frequently.

Estimates from marketing research company NPD Group put the cost of eating out at roughly three times what it would take to make a similar meal at home. Plus, eating at home as a family isn't just good for the pocketbook. It's proven to strengthen relationships and is widely considered a much healthier alternative to eating out.

But many people dread the thought of not just cooking their food, but coming up with appropriate recipes—and worse, actually shopping for ingredients. That's where a unique Web site could help.

Called www.youvegotsupper.com, it provides a fresh take on family meal planning and can be a great way for busy parents to save time and effort as they cut costs by cooking at home. The free site helps people find recipes and plan an entire week's worth of quick, healthy and tasty family dinners—complete with an organized grocery list—in one simple step.

Try this recipe from the site and feed your family tonight for under \$3 a person:

Easy Enchiladas

Servings: 6

Prep Time: 10 minutes

Cook Time: 45 minutes

4 boneless chicken breasts
½ yellow onion, chopped

Quick Tips For Family Dinners

1. Plan Ahead—Once you have your plan for the week and the food in the fridge, you can quickly throw supper together.

2. Make Enough for Leftovers—Try to make double when the leftovers will heat up or freeze nicely.

3. The Sure Thing—Write down a list of favorite easy meals—such as tacos or omelettes—that use ingredients you usually have on hand. 

½ teaspoon cumin
2 cups salsa
3 tablespoons cream cheese, softened
6 flour tortillas
1 bottle green taco sauce, mild
2 cups Mexican cheese blend, shredded

Boil chicken breasts for about 15 minutes, let cool and chunk.

Sauté onion in olive oil until soft. Add cumin, salsa, cream cheese and chicken. Cook until cream cheese is smooth.

Spoon chicken mixture in flour tortillas and roll. Place seam side down in a lightly greased baking pan. Cover with mild green taco sauce and Mexican cheese.

Bake at 350 degrees for 30 minutes.

For more tips, information and recipes, visit the Web site www.youvegotsupper.com.