

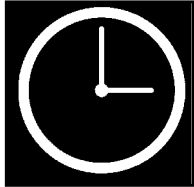
Recipes



CHOICES
*Steps Toward
Health*

We hope you enjoy these tested recipes! They have been carefully chosen to include the healthy principles we are teaching, and are delicious! Each recipe is marked with symbols to guide you.

When they are **highlighted**, (**bold**) here is what they mean:



**Quick to
make**



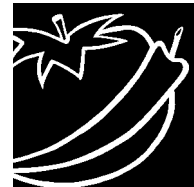
**Low- or
reduced-fat
recipe**



**Contains a
whole grain**



**Handle
carefully for
food safety!**



**Provides at
least one
serving of a
fruit or
vegetable**

Healthier Substitutes for Meals and Recipes



CHOICES
Steps Toward
Health

HIGH-FAT ITEM	HEALTHIER SUBSTITUTE
Shortening or cooking oil, for baking	Applesauce, prune puree
Cooking oil, for frying	Non-stick cooking spray; non-stick pan
Regular mayonnaise or sour cream	Low-fat or fat-free mayonnaise or mayonnaise-type dressing, fat-free plain yogurt, blended low-fat cottage cheese, non-fat sour cream
Butter or margarine on bread	Jam or honey <i>(Avoid giving honey to children under 12 months of age.)</i>
Butter or margarine for flavoring vegetables or pasta	Fresh lemon juice, herbs and spices, vinegar, fat-free dressing
Bacon, back-fat, or other fatty meats (for flavoring vegetables such as green beans or leafy greens)	Smoked turkey, bouillon, seasonings and herbs, onions
Fried or fatty meats	Lean trimmed meats, poultry or fish (baked, broiled, or roasted), dry beans and peas
Whipped cream	Fat-free or low-fat whipped toppings, vanilla or lemon non-fat yogurt (great on fruit!)
Regular salad dressings	Low-fat and non-fat salad dressings, salsa, vinegar, lemon juice
Chip and vegetable dips	Low-fat or fat-free dips or dressings, salsa
Whole or reduced-fat (2%) milk	Fat-free (skim) or low-fat (1%) milk, non-fat dry milk
Regular cheese	Low-fat or fat-free cheese such as part-skim mozzarella



United States Department of Agriculture Cooperating. UMass Extension provides equal opportunity in programs and employment. Part of **Choices: Steps Toward Health** by UMass Extension Nutrition Education Program.

Cooking Terms



CHOICES
Steps Toward
Health

Bake – Cook food either covered or uncovered in an oven. Most often used for making cookies, casseroles and breads.

Beat – Whip ingredients until smooth, using a fork, spoon, beater or other utensil.

Blend – Mix two or more ingredients together to form an even mixture.

Boil – Heat a liquid (often containing food) until a steady stream of bubbles rises and breaks the surface.

Broil – Cook foods in the oven on a rack or broiler pan, using high heat coming from the top heating element.

Brown – Cook food in a skillet, broiler or oven to turn the outside a brown color, seal in natural juices, and add flavor.

Chill – Cool food to below room temperature by using a refrigerator, freezer or putting the food on ice.

Chop – Cut food into smaller pieces using a knife, cleaver or other cutting utensil.

Crisp-tender – Cook vegetables briefly so they are tender but still slightly crunchy.

Garnish – Use small pieces of fruit, vegetables or herbs to decorate a dish.

Grate – Move food across a grating surface to create very small pieces. Most often used for cheese, spices and vegetables.

Grease – Add a thin layer of fat, oil or cooking spray to the surface of a baking pan or skillet. (Grease can also mean the fat coming from meat or poultry while it is cooking.)



Cooking Terms



CHOICES
Steps Toward
Health

Juice – The liquid naturally found in fruits, vegetables and meats.

Mash – Beat food until smooth and free of lumps. Often a fork, potato masher or an electric mixer is used.

Measure – Determine the amount of a food, liquid, or ingredient, usually using measuring spoons or cups.

Melt – Change a food from solid to liquid or semi-liquid using low heat. Often used for chocolate, butter or margarine.

Mix – Using a spoon, beater or electric mixer, combine two or more foods until they are completely blended.

Moisten – Dampen dry ingredients or mixes using a small amount of liquid.

Preheat – Heat an oven or utensil to a certain temperature before using.

Roast – Cook food uncovered in an oven or over a fire. Used for meat, vegetables and poultry.

Sauté – Cook or brown a food quickly using a little hot oil or fat.

Shred – Cut food into thin strips using a knife or shredder. Often used for lettuce, cabbage and cheese.

Simmer – Heat a liquid (often containing food) until tiny bubbles form but do not break the surface (before the boiling point).

Skim – Take a thin layer of something (usually fat) off the surface of a liquid.

Slice – Cut a food into one or more thin, flat pieces.

Snip – Cut food into little pieces using scissors. Often used for herbs and dry fruit.



Cooking Terms



CHOICES
Steps Toward
Health

Steam – Use the steam or vapor of boiling water to cook food.

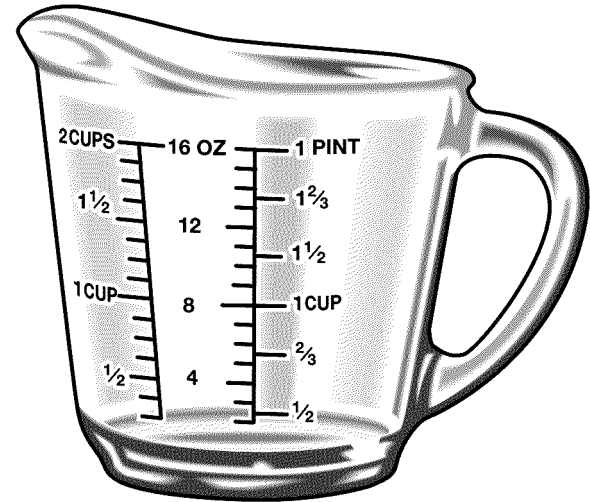
Stew – Cook food for a long time in water or other liquid so it becomes tender.

Stir – Use a spoon or other utensil to blend ingredients or keep them from sticking to the pan while cooking.

Stir-fry – Quickly cook and stir small bits of food in a little hot oil in a skillet or wok.

Toast – Brown food lightly, such as bread in the toaster, or nuts or seeds in the oven or on top of the stove.

Toss – Gently combine ingredients, as in a salad, by lifting up and dropping them using two utensils.



Source: Adapted from Better Homes and Gardens New Cook Book, Meredith Corporation, Des Moines, Iowa, 1996.



United States Department of Agriculture Cooperating. UMass Extension provides equal opportunity in programs and employment. Part of **Choices: Steps Toward Health** by UMass Extension Nutrition Education Program.