

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

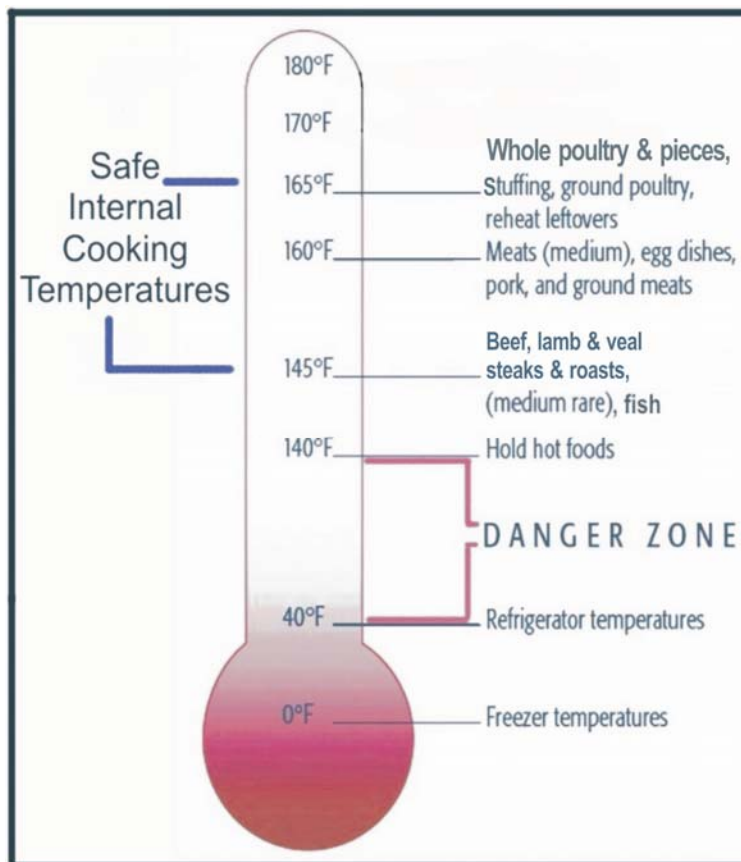
College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

"Play It Safe" with Cooking Temperatures

- Cook foods to recommended **Safe Internal Cooking Temperatures** to keep your family safe from harmful food bacteria.
- You cannot tell if food is done by looking at its color. The only way to know for sure is to use a food thermometer.
- Reheat foods to an internal temperature of 165⁰ F or until hot and steaming.



Corn Pudding Serves 8

4 cups cream-style corn
4 eggs, beaten
1 cup nonfat milk

3 Tbsp. margarine (cut into small pieces)
1/4 cup chopped vegetables (onion,
green pepper), optional



1. Preheat oven to 350 degrees.
2. In a large bowl mix corn, eggs, and milk. Add chopped vegetables if desired.
3. Pour 1/3 of corn mixture into greased pan. Dot top of corn mixture with 1 Tbsp. of margarine. Pour another 1/3 of corn mixture on top and dot the top with 1 Tbsp. margarine. Pour last 1/3 on top and use the last 1 Tbsp. of margarine.
4. Bake in oven approximately 30 minutes, until food thermometer reads 160⁰ F, or knife comes out clean when inserted.

NUTRITION FACTS (without vegetables per serving) - Calories 200 ~ fat 8 g ~ calories from fat 80 ~ sodium 530 mg ~ total carbohydrate 24 g ~ fiber 1 g

Spanish Rice Serves 6

1 can (15 oz.) tomatoes
1 small onion, chopped
1 Tbsp. cooking oil
1 can (14.5 oz) chicken broth
2 tsp. chili powder

1/2 tsp. garlic powder
1 Tbsp. sugar (optional)
2 cups **instant rice*** or 1 1/4 cups **uncooked, regular grain rice****

1. Pour tomatoes with juice into a bowl and break up tomatoes with a fork or potato masher.
2. Cook onions in oil in a large saucepan until tender.
3. Add mashed tomatoes with juice, broth, chili powder, garlic powder, and sugar to onions. Bring to a boil.
4. Add **instant*** rice. Reduce heat to low, cover and cook about 5 minutes or until rice is tender.

****Regular grain rice** – Combine regular rice with ingredients in Step 3. Bring rice mixture to a boil. Cover and simmer for about 25 minutes or until rice is tender.

NUTRITION FACTS (regular grain rice per serving) - Calories 180 ~ fat 3 g ~ calories from fat 25 ~ sodium 440 mg ~ total carbohydrate 38 g ~ fiber 1 g

Cooking Rice

1. American-grown rice is a clean product and does not need to be rinsed before or after cooking. Rice grown in other countries should be rinsed before using.
2. There are different types of rice:
 - Regular-milled rice
 - long grain – cooks dry and fluffy
 - medium grain – cooks moist and tender
 - short grain – cooks soft and sticky
 - Whole-grain rice – good source of fiber
 - Parboiled (converted) rice – cooks dry and fluffy
 - Precooked (instant) rice – cooks fast
3. Cooking directions vary for each type of rice so it is important to follow package directions. Regular-milled rice will triple in volume when cooked.
4. When reheating rice on the stove or in the microwave, add 2 tablespoons of liquid for each cup of rice. Cover while reheating.

