

Summary

The Canned Food Alliance has partnered with chef and cookbook author, Andrew Schloss, to develop the “Kitchen Countdown” recipe collection. These ten recipes all have one thing in common: they feature **1 pot; 5 ingredients**; cost 10 dollars or less; take 15 minutes or less to prepare and have **400 calories or less** per serving...literally counting down to healthy meals in minutes.

Meet Chef Andrew Schloss



Chef Andrew Schloss is known by his readers and students for his inventive recipes and an ability to explain technical aspects of cooking

in entertaining and understandable terms. He is the author of fourteen published cookbooks, including “Fifty Ways to Cook Most Everything”, “Homemade in a Hurry” and “Mastering the Grill”, which was a *New York Times* bestseller.

Kitchen Countdown: Recipes by the Numbers



1. Caribbean Fish and Sweet Potato Skillet Dinner
2. Chicken Nachos
3. Chili-Stuffed Flank Steak
4. Corn and Crab Cakes
5. Fish Tacos
6. Mexican Shrimp Stew
7. Salmon Herb Pie
8. Thai Coconut Chicken Soup
9. Smoked Turkey Gazpacho
10. Vegetarian Brown Rice Casserole

Video: Kitchen Basics



Roberta Duyff, registered dietitian and home economics expert, shares new Rutgers University research and tips for getting back to the basics in the kitchen.



Kitchen Knowledge at Your Fingertips

Mealtime.org’s Essential Kitchen Toolkit contains the ingredients to help make the most chaotic kitchen run smoother. Check out some of the resources that *Family Circle* magazine called “**the Cliff’s Notes version of home economics class.**”

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Create a Virtual Recipe Box

It’s easy to add these Kitchen Countdown recipes to your collection when you use Mealtime.org’s personalized “My Recipe Box.” Bookmark all of your favorite Mealtime.org recipes here to make meal planning as easy as 1-2-3! You’ll have all the information you need right at your fingertips and before you know it, you’ll be cooking great tasting, nutritious meals your family will love.

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Mealtime.org has hundreds of recipes and tips for cooking with canned foods.