

# WELLNESS WAYS

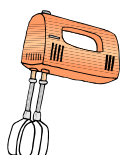


*Ideas For Eating Better For Less . . . .*

## Mixing Foods

Words describing how to mix foods:

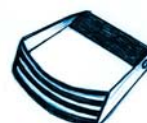
**Cream** – to beat



margarine/butter/shortening with or without sugar until light and fluffy

**Cut in** - to work margarine/butter/shortening

into dry ingredients with a ***pastry blender***



or a fork



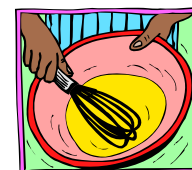
**Fold** - to turn over and over by sliding spoon across bottom of mixing bowl at each turn

**Knead** - to mix using a pressing motion and folding and stretching the dough



**Stir** - to mix in a circular motion

**Whip** - to stir rapidly adding air to make light and fluffy



**Strawberry Dip** Makes 15 servings

3 ounces low-fat cream cheese, softened

2 tablespoons sugar

8 ounces vanilla yogurt

1/4 cup crushed fresh strawberries

1. Cream together cream cheese and sugar.
2. Stir in yogurt then fold in strawberries.
3. Refrigerate until serving time. Serve with assortment of fresh sliced fruit.

Nutrition Facts (per serving): Calories 35 ~ fat 1 g ~ calories from fat 10 ~ sodium 25 mg ~ total carbohydrate 4 g ~ fiber 0 g

## **Corn Salad** Serves 6

2 (15 ounce) cans of corn, drained

1/2 cup chopped green peppers

1/4 cup diced onions

1 cup chopped tomatoes

### **DRESSING:**

1/4 cup low-fat sour cream or nonfat yogurt

2 Tbsp. low-fat mayonnaise/salad dressing

1 Tbsp. vinegar

1/4 tsp. dry mustard

1/4 tsp. celery seed

1. In a large mixing bowl combine corn, green peppers onions and tomatoes.
2. In a small bowl combine sour cream/nonfat yogurt, mayonnaise/salad dressing vinegar, mustard and celery seed. Stir briskly with a fork or whisk.
3. Add dressing to corn mixture and fold gently.

NUTRITION FACTS (per serving) - Calories 150 ~ fat 3 g ~ calories from fat 30 ~ sodium 350 mg  
~ total carbohydrate 30 g ~ fiber 4 g

## **Cooking Tips**

### **Boiling Water**

Water will boil faster if you cover the pot and add salt after the water begins to boil.



### **Tastes Too Salty**

For soups, stews and casseroles that taste too salty add sugar and vinegar, one teaspoon at a time, until desired flavor is achieved. The other option, which works best, is to add more of all the ingredients to your dish, except salt.

### **Cook 2 Meals Once**

You can make two meals if you double the ingredients when making meatloaf, casseroles, or stews. Freeze one or serve the second meal a few days later.

### **Cooking Vegetables**

Cut vegetables into smaller pieces before boiling or steaming to reduce cooking time.