

Make it Fast:



Kitchen Tips

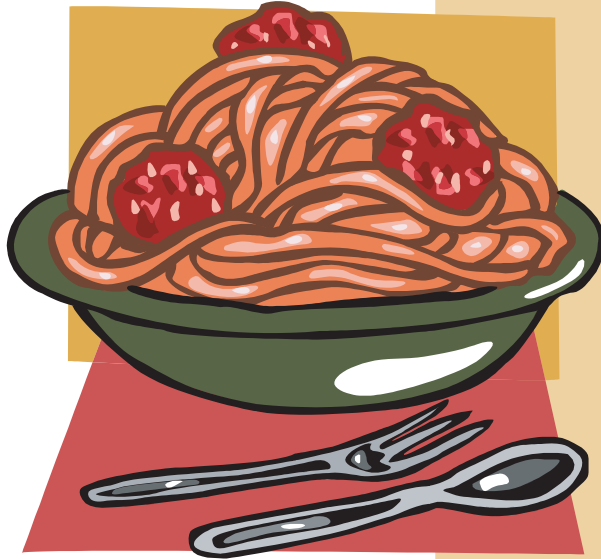
Louisiana Community Nutrition Programs



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out information on all programs and how to apply, contact the Office of Family Support at 1-888-LAHELPU (1-888-524-3578).



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Souper Meals

A bowl of hot soup is perfect for a cold winter day. Soups are easy to make and are nutritious and delicious. You don't need to buy special foods. Just use leftovers! You can serve soup as a side dish or make it a meal. Make a big pot of soup, and freeze some for later.



Chicken, turkey, beef, carrots, potatoes and onions can go together in the soup pot. You can use leftover meat for meatballs to add to the soup. You'll have a full, delicious meal! Cook the meatballs first, or let them cook in the soup. Noodles are good to add to a hot soup, too, especially when you use meat. Even without meat, vegetable soups taste great! You can use fresh, frozen or canned vegetables. To add lots of fiber, use mashed cooked beans to thicken your soups.

No time to prepare a soup? Buy frozen or canned soups that have less than 400 milligrams of sodium and less than 3 grams of fat per serving. Add 1/2 cup of chopped vegetables for each cup of soup. This will add color and nutrients.

Remember, you don't need special recipes for soups. Just use what you have on hand. Or try this recipe and enjoy a warm bowl of nutrition!



Beef and Noodle Soup

1 cup diced cooked lean beef
1/2 cup chopped onion
1 can (14 1/2 ounce) low-sodium beef broth
2 1/4 cups water
1/8 teaspoon black pepper
1/4 teaspoon chopped garlic
1 3/4 cup uncooked noodles
1/2 cup chopped mushrooms (optional)
1 teaspoon dried parsley flakes (or fresh parsley)

In a large saucepan sprayed with fat-free cooking spray, saute beef and onion. Add beef broth, water, black pepper and garlic. Bring to a boil. Reduce heat. Simmer 10 minutes. Add noodles, mushrooms and parsley. Cover and cook for 10 more minutes or until the noodles are tender. Makes 4 servings (serving size: 1 1/2 cup).

Each serving has 158 calories, 5 grams fat (1.6 grams saturated fat), 46 milligrams cholesterol, 15.5 grams protein, 12 grams carbohydrate, 51 milligrams sodium.

“What’s for Supper?”



Does this question scare you?

If your answer is *yes*, read this news. You will learn how to prepare a healthy supper every day without spending hours in the kitchen. Also, you do not need to exceed your food budget to eat healthfully. Plan your meals in advance, and use a grocery list. This way you will have all the food items you need to prepare the meals. It will save you time and money!

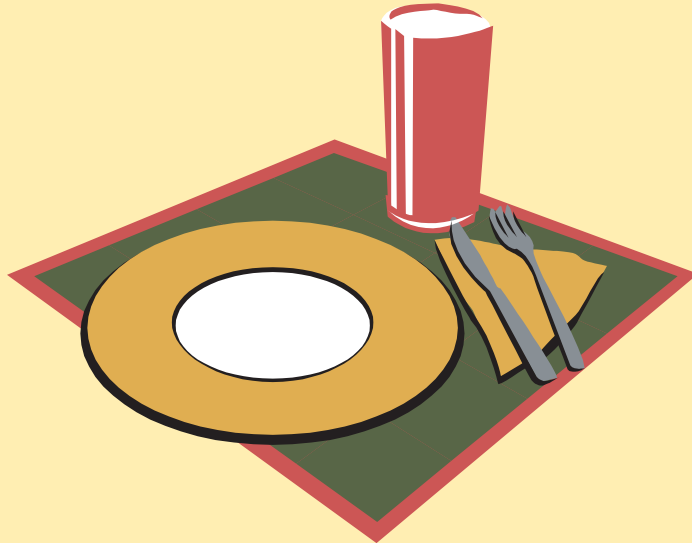
Supper is a family mealtime.

It is important to sit at the table and eat with your family at least once a day. It will help you communicate better with your family, and your children will feel secure and safe. Kids can learn how to set the table, and they can help you in the kitchen.

This may be a good time to offer new foods to your family. Remember not to force your kids to eat new foods. If you eat something different, they will at least try it.

“My family is home and hungry! The supper is not ready yet. What do I do?”

These tips may help you:



■ Have nutritious snacks handy until the meal is on the table. Offer a glass of milk, some string cheese, low-fat yogurt or a piece of fruit.

■ Start with a salad. This will give you time to heat the main dish.

■ Involve the whole family in meal preparation. Have the kids set the table and help fix the salad.

■ Prepare the main dish the night before. This will save time.

Meatless Meals

Meals without meat can be healthful, but you need to plan ahead. Include foods from all five groups of the USDA Food Guide to get the nutrients you need. Meat has protein and vitamin B12. But you also can get these from other foods like beans, nuts, eggs or milk.



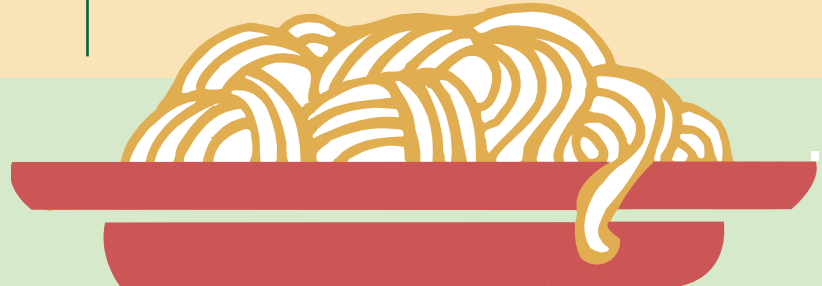
If you are a vegetarian (don't eat meat), you need to eat a lot of foods from the grain group. Choose whole-wheat breads, breakfast cereals, brown rice and pasta. Don't forget about five-a-day; eat five servings of fruits and vegetables every day! Fruits and vegetables have lots of minerals and vitamins (especially vitamins A and C). They help protect us against cancer, heart disease, hypertension and diabetes. Also, have two to three servings of milk, yogurt and cheese daily. Choose low-fat or skim milk products.



Do you want a nutritious meatless meal? Follow these tips:

- Stuff vegetables (eggplants, bell peppers, zucchini) with cooked grains (rice, oats).
- Toss cooked grains with stir-fried vegetables.
- Add grains to soups or stews.
- Add beans, nuts or seeds to salads, steamed vegetables or pasta for a quick meal.
- Top salads with red beans instead of cheese.

- Serve fruits for snacks and desserts.
- Try a new fruit or vegetable every week.
- Go easy on high-fat foods. Even if they come from plants, it doesn't mean they are low in fat.
- Prepare pasta sauces, pizza toppings or soups as you always do, but skip the meat and add more chopped vegetables.
- Add vegetables to your omelettes.



Vegetarian meals can be easy to prepare and enjoyed by everyone at the table. This is an example:

Breakfast:

- 1 cup oatmeal with 2 tablespoons raisins
- 1 cup skim milk
- 2 slices whole-wheat toast with honey
- 3/4 cup orange juice

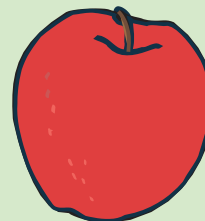


Lunch:

- 1 cup vegetable soup
- 1 cup green salad with tomatoes and topped with sunflower seeds
- 1 whole-grain muffin
- water with fresh lemon

Snack:

- 1 medium apple
- 2 graham crackers



Dinner:

- 1/2 cup Easy Baked Beans served over 1/2 cup cooked rice
- 1 slice french bread
- 1 cup steamed broccoli with lemon juice
- 1/2 cup fresh fruit salad

Snack:

- Low-fat yogurt



Easy Baked Beans

4 cups cooked beans (any kind)
1 medium onion, diced
3/4 cup tomato sauce
3/4 cup grape jelly (or any other kind of jelly)
1/2 cup water
Other seasonings to taste (optional)



Preheat oven to 350 degrees F. Drain the beans and pour into a 1 1/2- to 2-quart casserole dish. In a small bowl, mix together onion, tomato sauce, jelly and water and pour onto beans. Cover. Bake for one hour, stirring from time to time. Add more water, if needed, until beans are bubbly. Makes about 8 servings, 1/2 cup each.

Each 1/2 cup serving has 171 calories, 1.5 grams fat, 0 milligrams cholesterol, 8 grams protein, 8.5 grams fiber, 147 milligrams sodium, 444 milligrams potassium.

Breakfast: A Good Start!



Breakfast is the most important meal of the day. It gives you energy and makes you feel better. Encourage your children to eat breakfast. If they don't eat at home, they can have breakfast at school.



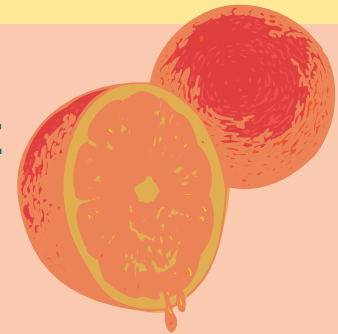
Did you know that eating a morning meal makes a difference in how your kids do in school?

Children who eat breakfast learn better, are healthier and have more energy. Adults should eat breakfast, too. It helps you work better and have more energy. You won't get as hungry later in the morning, and eating breakfast will help you keep a healthful weight.

These quick tips will help you eat breakfast:

- **No time?** Make breakfast the night before. Have family members help you prepare breakfast. Choose nutritious, low-fat foods such as cereal, skim milk, bran muffins or bagels. Add fruit or fruit juice to your breakfast.
- **Are you in a hurry?** Take it to go. String cheese, low-fat yogurt, dry cereal in a bag or a banana will make a nutritious and delicious breakfast.
- **Not hungry yet?** Drink some fruit juice. Something is better than nothing. Have some whole-wheat bread or crackers with low-fat cheese later in the morning.

These quick and healthy breakfast ideas also will help you:

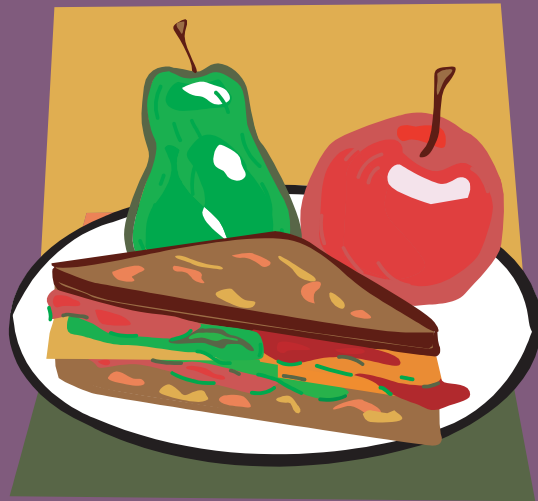


- **Power Breakfast:** In a tall glass put fresh, canned or dried fruit, low-fat yogurt and cereal.
- **Pizza Power:** Top an English muffin or bagel with tomato sauce, low-fat mozzarella cheese and mushrooms (you can use any vegetable). Heat in a toaster oven or microwave.
- **Shake It Up:** Put a scoop of ice, 1 cup of fresh fruit and 6 ounces of orange juice in a blender. Blend until smooth.

Fix it Fast, but

Fix it

Healthful



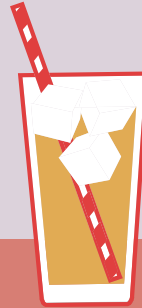
Planning meals for the week helps you cook quickly and save money. You will spend less time in the kitchen, be more relaxed and enjoy the meals, too. For healthful eating, don't forget to use the USDA Food Guide when you plan meals.

**Dashboard dining is quick,
but it may not be very
healthy.**

Take a look at these “quick”
healthful ideas for breakfast,
lunch, dinner or snacks:

Breakfast

- Ready-to-eat cereal with fruit and low-fat milk, fruit juice
- Pancakes with syrup, low-fat milk
- Fruit low-fat milkshake and whole-wheat toast

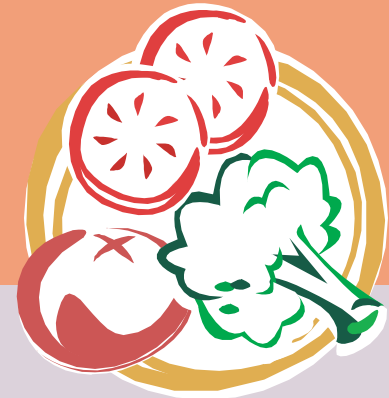


Lunch

- Tossed salad with low-fat dressing, fruit
- Tuna-apple salad on lettuce leaves, whole-wheat crackers, fruit juice
- Peanut butter and jelly sandwich with whole-wheat bread, fresh fruit

Dinner

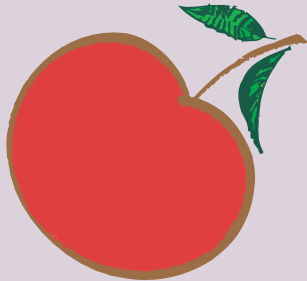
- Stir-fried or steamed vegetables, baked chicken, fruit juice
- Homemade pizza (you can use English muffins or whole-wheat pita instead of pizza crust). Also, you can use leftovers to make your own pizza!
- Chicken and vegetable casserole



**Do you want to spend less time
in the kitchen?**

**Do you want a delicious and
nutritious meal on the table?**

**Do you want to enjoy the meal
with your family?**



**These tips help you fit a healthful diet into your
busy day and save money, too:**

- Check the label for the amount of fat and sodium per serving. Many prepared foods are high in fat, sodium or both.
- If you eat a food high in fat or sodium, choose other foods that are lower in those things for the rest of the day.
- Keep your meals simple! Go easy on added fat and salt. Add herbs and spices to your vegetables.
- Many “meals-on-the-go” are low in vitamins, minerals and fiber. Add a fresh green salad, raw vegetables and fresh fruits to these meals.
- Always keep fresh fruits and vegetables in your home for a quick salad or a delicious snack.
- Choose a variety of foods. A slice of whole-wheat bread, fresh or frozen vegetables, green salad with a little oil and vinegar and grated cheese, broiled meat or fish should take less than 30 minutes to prepare.

Use these simple tips:

- Broiling and stovetop cooking are faster than oven cooking.
- If you use oven cooking, cook more than one food at a time.
- Try stir-frying. It has flavor, speed, nutrition and is low in cost.
- When in a hurry, bake potatoes in the microwave instead of the oven.



Cauliflower and Cheese

- 1 medium head cauliflower, washed and cleaned**
- 1/2 cup fat-free ranch salad dressing (or other fat-free dressing)**
- 1 teaspoon mustard**
- 1 cup shredded mozzarella cheese made from skim milk**
- Creole seasoning (optional)**

Break cauliflower into florets. Steam until tender. Mix salad dressing and mustard. Top cauliflower florets with the dressing mixture and then the cheese. Microwave covered for 2 minutes. Sprinkle with creole seasoning, if desired. Makes 6 servings.

Each serving has 117 calories, 4 grams fat (2 grams saturated fat, 27% calories from fat), 4 grams fiber, 327 milligrams sodium, 67 milligrams vitamin C.

Cooking in the Microwave

Microwave cooking is very different from cooking in an electric or gas oven.

Your microwave oven is especially good for cooking vegetables, rice, ground meat, fish and sauces, as well as for defrosting and reheating foods. Check your microwave cookbook for instructions.



General Microwaving Tips

The higher the microwave wattage, the faster it will cook.

Use the cookbook that came with your microwave for recipes tested for the wattage of your oven.

The amount of time it takes to cook food increases as the amount of food increases. If one potato takes 4 minutes to bake, two potatoes will take 6 to 8 minutes.

Use a tight-fitting cover on foods you want to steam such as rice, broccoli or corn on the cob.

Cover foods such as leftovers with a paper towel (not made from recycled paper) to hold heat in but not steam foods.

Cook meats right after thawing in the microwave oven.

Remove covers and wraps from heated foods very carefully. Allow steam to escape away from your hands and face.

Use only cookware you know to be safe for use in a microwave oven such as glass mixing bowls, glass measuring cups, casseroles and plastics labeled microwave safe.

Don't run the microwave oven when it is empty. You could damage the oven.

Don't heat infant formula or baby food in the microwave. They could have hot spots and burn your child.

Keep your microwave oven clean. A dirty oven will increase cooking time.

Cooking Vegetables

Vegetables cooked in the microwave are more nutritious, colorful and flavorful than those cooked on top of the stove because of the quick cooking time and small amounts of water needed.



Corn

Corn on the cob can be microwaved in the husk (remove silks before cooking) or wrapped in plastic wrap. Cook two ears on high for 6 to 7 minutes.



Sliced Carrots

Place 2 cups thinly sliced carrots in a 1-quart casserole. Add 1/4 cup water. Cover. Microwave 4 to 6 minutes, stirring once if needed. Drain. Add small amount of margarine, salt and pepper.

Broccoli

Divide one bunch of broccoli into individual spears. Cut off 1 to 1 1/2 inches of tough ends. Place in 12-by-8-inch baking dish. Arrange broccoli with heads toward center. Add 1/4 cup water. Cover with plastic wrap and microwave on high 6 to 8 minutes.



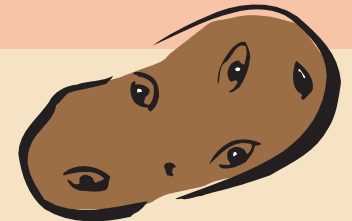
Cabbage

Cut 1 pound of cabbage into four wedges. Arrange like a wheel in spokes in 10-inch casserole. Add 1/4 cup water. Cover. Microwave on high 3 to 4 minutes.

Potatoes

Scrub well and pierce with a fork. When cooking three or more potatoes, arrange potatoes in a circle. Cook on high for 4 minutes for one potato. Add 3 minutes for each additional potato. Turn potatoes halfway through cooking time.

Tip: Sweet potatoes are best cooked in a conventional oven. Microwave ovens cook too rapidly for sweet potatoes to develop that wonderful sweetness. You can, however, cook a large pan of sweet potatoes, wrap each in foil, freeze and then reheat in the microwave oven.



Measurements Matter

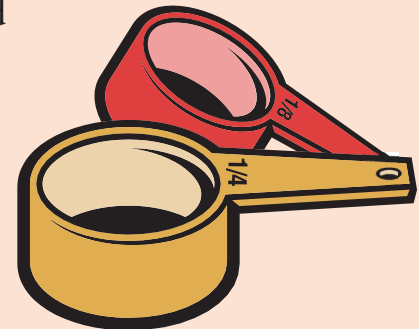
Use exact measurements when cooking. This is especially true if you don't have a lot of experience in cooking or if you are baking things like cakes or breads.

Use standard measuring cups and spoons. There are measuring cups for dry ingredients and others for liquid ingredients.

Dry measuring cups come in sets of four to six nested cups that measure $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$, $\frac{2}{3}$, $\frac{3}{4}$ and 1 cup. Use these to measure dry or solid ingredients.

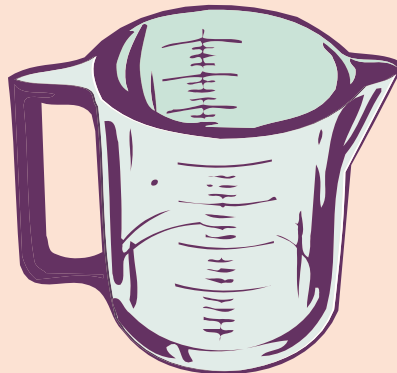
Fill the cup lightly with the dry ingredients until the cup is heaping full. Take the straight edge of a knife or spatula and slide or level across the cup. This makes a level cup.

Fat and brown sugar are measured differently. To measure fat or brown sugar, press or pack firmly into the dry measuring cup. Level off with the straight edge of knife. Brown sugar and fat will hold the shape of the cup when turned out.

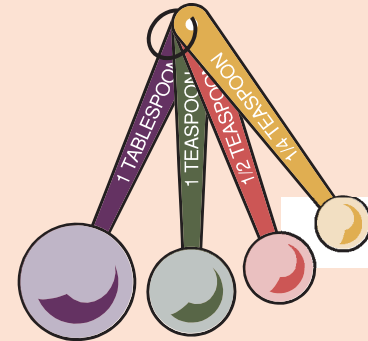


The measuring cup for liquids has a lip for pouring. There is a rim or extra space above the last measuring mark. This space lets you pick up the cup and not spill anything. Liquid measuring cups are marked for $\frac{1}{4}$, $\frac{1}{3}$, $\frac{1}{2}$, $\frac{2}{3}$ and 1 cup.

To measure liquids, always place the measuring cup on a flat surface and read the measurement at eye level. Fill the cup to the line you need. Look at the measuring cup with your eye even with the line. You will see a curve. The correct measure is at the bottom of the curve.



Standard measuring spoons are sold in sets. A set has spoons that hold 1 tablespoon, 1 teaspoon, $\frac{1}{2}$ teaspoon and $\frac{1}{4}$ teaspoon. Use the straight edge of a spatula or back of a table knife and level dry ingredients in the spoon.



Kitchen Safety

Bacteria from foods can make you and those you care about sick. To keep food safe to eat, follow these four simple rules:

**Clean,
separate,
cook
and
chill.**

Clean

Keep your kitchen clean!

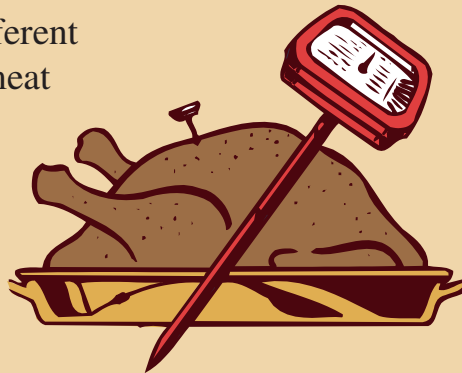
- Wash your hands with hot soapy water before handling food and after handling pets or using the bathroom.
- Use paper towels to clean up your kitchen. If you use cloth towels, wash them often in hot water.
- Use plastic instead of wood cutting boards. Wash cutting boards, dishes, utensils and counter tops with hot, soapy water after preparing each food and before you handle the next one.



Separate

Separate raw foods from cooked foods. Bacteria can go from one food to another.

- Don't put cooked food on the same plate with raw meat.
- Separate raw meat from the other products in your grocery shopping cart and in your refrigerator.
- If possible, use a different cutting board for raw meat products.



Cook

Cook foods all the way through! It's safe to bite when the temperature is right!

- Use a thermometer to make sure meat is safely cooked.
- Cook roasts and steaks to 145 degrees F, ground beef to 165 degrees F and chicken to 180 degrees F. Never eat ground beef that is still pink inside!
- Bring sauces, soups and gravies to a boil when reheating. Heat leftovers thoroughly to at least 165 degrees F.

Chill

Refrigerate promptly!

- Refrigerate perishable or prepared foods and leftovers.
- Never defrost at room temperature! Thaw food in the refrigerator, under cold water or in the microwave. Marinate foods in the refrigerator.
- Don't pack the refrigerator. Cool air must circulate to keep foods safe.



**Remember,
the most important rule that
will keep you away from any
foodborne illness is:**



When in doubt, throw it out!



Kitchen Math

Do you think math can help you only at school? The answer is NO. Math also can help you a lot in the kitchen.

Think about a recipe you want to change or a food item you need to add. If you don't do the right math, you may end up with something you can't eat. With kitchen math, you can prepare nutritious and delicious recipes!

You want to prepare a recipe and you notice you do not have one of the food items. What do you do? Try these helpful hints. They may save you money and a trip to the grocery store.

INSTEAD OF.....	USE
• 1 egg	2 egg whites or 1/4 cup egg substitute
• 1 cup whole milk	1 cup skim or 1 percent milk
• 1 cup sour cream	1 cup yogurt
• 1 tablespoon margarine or butter	3/4 tablespoon vegetable oil
• 1 cup shortening	1/2 cup shortening plus 1/2 cup apple sauce
• 1 cup mayonnaise	1 cup plain yogurt

Also remember these equal measurements or keep them handy:

- 1 stick of butter or margarine is equal to $\frac{1}{2}$ cup; $\frac{1}{2}$ stick is $\frac{1}{4}$ cup
- $2 \frac{1}{4}$ cups sugar = 1 pound
- 4 cups sifted flour = 1 pound
- 1 tablespoon = 3 teaspoons
- 16 ounces = 1 pound
- 1 cup = 16 tablespoons
- 8 fluid ounces = 1 pound



Carrot Cake

3 cups flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
1 cup applesauce
1 cup light brown sugar
3/4 cup white sugar
Egg substitute equal to 3 eggs (or substitute egg whites)
1 orange (1/3 cup orange juice, 1 teaspoon grated rind)
3 cups peeled, shredded carrots
3/4 cup raisins

Preheat oven to 350 degrees F. Sift flour, baking powder, baking soda and cinnamon into a medium bowl. Set aside. In a large bowl, beat together applesauce, brown and white sugars, egg substitute, orange juice and carrots. Blend in flour mixture, beating until just smooth. Stir in raisins. Pour batter into a 9-by-13-inch pan coated with nonstick vegetable spray. Bake for 1 hour or until done. Serves 12 (serving size: 1 slice).

Each slice has 290 calories, 5 grams protein, 66 grams carbohydrate, 1 gram fat (2% calories from fat), 0.2 milligram cholesterol, 2 grams dietary fiber and 152 milligrams sodium.

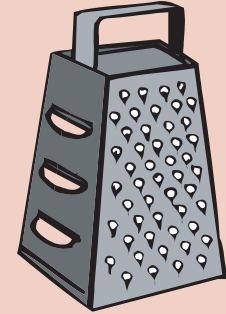


Kitchen Tools

A good cook learns and uses the right utensils to do the job! Let's learn about some of the utensils that help us become good cooks.



Grater – Grates foods into small pieces, from fine to coarse.



Vegetable Parer – Peels potatoes, carrots and other vegetables or fruits very thinly.

Long-blade and saw-tooth-edge knives – Use for slicing bread.

Long, narrow-blade knife – Use for slicing meats.

French chef's knife – Use for dicing, cubing, chopping and shredding foods placed on a cutting board.



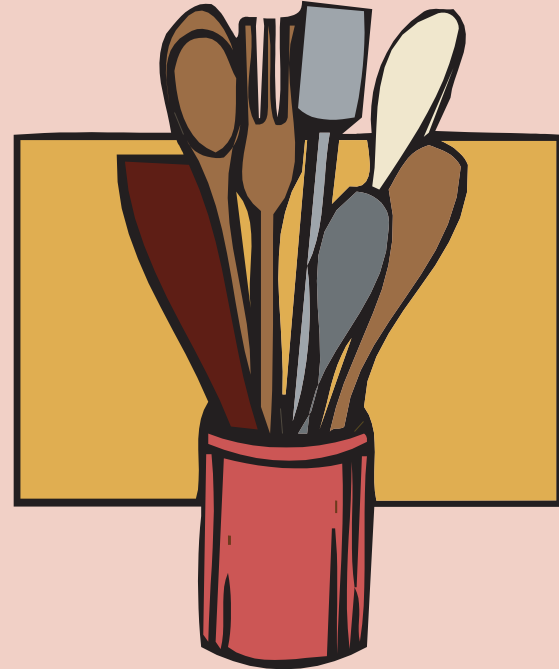
Cutting board – Place the food you are going to cut on a cutting board. Cut away from you.

Spatula – Use a spatula or kitchen knife to level off dry ingredients when measuring and to help remove products from baking pans. Also, you can remove baked cookies from the cookie sheet with a knife or spatula.

Rubber spatula – Use a rubber spatula to clean out ingredients from measuring cups, spoons and mixing bowls.

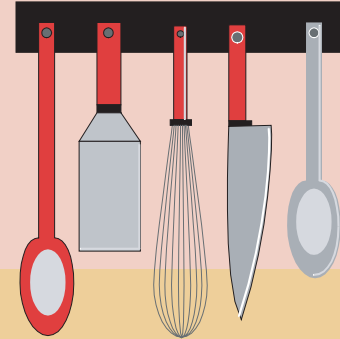
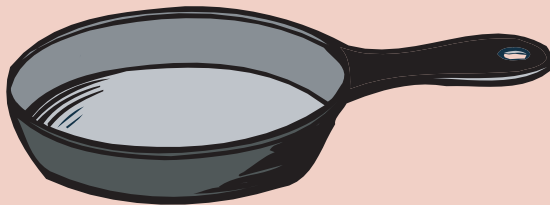
Wooden spoon – Use a wooden spoon when you stir something hot instead of using a metal spoon.

Pastry blender – Use to cut margarine into flour or sugar.



Kitchen equipment, like pans, skillets, bowls, cups or utensils, comes in different sizes. Select the right size for your recipe! To do that, think of all the ingredients you will put together. Then have enough room for foaming, stirring or beating. Many manufacturers will tell you the dimensions of the pan or how many cups it can hold.

Also, use the right measuring equipment: plastic measuring cups for dry ingredients or plastic or glass measuring cups for liquids.

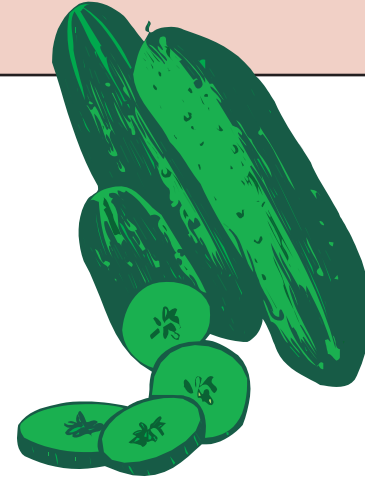


Pay attention to the instructions on the recipe.

Get out all utensils you need before you start cooking. If a recipe calls for a certain temperature, be sure to use that temperature. Set the oven before you begin to prepare the recipe. By the time you are ready to put the product into the oven, the oven will be that temperature.

Chicken and Pasta Salad

- 1 1/2 cups chopped peeled cucumber**
- 1 cup frozen green peas, thawed**
- 3/4 cup plain, fat-free yogurt**
- 1/3 cup chopped onion**
- 1/4 cup low-fat mayonnaise**
- 2 teaspoons mustard**
- 1/4 teaspoon salt**
- 1/4 teaspoon pepper**
- 4 cups chopped cooked chicken breast
(about 1 pound)**
- 1 cup cooked pasta (bow tie or any other
kind of short pasta)**



Combine the first eight ingredients in a medium bowl. Then add the chopped chicken breast and the cooked pasta and toss mixture well. Cover salad and chill 1 hour. Makes 6 servings (6 cups).

Each 1-cup serving has 188 calories, 4 grams fat, 22 grams protein, 15 grams carbohydrate, 1 gram fiber, 50 milligrams cholesterol, 2 milligrams iron, 296 milligrams sodium, 86 milligrams calcium.

Kitchen Clues: Make it Delicious and Nutritious



Nutritious food is important in good health. Most foods are eaten cooked, but some, like fruits and vegetables, are eaten raw, too. We cook food for three main reasons:

- 1) to make it easier to digest,**
- 2) to destroy harmful bacteria,**
- 3) to make it taste good.**

Know these terms, and you will be a better cook, and your family will have better meals.

Beat Combine two or more ingredients well. Use a spoon, fork, hand beater, wire whisk or mixer. The mixture is lifted over with each beat. Beating takes muscle or an electric mixer.

Blend Mix everything thoroughly, until smooth.

Chop Cut into small pieces with knife.

Combine Mix to combine or unite ingredients.

Cut In Cut solid fat into dry ingredients by chopping with two knives or pastry blender until fine.

Flour Dust food or greased pan with flour until well coated. Shake off extra flour.

Fold Combine gently, bringing rubber spatula or spoon down through mixture, across bottom, up and over top until blended.

Grease Rub a thin film of cooking fat or oil over surface of pan, griddle or cookie sheet.

Melt Heat until liquid.

Knead Work dough with your hands by folding back and pressing forward.

Saute Cook in a small amount of fat.



Sift Put through a flour sifter or fine sieve.

Soft Shortening

Butter, margarine or solid shortening left at room temperature so it can be measured and mixed easily.

Steam Cook in steam, with or without pressure.

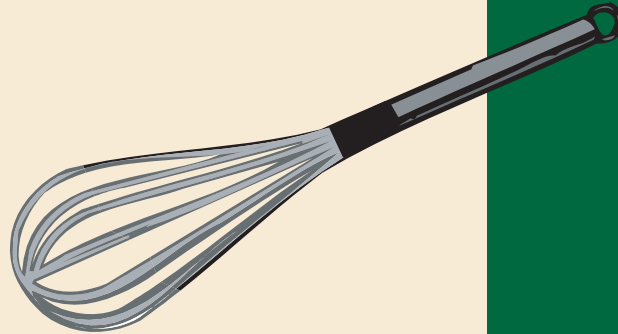
Stir Mix round and round with a spoon.

Stir-fry

Cook in a very small amount of fat (1 tablespoon) or broth; flip the food, using two spatulas, until crisp-tender.

Whip

Beat rapidly to get air into product. Use a wire whip, rotary eggbeater or electric mixer.



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The LSU AgCenter provides equal opportunities in programs and employment.

