

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Start Cooking With A Clean Kitchen

- Wash hands before handling food.
- Clean surfaces where food is prepared.
- Make sure cooking equipment is clean.
- Rinse fresh fruit and vegetables before using them.
- Clean tops of cans, bottles or food boxes before opening.



Baked Potatoes

- Choose potatoes similar in size.
- Scrub potatoes with a vegetable brush and cut away bad spots.
- Prick potato with a fork so steam can escape during cooking.
- Place potatoes on a baking sheet.



Oven Directions:

1. Heat oven to 350 - 400°F.
2. Bake about 1 hour at 350°F **or** 45 minutes at 400°F. (See microwave directions.)
3. Cut potatoes open. Top with vegetables, salsa, reduced-fat cheese, fat free sour cream or ranch salad dressing.

Microwave Directions:

1. Place potatoes in center of microwave.
2. Microwave on High for approximately 3 minutes per potato (example: microwave 3 potatoes for about 9 minutes). Microwave ovens vary in power so cooking times may be different.

NUTRITION FACTS (per 1 plain baked potato) - Calories 160 ~ fat 0 g ~ calories from fat 0 ~ sodium 15 mg ~ total carbohydrate 37 g ~ fiber 4 g

Macaroni and Cheese Serves 6.

8 ounces (2 cups) uncooked
elbow macaroni

1/4 cup soft margarine

1/4 cup all-purpose flour

2 cups skim milk or prepared nonfat dry milk

8 ounces (2 cups) reduced fat cheese, grated

1. Cook macaroni according to package directions.
2. While macaroni is cooking, melt margarine in a medium saucepan; remove from heat.
3. Stir in flour until smooth. Gradually add milk.
4. Bring to a boil while constantly stirring. Reduce heat and simmer mixture one minute. Remove from heat.
5. Stir in cheese and macaroni. Let set 5 minutes to melt cheese. Stir before serving.
6. Create a one-dish meal by adding vegetable(s) and meat to your macaroni & cheese.

NUTRITION FACTS (per serving) - Calories 310 ~ fat 11 g ~ calories from fat 100 ~ sodium 350 mg ~ total carbohydrate 36 g ~ fiber 1 g

Tips for Cooking Pasta (Noodles)



- Pasta comes in many different shapes (spaghetti, elbow, linguine, rotini, penne, lasagna, etc.) and flavors (whole wheat and vegetable). Follow cooking directions on the pasta package.
- Cook pasta in a large pot with at least 4 quarts (16 cups) of water per pound (16 ounces) of pasta.
- Add salt to water after it comes to a boil and before adding pasta.
- Taste pasta for doneness or press pasta against side of pan with fork or spoon. Pasta should be soft on the outside and firm on the inside.
- Drain pasta immediately after it is done cooking. Top with sauce while still hot. Toss with a very small amount of vegetable oil if you are holding pasta for any length of time. Do not rinse pasta unless it is to be used for a salad.



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FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
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