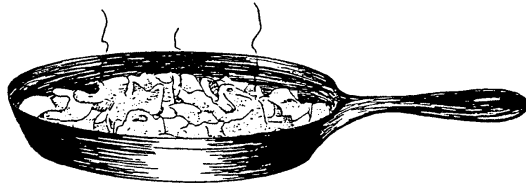


ABC's of Cooking



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PLAN YOUR MEALS FOR EACH DAY USING MYPYRAMID

MyPyramid Recommended Amounts for a 2,000 Calorie Diet:

Milk Group	3 cups
Meat & Beans Group	5 1/2 ounces
Fruits Group	2 cups
Vegetables Group	2 1/2 cups
Grains Group	6 ounces

Planning your meals for each day saves trips to the grocery store, saves money by avoiding impulse spending and reduces the stress over "what to cook for dinner". And you can plan healthier meals if you follow MyPyramid recommendations.

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PLAN A MENU

Food Group	Breakfast	Lunch	Dinner	Snack	Serving Size
Meat & Beans					
Milk					
Fruits					
Vegetables					
Grains					

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Fruits					
Vegetables					
Grains					

KITCHEN SAFETY

1. Keep sharp objects out of the reach of children.
2. Turn the handles of pots and pans on the stove inward so children cannot reach them.
3. Be careful not to leave hot food where children can reach it.
4. Keep the temperature of your hot water below 120 degrees by turning down the temperature of your hot water heater.
5. Store snack foods away from the stove so children won't get burned while reaching for it.
6. Keep young children away from the oven if the door gets hot during baking.
7. Keep young children in a safe place (high chair, playpen, etc.) while cooking to keep them away from kitchen hazards.
8. Avoid using a tablecloth. Young children may try pulling on the tablecloth and objects on top could fall down on the child.
9. Don't allow appliance cords to dangle or hang over counter tops or table edges to keep children safe from appliances falling on them.
10. Cover electrical outlets with plastic plug-in protectors.
11. Older children tall enough to operate a microwave, toaster or oven still need adult supervision.
12. Kitchens should have a fire extinguisher that is for kitchen fires. A smoke alarm should be near the kitchen and share a fire escape plan with your family.

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13. It's especially important to keep your stove surfaces free of clutter and built-up grease.
14. Use oven mitts and potholders when handling hot pots and pans to avoid burning yourself.
15. Wear clothes with tight-fitting or rolled-up sleeves when cooking.
16. If a pan of food catches fire, using a potholder, carefully slide a lid over it and turn off the burner. Leave the lid in place.
17. Never use your oven as a heating unit!
18. Wipe up spills and spatters as soon as they happen.
19. Be careful of hot burners on stoves. Electric burners stay hot long after the burner has been turned off.
20. Cooking produces steam that can burn skin when removing the lid.
21. Frying food causes hot fat to spatter and can burn the skin and eyes if the pan is not properly covered using a spatter lid.
22. Some microwave ovens are dangerous to turn on when empty.
23. Use only microwave-safe cookware when using the microwave oven.
24. Food coming out of a microwave can be very hot even if it does not look hot.
25. Keep the toaster away from curtains, paper towels, or anything that could catch on fire.
26. Always unplug a toaster before trying to remove stuck food to avoid electrical shock.
27. Never leave your cooking unattended – not even for a minute!

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BASIC COOKING, CUTTING AND MIXING TERMS

Cooking Terms

Boil - to cook in liquid until bubbles of air rise quickly to the top of the liquid

Simmer - to cook in liquid so bubbles form slowly

Sauté - to cook quickly in a small amount of fat

Broil - to cook directly over or under heat

Roast - to bake in the oven; usually refers to meat cooking

Cutting Terms

Chop - to cut into small pieces

Dice - to cut into very small pieces, 1/4 to 1/2 inch in size

Cut in - to work fat into dry ingredients with a pastry blender or two knives

Grate - to rub foods against a grater to cut into small pieces or shreds

Pare or Peel - to cut off the outside covering, usually fruits or vegetables

Mixing Terms

Cream - to stir or mix one or more foods until soft and creamy

Fold - to turn over and over gently by sliding tool across bottom of mixing bowl

Stir - to mix in a circular motion usually with a spoon

Whip - to beat quickly to add air; usually done with some kind of mixer or beater

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BASIC FOOD TO KEEP ON HAND

Examples of canned foods:

- ◆ tomatoes
- ◆ fruits
- ◆ tomato sauces
- ◆ beans
- ◆ canned fish or meats
- ◆ vegetables (corn)

Examples of freezer foods:

- ❖ meats (ground beef, etc.)
- ❖ breads
- ❖ vegetables

Examples of cupboard foods:

- rice
- pasta
- noodles
- dry beans
- potatoes
- seasonings (garlic, herbs, etc.)
- onions

Examples of refrigerator

Foods:

- eggs
- basic fresh vegetables (carrots)
- milk
- margarine
- low fat salad dressing
- cheeses
- condiments (ketchup, mustard, mayonnaise, etc.)

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CREATE YOUR OWN CASSEROLE FROM WHAT'S ON HAND

Rice, Noodles, or Macaroni (cook one of these)

Rice: 2 cups water
1/2 teaspoon salt
1 cup rice

*Make half
your grains
whole grain.*

Heat water and salt until boiling. Stir in rice. Cover and cook over low heat 25 minutes.

Noodles or Macaroni:

3 cups water
1/2 teaspoon salt
1 teaspoon margarine
1 cup noodles or macaroni

Heat water with salt and margarine until boiling. Stir in noodles or macaroni. Cook 2 minutes and stir. Remove from heat and cover. After 15 minutes drain.

Vegetables (pick one of these)

Green beans
Lima beans
Peas
Corn
Carrots
Broccoli

You will need this much:

1 can (16 oz.) drained or
1 box (10 1/2 oz.) frozen, cooked

Meat or Fish

Choose one of these:

1 can of tuna (7 1/2 oz.) drained
1 cup cooked or canned meat (remove fat)
1 pound ground beef, cooked, drained

(continued next page)

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Seasoning:

Use 1/2 teaspoon salt and one or more of these:

1/4 cup chopped onion, celery or green pepper cooked in vegetable oil. Pepper to taste.

Crunch:

Sprinkle one of these on top:

Cracker crumbs, toast crumbs, or unsweetened dry cereal

Sauce:

Mix 1/4 cup milk with one of these:

1 can soup—tomato, mushroom, celery, or cream of chicken

To Bake in Oven:

Add seasoning and sauce to meat. Lightly oil baking dish. Make layers, start with rice, noodles, or macaroni; then vegetables, then meat. Top with crumbs or cereal. Bake at 350 degrees until bubbly (about 20 minutes).

To Cook on Top of Stove:

Heat and stir everything except crumbs or cereal. Add more milk if it gets dry. Pour in serving dish and top with crumbs or cereal.

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SKILLET MEALS

Grains

1 cup uncooked

Macaroni *Make half*
Spaghetti *your grains*
Noodles *whole grain.*
Rice (white or brown)
Bulgar

Soup & Milk

1 can (10 3/4 oz.) soup plus
1 1/2 cans milk or water

Cream of potato
Cream of chicken

Cream of celery
Cream of mushroom
Tomato soup
Onion soup

1/2 to 1 cup cheese can be
stirred in at the end of
cooking time.

Meat & Beans

1 pound or 1 1/2 cups
“cooked”

Chopped beef
Chopped pork or ham
Chopped chicken or turkey
Ground beef
Tuna
Salmon
Mackerel
Beans
Frankfurters
Eggs

Vegetables

1 1/2 to 2 cups canned,
cooked, or raw

Carrots
Peas
Corn
Green Beans
Lima Beans
Broccoli
Spinach
Mixed Vegetables
Celery
Green Pepper

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Broccoli
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Mixed Vegetables
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Green Pepper

(continued from previous page)

1. Choose one food from each of the four food groups listed at the left. Stir together in a skillet.
2. Season to taste with salt, pepper, soy sauce, onion flakes, or garlic powder.
3. Bring to a boil.
4. Reduce heat to lowest setting. Cover pan and simmer 30 minutes until pasta or rice is tender. Stir occasionally to prevent rice and pasta from sticking.
5. Makes 4 to 6 servings.

To bake in oven.

1. Mix all ingredients in a greased casserole dish and cover tightly.
2. Bake at 350 degrees F. for about one hour.
3. Add extra water, if necessary.

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EGGS ARE AN "EGG" CITING FOOD

How To Cook Eggs

HARD COOKED - Put **unbroken** eggs in a single layer in pan. Cover eggs with **cold** water (this helps prevent cracking) so water is at least one-inch above eggs. Heat to boiling. Turn heat off and, if necessary, remove from burner to prevent further boiling. Cover pan and let eggs sit in hot water for 20 minutes. Quickly run cold water over cooked eggs until cool. Store eggs in refrigerator and use within a week.

POACHED – In a saucepan or deep skillet bring 3 inches of water to a boil. Reduce heat to keep water gently simmering. Break eggs into a dish or cup. Gently slip eggs into the water. Cook about 5 minutes until yolks are firm. Remove eggs with a slotted spoon and drain.

FRIED - Melt 1/2 to 1 Tablespoon fat in frying pan or skillet over medium-high heat. Break eggs one at a time and slip them into pan. Reduce heat to low. Cook about 4 minutes in covered pan or 2 to 3 minutes on each side until yolks are firm.

SCRAMBLED - Break eggs into a bowl and add milk (for every 2 eggs add 2 tablespoons milk). Beat eggs and milk together. Put 1 teaspoon of margarine or cooking oil (or use cooking spray) into skillet or frying pan and heat on medium heat until hot. Add egg mixture and cook. Stir occasionally over low heat. Cook until firm throughout.

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Bean Soup

Makes 7 (1 cup servings)

- 1 1/2 cups "cooked" dry beans or 1 can (15 ounces) chili beans in chili sauce
- 1 can (14-16 ounces) stewed tomatoes
- 1 can (15 ounces) whole kernel corn, not drained
- 1 cup water
- 1 to 1 1/2 teaspoons chili powder
- 1/4 teaspoon oregano
- 1/2 pound ground beef or turkey, cooked and drained

Stovetop cooking:

1. Combine beans, tomatoes, corn, water, spices and cooked ground beef in saucepan.
2. Bring to boil, stirring constantly. Serve hot. Refrigerate leftovers.

Microwave cooking:

1. Combine beans, tomatoes, corn, water, spices and cooked ground meat in microwaveable dish. Cover. Microwave on HIGH 10 minutes.
2. Serve hot. Refrigerate leftovers.

NUTRITION FACTS (per serving, using beef) - Calories 176 ~ fat 4 g ~ calories from fat 39 ~ sodium 525 mg ~ total carbohydrate 21 g ~ fiber 4 g

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Makes 7 (1 cup servings)

- 1 1/2 cups "cooked" dry beans or 1 can (15 ounces) chili beans in chili sauce
- 1 can (14-16 ounces) stewed tomatoes
- 1 can (15 ounces) whole kernel corn, not drained
- 1 cup water
- 1 to 1 1/2 teaspoons chili powder
- 1/4 teaspoon oregano
- 1/2 pound ground beef or turkey, cooked and drained

Stovetop cooking:

1. Combine beans, tomatoes, corn, water, spices and cooked ground beef in saucepan.
2. Bring to boil, stirring constantly. Serve hot. Refrigerate leftovers.

Microwave cooking:

1. Combine beans, tomatoes, corn, water, spices and cooked ground meat in microwaveable dish. Cover. Microwave on HIGH 10 minutes.
2. Serve hot. Refrigerate leftovers.

NUTRITION FACTS (per serving, using beef) - Calories 176 ~ fat 4 g ~ calories from fat 39 ~ sodium 525 mg ~ total carbohydrate 21 g ~ fiber 4 g

Bean Soup

Makes 7 (1 cup servings)

- 1 1/2 cups "cooked" dry beans or 1 can (15 ounces) chili beans in chili sauce
- 1 can (14-16 ounces) stewed tomatoes
- 1 can (15 ounces) whole kernel corn, not drained
- 1 cup water
- 1 to 1 1/2 teaspoons chili powder
- 1/4 teaspoon oregano
- 1/2 pound ground beef or turkey, cooked and drained

Stovetop cooking:

1. Combine beans, tomatoes, corn, water, spices and cooked ground meat in saucepan.
2. Bring to boil, stirring constantly. Serve hot. Refrigerate leftovers.

Microwave cooking:

1. Combine beans, tomatoes, corn, water, spices and cooked ground beef in microwaveable dish. Cover. Microwave on HIGH 10 minutes.
2. Serve hot. Refrigerate leftovers.

NUTRITION FACTS (per serving, using beef) - Calories 176 ~ fat 4 g ~ calories from fat 39 ~ sodium 525 mg ~ total carbohydrate 21 g ~ fiber 4 g

Southwest Scrambled Eggs

Makes 10 tortillas with 3/4 cup filling

1 teaspoon vegetable oil
1 can (14 1/2 ounces) diced tomato blend with vegetables (may include celery, onions, garlic or bell peppers)*
10 large eggs
1 1/2 cups diced ham
Pepper to taste
10 small (6 inch) soft corn tortillas
Shredded cheese, optional

1. In a large skillet heat oil over medium heat, slowly add can of tomato with vegetables. Reduce heat to low.
2. In a bowl, beat eggs well.
3. Add egg mixture and ham to vegetables in skillet. Cook over low heat until almost set. Stir occasionally.
4. Cook until eggs are fully set.
5. Tortilla shell may be heated in microwave or skillet. Follow package directions.
6. Place 3/4 cup filling in tortilla shell. May sprinkle shredded cheese on top.

*May use favorite canned tomato blend OR small tomato, 1 tablespoon onion and 1 tablespoon green pepper, all finely chopped and 1 tablespoon salsa.

NUTRITION FACTS (per serving) Calories 224 ~ fat 13 g ~ calories from fat 117~ sodium 571 mg ~ total carbohydrate 21 g ~ fiber 1 g

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Western Casserole

Makes 6 (1 cup) servings

1 pound lean ground beef or ground turkey
2 cups uncooked pasta
1 can (14 1/2 ounces) stewed tomatoes
1 1/2 cups water
1 can (15 1/4 ounces) whole kernel corn
1/2 cup barbecue sauce
Salt and pepper to taste

1. In large skillet, cook meat over medium heat 5 minutes or until well browned. Drain.
2. Stir in pasta, tomatoes, water, corn, and barbecue sauce; bring to a boil.
3. Reduce heat to low; cover and simmer 15 to 20 minutes or until pasta is tender, stirring occasionally. Season with salt and pepper.

NUTRITION FACTS (per serving) - Calories 311 ~ fat 4 g ~ calories from fat 40 ~ sodium 536 mg ~ total carbohydrate 44 g ~ fiber 3 g.

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Quesadillas

Makes 8 servings (1 tortilla) each

1 pound cooked ground meat (may use a 9 3/4-ounce can cooked chicken)
8 (8 inch) soft corn tortillas
2 cups shredded cheese
1 cup salsa or picante sauce

1. In large skillet, brown meat; drain. Remove from heat.
2. Spray a clean, nonstick skillet with cooking spray and heat.
3. Warm tortillas on heated skillet.
4. Sprinkle 1/4 cup cheese, 2 tablespoons salsa and 1/8th of the hot meat evenly on the open-faced tortillas.
5. Warm tortilla on skillet (10-15 seconds) or in microwave (approximately 10 seconds—time depends on microwave) until cheese melts.
6. Fold tortilla in half and serve.

NUTRITION FACTS (per serving) - Calories 282 ~ fat 13 g ~ calories from fat 119 ~ sodium 351 mg ~ total carbohydrate 19 g ~ fiber 2 g.

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Quick Chili

Makes 4 servings (3/4 cup) each

1/2 pound lean ground beef
1 1/2 cups "cooked" dry beans or 1 can (15 ounces) kidney beans, drained, rinsed
1/3 cup water
1 cup canned tomato puree
1 tablespoon instant minced onion
1 1/2 tablespoons chili powder

1. Cook beef in hot skillet until lightly browned. Drain off fat.
2. Stir in remaining ingredients. Bring to a boil.
3. Reduce heat, cover, and simmer 10 minutes.

NUTRITION FACTS (per serving): Calories 213 ~ fat 4 g ~ calories from fat 32 ~ sodium 297 mg ~ total carbohydrate 25 g ~ fiber 8 g.

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Stovetop Tamale Pie

Makes 6 servings (1 cup) each

Quick chili (see recipe on previous page)

or 1 can of chili with beans and 1 can (14 1/2 ounce) diced tomatoes

1 can (8 ounces) whole-kernel corn, not drained

1 box (8 1/2 ounces) corn muffin mix

1/2 cup milk

1/8 teaspoon chili powder

1. Place chili in a 10-inch skillet.
2. Stir in corn. Heat thoroughly.
3. In a medium bowl combine corn muffin mix with milk.
4. Spread corn muffin mix over hot chili to form a thin crust or drop by teaspoon on top of chili mixture. Sprinkle with chili powder.
5. Cover and cook over low heat, with lid slightly ajar, until topping is set, about 10 minutes.

NUTRITION FACTS (per serving): Calories 330 ~ fat 6 g ~ calories from fat 56 ~ sodium 675 mg ~ total carbohydrate 51 g ~ fiber 7 g.

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Easy Skillet Chicken & Stuffing

Makes 4 (1 breast & 3/4 cup dressing) servings

4 tablespoons butter or margarine, divided
4 small boneless, skinless chicken breast halves (about 1 pound)
1 package (6 ounces) stuffing mix for chicken
1 can (15 ounces) mixed vegetables
1 2/3 cups water

1. Melt 2 tablespoons of the butter in large nonstick skillet on medium-high heat.
2. Add chicken, cover. Cook 4 minutes on each side or until cooked through. Chicken is done when juices run clear and chicken reaches 165 degrees F. Remove from skillet.
3. Add contents of vegetable/seasoning packet (from the stuffing mix), vegetables, water and remaining 2 tablespoons butter, bring to boil.
4. Reduce heat to low, cover and simmer 5 minutes.
5. Stir in stuffing crumbs just to moisten.
6. Top with chicken, cover. Cook on low heat 5 minutes.

NUTRITION FACTS (per serving) - Calories 490 ~ fat 14 g ~ calories from fat 128 ~ sodium 692 mg ~ total carbohydrate 53 g ~ fiber 8 g.

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Texas Hash

Makes 5 (3/4 cup) servings

1 pound ground meat (beef, pork or turkey)
1 can (14 1/2 ounces) diced tomato blend with vegetables (peppers, onions and celery)*
2 cups water
1 cup uncooked rice (white or brown)
1 to 2 tablespoons chili powder
1/2 teaspoon pepper

1. In a large skillet brown meat, stirring to crumble meat. Drain off and discard fat.
2. To the meat add can of tomatoes with vegetable, water, rice, chili powder and pepper.
3. Cover and cook over low heat until rice is tender, about 20 minutes.

*May use 1 cup chopped onion, 1 chopped green pepper and 2 cups chopped tomatoes for canned tomato blend.

NUTRITION FACTS (per serving) – Calories 255 ~ fat 4 g ~ calories from fat 35 ~ sodium 219 mg ~ total carbohydrate 35 g ~ fiber 1 g.

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Meat Loaf

Makes 6 servings

1 small onion, chopped
1 lb. ground beef
1/2 cup skim milk or prepared nonfat dry milk
1 egg
1/2 tsp. garlic powder
1 tsp. salt
3/4 cup rolled oats
1/2 cup cheese, shredded

1. In a bowl, mix all ingredients well.
2. Shape into a loaf and place in baking pan.
3. Bake at 325°F for about 1 hour, until internal temperature of 160°F is reached.

NUTRITION FACTS (per serving) - Calories 250 ~ fat 14 g ~ calories from fat 130 ~ sodium 500 mg ~ total carbohydrate 9 g ~ fiber 1 g

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Quick Vegetable Soup

Makes 6 (1 1/2 cup) servings

2 cans (14 1/2 ounces each) vegetable broth
1/2 teaspoon dried basil leaves, crushed
1/4 teaspoon garlic powder
1 can (about 14 1/2 ounces) whole peeled tomatoes, cut up
1 can (15 ounces) mixed vegetables, with liquid
1 cup uncooked macaroni or 1/2 cup whole-wheat macaroni + 1/2 cup regular macaroni

1. In medium saucepan mix broth, basil, garlic powder, tomatoes and vegetables. Over medium-high heat, heat to a boil.
2. Stir in macaroni. Reduce heat to medium.
3. Cook 15 minutes or until macaroni is done, stirring occasionally.

NUTRITION FACTS (per serving) - Calories 122 ~ fat 1/2 g ~ calories from fat 3 ~ sodium 257 mg ~ total carbohydrate 24 g ~ fiber 4 g.

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Magical Fruit Salad

Makes 8 (3/4 cup) servings

- 1 can (20 ounces) pineapple chunks in juice
- 1 can (15 ounces) fruit cocktail
- 2 bananas
- 1 3/4 cups milk
- 1 small package (3 1/2 ounces) instant vanilla or lemon pudding mix

1. Drain cans of pineapple and fruit cocktail, using sieve over bowl, and save the juice to drink later.
2. Place fruit in medium sized bowl.
3. Rinse the bananas with cold water, peel and cut into bite-size pieces, add to pineapple and fruit cocktail. Stir carefully.
4. Pour the milk over the fruit.
5. Slowly stir the fruit mixture and sprinkle in the pudding mix. Be sure all ingredients are mixed.
6. Let the mixture stand for 5 minutes before serving.

NUTRITION FACTS (per serving, using 2% milk) – Calories 170 ~ fat 1g ~ calories from fat 12 ~ sodium 209 mg ~ total carbohydrate 39 g.

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Fruit Salad

Makes 6 (1 cup) servings

2 apples, cored and cubed
2 bananas, cut into chunks
1 can (8 ounces) fruit chunks, drained (peaches, or pineapple)
1/2 cup raisins
1 container (8 ounces) low fat fruit flavored yogurt

1. Combine fruit in a medium bowl.
2. Mix gently.
3. Gently stir in yogurt.

NUTRITION FACTS (per serving) – Calories 150 – fat .5 g ~calories from fat 5 ~ sodium 30 mg ~ total carbohydrates 36 ~ fiber 4 g.

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