

# The Wellness News

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## Healthy Cooking at Home

Many of us go on diets and turn to nutritionists to give us a meal plan or in other words, tell you exactly what to eat. The truth is that you have the power to do it on your own. Read the steps below and you'll have all the knowledge you need to whip up a healthy meal tonight!

### Step 1: Take Advantage of Recipe Resources

Whether you want inexpensive, quick, healthy or all of the above, you can certainly find tons of ideas out there.

- Check out online websites with healthy recipes and nutrition information. Some good examples include: [www.cookinglight.com](http://www.cookinglight.com)  
[www.foodnetwork.com/healthy-eating](http://www.foodnetwork.com/healthy-eating)
- Pick up a healthy cooking magazine from the grocery store or a cookbook at the bookstore. Suggestions: Healthy Cooking: Taste of Home (magazine), Eating Well (magazine), Quick & Healthy Recipes and Ideas: For People Who Say They Don't Have Time to Cook Healthy Meals, by Brenda J. Ponichtera

### Step 2: Choose Your Foods Wisely

To cook healthy, it's important to select healthy ingredients. Below are healthful foods you can use from each food group and more.

- **Poultry & Lean Meats:** lean beef, chicken, lamb, turkey.
- **Whole Grains:** whole wheat, whole oats/oatmeal, whole-grain corn, brown rice etc.
- **Vegetables:** asparagus, avocados, beets, bell peppers, broccoli, spinach, carrots, eggplant, etc.
- **Fruit:** apples, apricots, bananas, blueberries, cantaloupe, cranberries, figs, grapefruit, plums, etc.
- **Nuts & Seeds:** almonds, cashews, peanuts, etc.
- **Seafood:** cod, halibut, salmon, tuna, etc.
- **Low-fat dairy:** low-fat cheese, eggs, skim milk

**FRYING:** There's no faster way to saturate your once healthy fish or vegetables with fat and calories than throwing some batter on them and then tossing them into a vat of hot oil. Many foods soak up the oil like a sponge, leaving you with a crisp, yet calorie-laden dish.

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## Step 3: Practice healthy cooking methods

**Baking:** Typically done at a low temperature and slow cooked in the oven. Baking isn't just for breads and cookies. You can bake fish, poultry, lean meats, vegetables and fruits.

**Boiling:** Bring some water to a boil in a large pot, toss in a bit of salt, and you are ready for quick vegetables, chicken, pasta etc.

**Sautéing:** Add simply a tablespoon or two of heart-healthy, olive or canola oil to a hot frying pan and you can cook up a ton of different healthy dishes in a jiffy.

**Steaming:** By far, one of the healthiest and quickest ways to cook up crisp vegetables or flavorful fish. Use a steaming basket or in the oven wrapped in foil or parchment paper.

**Grilling:** Whether it's outside on a hot day over the barbeque or indoors on a stove-top grill, you can marinate chicken, lean beef, fish or vegetables and throw them on the grill.

**Roasting:** Done at a high temperature in the oven, this is a wonderful way to add a rich flavor to your favorite vegetables or meats.

**Microwaving:** Yet another great means to cook up vegetables quickly while maintaining their nutrients and crunchy texture. Be sure this is done in a microwave safe, glass bowl.

Now that you know where to find healthy recipes, which foods to try, and what cooking methods to use, it's time to step into the kitchen and start cooking. Below is a sample recipe to get you started!

## Turkey and Vegetable Couscous

Makes 4 servings

### Ingredients:

1 pound Ground Turkey or lean ground beef  
1 cup Whole Wheat Couscous (uncooked)  
1 cup Chicken or vegetable broth  
Chopped Mushrooms/ optional  
Shredded Zucchini/optional  
Shredded carrots/optional  
Chopped tomatoes/optional  
Chopped greens-spinach, kale/optional  
Salt/pepper to taste

### Instructions:

1. Heat 1 tablespoon of oil in a large skillet.
2. Sauté the turkey until brown, add your vegetables for 5 minutes
3. Add uncooked couscous and broth; bring to boil and then simmer for another 1-2 minutes.



You can cook vegetables to the desired tenderness, but the less cooking time on the vegetables the more nutrients they will retain.  
4. Serve with a side salad or by itself.

Call Your Health Coach for More Information 1-800-433-2320