

COOKING TIPS FOR HEALTH



COOKING TIPS

- Scramble egg whites with evaporated milk, a few drops yellow food coloring, peppers, mushrooms, chives and small amounts of low fat shredded cheese for a tasty breakfast or brunch treat. You can also use egg substitute (such as Egg Beaters) in place of whole eggs--they have no fat and are low in sodium.
- To tenderize meats without using commercial tenderizers, pour one can of beer over beef or pork and set aside for 30 minutes.
- Season pot roast with, garlic, thyme or marjoram and eliminate the salt.
- Bake or broil fish with dill weed and a dash of lemon juice.
- Make your own "Italian sauce". Start with 2 cups fresh chopped tomatoes (or canned tomatoes without added salt), add 1 Tbsp. each chopped onion and green pepper, 1/4 tsp. each garlic powder, basil and oregano. Spoon over fish or chicken and bake.
- Make your own sausage by mixing 1-pound ground turkey breast, with 1/4 tsp. each ground savory, sage, thyme, pepper and marjoram. OPTION: add 1/4 tsp. of crushed red peppers for a spicier product.
- For a super marinade for beef or pork, mix 1/4 cup lemon or lime juice with 1/4 tsp. garlic powder and rosemary, and 1 tsp. onion flakes.
- When preparing pasta, eliminate salt from the cooking water. Precooked

and refrigerated pasta products are high in sodium. Most pasta or rice mixes with seasonings are high in sodium. Add more pasta, rice or vegetables to decrease sodium per serving.

- Add dill or rosemary to cooked green beans, lima beans or peas.
- Bake or broil tomatoes with oregano, thyme, or rosemary sprinkled on top.
- Try cooked winter squash or baked sweet potatoes with a sprinkle of pumpkin pie spice on top.

SPICES, SEASONINGS AND CONDIMENTS

- Use onion or garlic powder, flakes or minced products to replace salt, seasoned salt, garlic or onion salt.
- Use small quantities of reduced sodium condiments in recipes instead of the regular products such as: soy sauce, mustard, pickles or ketchup.
- Experiment with fresh herbs and spices when cooking; they offer more distinct and fuller flavors than the dried varieties. If the recipe uses dried herbs, you will need to use 2 - 3 times as much fresh herbs.
- Don't be fooled when using recipes without salt, but require bouillon cubes for seasoning. They are high in sodium. Low sodium bouillon cubes and granules are available.
- Use pickled beets, pickles, relishes, and olives sparingly because they are high in sodium.

