

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

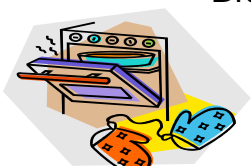


Ideas For Eating Better For Less

Cooking Foods

Words found in recipes to describe different ways to cook foods:

BRAISE - to brown meat in a small amount of fat, then cook slowly in a covered skillet or pot with a small amount of liquid. Braising tenderizes tough cuts of meat.



BROIL - to cook food directly under heat source

ROAST - to bake food in the oven without a lid



SAUTÉ - to cook food quickly in a small amount of fat in a skillet

SIMMER - to cook food in liquid so the food does not boil but bubbles do form slowly and come to the surface.



STEAM - to cook food over steam in a covered pot, pan or dish.

Beef Pot Roast Serves 8.

1 tablespoon vegetable oil
2-1/2 pounds boneless beef chuck roast
2 cups low-sodium beef broth

1/2 cup chopped onion
1/8 teaspoon black pepper

Braise meat:

1. Heat oil in a pan. Add beef and brown on both sides.
2. Add broth, onion and black pepper.
3. Cover and simmer about 2 hours or until meat is tender.

Nutrition Facts (per serving): Calories 180 ~ fat 6 g ~ calories from fat 60 ~ sodium 105 mg ~ total carbohydrate 2 g ~ fiber 0 g

Vegetable Medley Serves 5.

2 tablespoons vegetable oil 2 cups chopped tomatoes, fresh or canned, drained
1 medium onion, chopped 2 cups corn, frozen or canned, drained
1 sweet or seeded hot pepper 3/4 cup shredded cheese

1. Heat oil in a skillet on medium-high heat. Sauté onion in oil until soft.
2. Chop pepper. Add pepper and tomato. Cook uncovered, over medium heat, about 15 minutes.
3. Add corn. Cover and cook 10 minutes over low heat until heated through.
4. Top with cheese and serve.

Nutrition Facts (per serving w/frozen corn): Calories 180 ~ fat 11 g ~ calories from fat 100 ~ sodium 110 mg ~ total carbohydrate 15 g ~ fiber 3 g

Quick Cooking Tips

Want to cook a quick and healthful meal?

- Choose recipes with few ingredients.
- Use dried onion flakes, celery and parsley for soups and casseroles.
- Gather pots and pans, utensils and all ingredients before starting to prepare the meal.
- It is easier to slice and cube meat for cooking when meat is slightly frozen.
- Start with the steps that take the longest; boiling water for pasta, browning meats.
- Organize your steps for meal preparation. While water is boiling for pasta, thaw frozen vegetables or meat in the microwave oven.



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