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## Cooking \_\_\_\_\_ quick & lite

### Why Cook?

Some people love to cook—they may find it relaxing or an outlet for their creative talents. On the other hand, many people who love to eat, hate to cook. These people may lack the skills for—or the interest in—preparing meals. Others simply find cooking, and the subsequent cleanup process, too time consuming for their busy schedules.

Cooking and preparing meals for yourself and your family is an important skill for improving your health, and successfully managing your weight. According to researchers analyzing National Weight Control Registry data, the majority of people who have lost weight and kept it off prepare nearly 90% of their own meals. When you are the cook, you choose the recipes and have control of the ingredients that go into your food.

If you like to cook, this module will familiarize you with low-fat cooking techniques you can add to your culinary repertoire. If the kitchen is like a foreign country to you, this module provides tips that can help you explore, and maybe even enjoy, preparing your own healthy meals.

### Set Yourself Up for Success

During the transition back to self-prepared meals and during the early stages of long term management it

## tools for success

- Understand the concept of “low-fat” as it relates to different cooking methods.
- Modify favorite recipes to reduce fat and calories.
- Use quick alternatives to fast food meals.
- Prepare healthy snacks.
- Find healthy alternatives to favorite foods.

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is especially important to minimize your exposure to food. Spending too much time in the kitchen preparing meals and sampling results is a recipe for weight gain. Aim for 30-minute meals. If cooking has been a favorite pastime for you, concentrate on the enjoyment of trying new recipes and find other ways to fill your free time.

### Tips To Avoid Mindless Nibbling

- Have a small snack when you are cooking to take the edge off of your appetite. Cooking while you are hungry can lead to sampling.
- Chew gum while cooking and/or while cleaning up after a meal.

## Supplies For Success

Following are lists of kitchen tools and ingredients you can use to prepare tasty, low-fat meals. The lists are not inclusive, and you don't need every tool or ingredient suggested before you can begin to use low-fat cooking techniques. Gradually add items you need (drop subtle hints to friends or family members about possible holiday or birthday gift ideas).

### Tools of the Trade

- Nonstick baking sheets, loaf pans, muffin cups, skillet, and pots (varying sizes) with lids. Make sure one pot is big enough to make large batches of low-fat soup, stew, and chili that can be frozen in pre-portioned amounts.
- Fat-separating measuring cup. Since the spout is at the bottom of the cup, it is easy to pour off the broth and leave behind the fat that floats on top.
- Steamer rack. A useful, inexpensive metal version looks like a flower with petals and opens up to hold your vegetables for steaming in any pot. Steamer pots are also available.
- Food processor or blender. Can be used for chopping vegetables; essential for pureeing soups, fruits, vegetables, and cottage cheese.
- Storage containers. Plastic tubs or oven-safe glass dishes with lids are handy for storing foods in the refrigerator and freezer. Some containers can go right from the freezer to the microwave. These are good for cooking a pre-made entrees.
- Large skillet or wok with nonstick surface for stir-frying.
- Table top grill (such as a George Foreman grill). These are easy to use and especially convenient for preparing meats without heating up your kitchen. No added fat is needed and clean-up is simple with the non-stick grilling plates.
- Garlic press. One of the most useful herbs is garlic, especially when cooking meats, poultry, and fish. An easy-to-clean garlic press will save you time and effort.
- Good knives. Carbon-steel knives keep a better edge than stainless steel ones, but they do rust and require a little extra care. You should have a variety of types: paring, bread, chef's, and a small serrated knife for tender foods that require a sawing action instead of a slicing action (e.g., angel food cake).
- Large-capacity freezer, either a stand-alone unit or one that is part of your refrigerator. Make sure you have a lot of room to freeze batches of pre-made meals and low-fat ingredients.



## Staple Ingredients

The foundation of a healthy diet is low-fat ingredients, including foods rich in carbohydrates and fiber. Whole-grain cereals and breads, grains, pastas, rice, and fresh or frozen fruits and vegetables supply this foundation and should be readily available in your house.

### Grains and Starches

- Whole-wheat flour, regular and pastry (good for baking)
- Whole cornmeal (look for this in the health food section)
- Oatmeal, steel cut, regular, or quick-cooking
- Rice, brown and wild
- Whole wheat pasta, different sizes and shapes
- Grains (bulgur, kasha, quinoa, whole wheat couscous, etc.)
- Potatoes, russet, red, Yukon gold, sweet potatoes and yams
- Popcorn
- Ready-to-eat shredded bran and flake cereals (at least 5 grams fiber/serving)
- Cornstarch to thicken sauces and gravies
- Whole-wheat bread
- Tortillas, whole wheat and corn

### Fruits and Vegetables

- A variety of frozen (without sauces) and fresh (capitalize on what is in season) produce
- Unsweetened 100 % fruit juices and low sodium vegetable juices
- Lemons and/or fresh lemon juice
- Low sodium or no-salt added canned tomatoes/sauces

## Dairy Products

- Non-fat dry milk powder
- Skim or 1% milk
- Evaporated skim milk
- Plain, non-fat or low-fat yogurt
- Light sour cream
- Low-fat hard cheese (grated, shredded, or sliced)
- Low-fat cottage cheese

## Meat and Meat Equivalents

Note: Most lean meats, poultry, or fish must be purchased as needed or frozen, but you can keep the following items on hand:

- Canned legumes (e.g., chickpeas, navy, black, pinto, and kidney beans)
- Dried beans and peas (lentils, split peas, navy, pinto, kidney, etc.)
- Shelf-stable tofu
- Frozen extra lean (4% fat) ground turkey, chicken, or beef
- Frozen, pre-sliced, and cooked turkey or chicken
- Frozen, cleaned and/or cooked shrimp (look for 30/pound or more)

## Oils and Fats

Low-fat cooking doesn't mean no-fat cooking. Some fat is needed for good health and, used sparingly, can be part of a healthful diet. Have on hand:

- Canola, olive, or peanut oil
- Nut oils (walnut, hazelwood) and avocado oil for salad dressings
- Soft-spread margarine (look for those with no trans fats)
- Vegetable oil cooking spray

## 4 Cooking Quick & Lite

### Condiments and Seasonings

- Mustard (use different varieties, such as Dijon or spicy brown)
- Reduced-fat mayonnaise and salad dressings
- Stocks or broths (e.g., chicken, beef, vegetable)
- Butter-flavored granules
- Salt-free seasoning mixes
- Wine
- Vinegars (try different varieties like balsamic or herb-flavored)
- Sauces
  - Low-fat tomato sauce
  - Low-sodium soy sauce
  - Teriyaki sauce
  - Barbecue sauce

### Spices and Herbs

The use of seasonings and herbs enhances the natural flavors of foods, allowing you to use less fat and sodium. Try new ones to learn how they can add to your enjoyment while lowering the calories added to foods. Growing fresh herbs in pots is easy and a wonderful way to add variety to your cooking repertoire.

- Garlic and onion powders
- Fresh garlic
- Dried or fresh herbs (basil, chives, dill, mint, oregano, parsley, rosemary, thyme)
- Spices (cayenne pepper, chili powder, cinnamon, cloves, cumin, ginger, nutmeg, pepper)
- Refrigerator stable tubes of fresh herb and seasoning blends (like ground garlic, ginger, pesto, lemongrass, and tomato paste)

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## Low-fat Cooking Skills

### Tenderization

Because there is less fat between the muscle fibers, low-fat cuts of meat and poultry tend to be less tender and drier than fatty cuts. Substitute fish, which is naturally tender, or use one of the following methods to tenderize meat and poultry.

**Mechanical Tenderizing** – Meats and poultry can be pounded thin with a special mallet or pierced repeatedly before cooking. Another way of tenderizing meat mechanically is to cut it in small strips against the grain of the muscle fibers. This is especially effective when using meat in a stir-fry.

**Chemical Tenderizing** – Marinades made with citrus juices, vinegar, low-fat salad dressings, or pineapple juice are excellent for tenderizing meat. The longer you marinate, the more tender the meat becomes. Another advantage of marinating is the flavor boost that the marinade ingredients give to meat, poultry, fish, or vegetables. (Note: It is important when marinating fish in an acidic marinade, not to do so for more than a few hours. The acid can cause unpleasant changes in the texture of the fish.)

### Traditional Low- or No-Fat Cooking

Many traditional cooking methods require little or no fat.

**Baking** – Uses dry heat in the moderate temperature range (250°F – 500°F). Appropriate for baking muffins, cakes, and cookies, and for cooking meats, fish, and poultry (cover with lid or foil to retain moisture).



## Quick, Light, and Easy Cooking Ideas

### 5 Fresh & Fast Ways to Serve Rotisserie Chicken

Tip: Begin each recipe by skinning the chicken.

**Chicken Caesar** – Remove the breast, slice into strips, and place atop 2 cups torn Romaine lettuce leaves. Sprinkle with 1/3 cup fat-free herbed croutons, 2 teaspoons of grated Parmesan cheese, and 2 tablespoons of low-fat Caesar dressing.

**Lite Chicken Quesadilla** – Lightly spray a nonstick pan with vegetable spray, place over medium heat. Add a whole grain tortilla and top with 1/2 cup shredded low-fat cheese (Monterey jack or taco blend work well). Add 1/2 cup diced chicken. Put foil over tortilla and heat until cheese melts. Serve with your favorite salsa and salad.

**Stir-fry Jump Start** – Cut chicken into bite size pieces and use it in your favorite stir-fry recipe. Using cooked shrimp or poultry is a great way to jump-start your meal preparations. Just be sure to reduce cooking time accordingly.

**Chicken Fajita** – Thinly slice 1 large red and 1 large green bell pepper, and 1 medium red onion. Heat 2 tsp. olive oil in a nonstick pan. Add vegetables, sprinkle liberally with fajita seasoning. Sauté until vegetables soften. Add thinly sliced cooked chicken and more seasoning (to taste). Sauté until chicken is heated through. Spoon chicken mixture into four warm corn tortillas. Garnish with low-fat sour cream, salsa, and low-fat refried beans or black bean dip.

**Rotisserie As Is** – Pair it with different side dishes to give the meal a unique feel. Some delis offer rotisserie chicken with various seasonings and marinades, for example, lemon herb, Mediterranean, barbecue, and Jamacian jerk.

- Serve a basic chicken with barbecue sauce, 1/2 cup of baked beans, corn on the cob, and fruit salad.
- Give it an Asian flair by drizzling teriyaki sauce over the chicken. Serve with snow peas and 1/2 cup pre-cooked brown rice.
- Pair a Mediterranean herb chicken with one cup of tube shaped pasta topped with low-calorie pasta sauce, and Italian vegetable blend or green beans. Use your imagination.

### 5 Fast Fixes for Ground Meat

Tip: Look for extra lean (4% fat) ground beef, ground turkey or chicken breast, or ground bison.

Tip: For each recipe, begin by browning meat in a nonstick skillet and discard the drippings.

**Soft Tacos** – Add your favorite packaged taco seasoning. Spoon into corn tortillas heated on a nonstick cookie sheet. Fill tacos with meat mixture, top with shredded lettuce, tomatoes, salsa, and low-fat shredded Mexican cheese blend.

**Slender Spaghetti with Meat Sauce** – Add your favorite tomato sauce and vegetables to cooked meat. In the meantime, cook spaghetti according to package directions. Serve with tossed salad or Italian vegetable blend.

**Sloppy Josephines** – Add your favorite Sloppy Jo mix, cook as directed on flavoring package. Serve on half of a whole wheat hamburger bun.

**Oriental Express Lettuce Wraps** – Add 1/2 cup each of Hoisin and Asian peanut sauces to 1-1/2 pounds browned ground meat (as described above). Heat through. Just before serving, add 1 medium cucumber seeded and diced, 1/2 cup shredded carrots, 1/4 cup torn fresh mint leaves or cilantro, salt and pepper to taste. Divide between 12 large lettuce leaves. Serves 4.

### A Dash of Dessert

Tip: Fat-free non-dairy whipped topping or fat free yogurt can make even low-calorie desserts special.

Parfait – Top sugar-free Jell-O® or fat-free, sugar-free Jell-O® pudding with 2 tablespoons of thinly sliced bananas, strawberries, or whole small berries like blueberries. Add 2 tbsp. fat free vanilla yogurt .

Fruit and Cream – Mix 1/2 cup of seasonal fruit with 1/2 cup yogurt.

Berries in a Cloud – Form 1/2 cup of yogurt into nest-like shape. Fill with 1/4 cup of berries.

Festive Fruit – A bit of brown sugar can make fruit more festive. Top 1 cup of berries or sliced fruit with 1 tablespoon of brown sugar or brown sugar substitute, stir and eat. Spread sugar evenly over 1/2 grapefruit and broil for 3-5 minutes.

### Nutrition Snacking

Snacking is often viewed negatively, probably because people tend to snack on foods with low nutrient density (chips, cakes, pies, candy). Properly planned, snacks can be a part of a successful weight management program. Healthy snacks should:

- Contain whole grain starches, protein, vegetables or fruits, and/or a little healthy fat (especially if there is a long interval between a snack and the next meal).
- Be a part of your meal plan to meet your daily nutrient needs within your daily caloric requirements.
- Be eaten at a planned time and place (to prevent snack time from becoming a series of haphazard eating events or all-day grazing).
- Allow enough time between a snack and a meal so you will still have an appetite for the meal.

### Nutrition Snacks with Little or No Prep

#### Protein Foods

- Low-fat string cheese
- Lean sandwich meats (ham, turkey, and roast beef)
- Low-fat or non-fat cottage cheese
- Low-fat or non-fat yogurt or kefir
- Hummus
- Low-fat bean dip
- Hard boiled egg

#### Grain Products

- Whole-grain breads
- Low-sugar whole grain cereals
- Whole wheat mini-bagels
- "Lite" or air-popped popcorn
- Baked corn tortillas
- Wasa crackers

#### Fruits/Vegetables

- Cut-up fresh, raw vegetables
- Fresh or frozen fruit
- Dried fruits
- Vegetable soup- broth based

#### Healthy Fats

- Small handful of nuts or seeds
- Nut butters (peanut butter, almond butter, cashew butter, etc)
- Avocado

#### Beverages

- 100% Fruit juices, ½ cup
- Low-sodium vegetable juices
- Skim or 1% milk
- Iced tea



## Spilling the Beans

Dry beans, low in cost and high in nutrition, provide an endless variety of low-fat, protein-rich meals. A great virtue of dry beans is their ability to combine with or accompany other foods. Canned or soaked beans can provide a main dish in a short amount of time. Following are hints for using beans successfully:

**Quick soak method** – Overnight soaking of dried beans is not necessary with this easy quick-soak method. It also helps remove most of the gas-producing carbohydrates which prevent people from eating beans as often as they might like. Inspect and remove any broken, shriveled, or discolored beans and foreign material, then rinse them thoroughly in cold water. Don't rinse beans until they are ready to be soaked as damp beans may sour. In a large pot, add 10 cups of water for each pound of dry beans. Bring to a boil. Boil for 2 or 3 minutes, remove from heat, cover, and let stand for 1 hour. Discard water, rinse beans, and cook thoroughly in fresh water or stock.

**Cooking** – Simmer beans gently with the lid tilted until they are tender, to avoid breaking the skins. Acidic ingredients—such as tomatoes, vinegar, and lemon juice—stop the rehydration process and should not be added until the beans are fully cooked. Pressure-cooking is an alternate method of cooking beans. Follow cooker instructions.

**Storage** – Store dry beans in a moisture-proof container in a cool, dry place. It pays to cook enough beans for more than one meal at a time. Extra cooked beans and bean dishes can be kept in the refrigerator up to five days or frozen for up to six months. Freeze beans in 1- or 2-cup portions for thawing ease, using an airtight, moisture-proof container. Thaw beans slowly using the microwave

defrost cycle, overnight in the refrigerator, or about an hour in a pan of warm water.

**Preventing digestive problems with beans** – A common concern about dry beans is the intestinal gas and bloating they may cause. The problem is more common for those who eat beans infrequently. The more often a food appears in the system, the better the chances of developing the appropriate digestive enzymes needed to handle it. The following suggestions can help:

- Gradually build up your body's tolerance. Eat small servings initially, then slowly increase your intake.
- Pouring off the soaking liquid and thorough cooking help alleviate much of the gas-producing carbohydrates.
- Be sure to drink adequate fluids. The high fiber content of beans requires that you consume more water to aid in digestion.
- If you still experience gas or bloating, you may wish to try Beano<sup>®\*</sup>, a food enzyme that breaks down the complex sugars so they are more digestible. Beano is available in liquid or tablet form at most drugstores and health food stores.

**Canned pre-cooked beans** – Many beans are available fully cooked. Look for cans of kidney beans, garbanzo beans, white beans, black beans, pinto beans, and red beans. These can be added to soups, stews, fillings for tortillas, salads, mashed for bean dips, etc. To use, discard liquid, place beans in a strainer, and rinse well.

\* Beano<sup>®</sup> is a registered trademark of GlaxoSmithKlein.

### Middle Eastern Bean Salad

3-1/2 cups Cooked, drained kidney beans or 2 cans (about 16 oz. each) kidney beans, rinsed and drained  
 1/2 cup Diced red onion  
 1 large Tomato, seeded and rinsed  
 1 medium Cucumber, seeded and rinsed  
 1/2 cup Chopped parsley

1 Tablespoon Chopped, fresh mint or 1 teaspoon dried mint  
 1/4 cup Lemon juice  
 1 teaspoon Cumin (optional)  
 1/4 teaspoon Salt (optional)  
 1/4 teaspoon Pepper  
 2 Tablespoons Olive oil

Combine beans and the next five ingredients; set aside. Mix lemon juice with cumin, salt, and pepper; beat in olive oil. Fold into salad. Chill several hours to blend flavors. Six servings. One serving equals 1 bread, 2 vegetables, and 1 fat exchange. Adapted with permission from consumer education material provided by NorthHarvest Bean Growers Association.



## Healthy Substitutions

Could your favorite recipes use a makeover to fit into your meal plan? Review the list below for tips on lowering fat, cholesterol, saturated fat content and refined sugars.

When shopping for:	Buy instead:	Lowers fat content	Reduces saturated fat	Decreases cholesterol	Lowers refined sugars
Whole milk	Skim or 1% low-fat milk	X	X	X	
Ice cream	Low-fat ice cream, ice milk, frozen yogurt, non-fat sugar-free pudding.	X	X	X	X
Dairy sour cream	Low-fat sour cream or plain yogurt	X	X	X	
Heated sour cream (as in stroganoff)	An equal amount of plain yogurt. Blend 1 tbsp. of flour or cornstarch into each cup of yogurt.	X	X		
Heavy or whipping cream	Non-fat half & half whipping cream, fat-free non-dairy topping, non-fat evaporated milk.	X	X	X	
Butter or lard	Liquid or soft spread margarines with liquid oil as first ingredient.		X	X	
Solid shortening	Liquid vegetable oil. Preferably, a monounsaturated oil like canola or olive.		X		
Hard cheeses	Lower-fat versions of cheddar, Swiss, jack, Muenster, or part-skim mozzarella.	X	X	X	
Cream cheeses	Low-fat cream cheese or Neufchatel.	X	X		
Luncheon meats	Roasted, sliced chicken or turkey breast, or fat-free luncheon meats.	X	X	X	
Syrup-packed fruits	Fruits packed in water or unsweetened juice.				X
Vegetable oil	An equal amount of pureed fruit or applesauce, plus 1 tbsp. of oil. Or try Lighter Bake fruit-based fat replacement.	X			
Creamed soup	Commercial low-calorie creamed soup.	X	X	X	
Unsweetened chocolate	Unsweetened cocoa (3 Tbsp. replace 1 oz. of chocolate). If making pie filling, add 1 Tbsp. of oil.	X	X		
Mayonnaise	1/2 non-fat yogurt and 1/2 low-fat mayonnaise (canola based).	X	X	X	
Egg	2 egg whites or 1/4 cup commercial egg substitute for each egg.	X	X	X	



**Braising** – Used primarily to cook lean meats, but can be used to cook vegetables. A small amount of liquid, such as broth, wine, or vegetable juice, is added to the food item in a covered container and baked in the oven or heated on a stovetop. The liquid used in cooking can be used to baste food as it cooks and may be served as sauce once any fat has been removed (e.g., pot roast).

**Grilling** – Backyard barbecues are the most common method of grilling. Indoor grilling options are available. Grilling is a good low-fat cooking technique because fat drips away from meats, fish, and poultry. Vegetables and fruits can also be grilled.

**Roasting** – Often used to slow-cook large cuts of meat, whole turkeys, or chicken. For low-fat roasting, place food on a rack to prevent food from sitting in drippings. Avoid using the drippings for basting; instead, use vegetable or fruit juices, broths, or wine.

**Sautéing** – Low-fat sautéing requires a nonstick skillet, vegetable cooking spray, and/or a very small amount of oil. Broth or wine can be used instead of oil. (Note: The use of vegetable cooking sprays is not recommended on non-stick pans. Over time it can cause a gummy residue build-up that is extremely difficult to remove.)

**Steaming** – A wonderful method of quickly cooking foods (especially vegetables) to retain maximum flavor and nutrients. Add herbs or spices to water to enhance flavor.

**Stir-frying** – This technique is similar to sautéing, but is done at very high temperatures. Food must be cut into very small pieces and constantly stirred to prevent burning, hence the name. The best equipment for stir-frying is a traditional Asian-style wok which evenly distributes the heat over the entire surface and allows the food to cook very quickly.

## full of flavor

Marinating meat or fish before cooking gives an added flavor boost to your meals.

Maximize your low-fat ingredients (grains, fruits, and vegetables) by adding them to recipes as fillers. For example, add barley or rice to chili or soups; oats to meat loaf, and vegetables and/or legumes to spaghetti sauce.

### Microwave Magic

Microwave ovens are especially useful in low-fat cooking because you usually do not have to add fat to keep food moist. Microwave cooking also helps minimize eating cues by cooking food quickly, without much aroma and with few opportunities to sample the food. To maximize use of your microwave:

- Cover the container with a slightly vented lid or heavy-duty plastic wrap in which you have made a few small vent holes. Don't let plastic touch the food as it cooks. This method allows heat and moisture to be retained when cooking foods with high water content.
- Use dye-free paper towels to absorb fat and juices when cooking meats. Damp paper towels can be used to keep foods (such as corn on the cob) from drying out excessively if a longer cooking time is needed.
- Use waxed paper to retain heat but allow some of the moisture to escape.
- Use two-layered microwave pans (or a microwaveable colander and dish) when cooking meat (hamburger, meatloaf) to allow the fat to drain away from the meat during cooking.
- Follow instructions for microwave recipes exactly. Keep in mind that cooking times vary according to the wattage of the oven. You may have to experiment with recipes at first to determine how to adjust to your microwave oven.

Use foods that cook well in moist heat, such as sauces, soups, stews, chicken, fish, ground meat, and vegetables. Microwaves make it possible to cook baked goods with satisfactory results.

### Fast and Foiled

Cooking vegetables and meats in aluminum foil on the grill or in the oven helps retain moisture during cooking. Clean up is a snap and the foil can be recycled. Visit [rnc.com/wrap](http://rnc.com/wrap) for healthy and easy recipes cooked in foil.

### 3 Ways to "Slim Down" Favorite Recipes

Using low-fat cooking techniques does not mean you have to give up your favorite recipes. Here are tips on using three basic techniques: substitute, reduce, and eliminate to "slim down" your own recipes.

Substitute a low-calorie ingredient in place of a high-calorie ingredient. Some low-calorie substitutions you can make include:

- Skim milk in place of whole milk
- Yogurt in place of sour cream or mayonnaise
- Blended cottage cheese in place of cream cheese or sour cream
- Broth in place of gravy
- Low-fat white sauce in place of cream soup
- Fat-free half and half or evaporated skim milk in place of cream in soup and sauces

Reduce the amount of a high-calorie ingredient if it is an essential part of the final product. Some ingredients you can reduce include:

- Sugar in baked products (reduce by 1/4)
- Oil, butter, or shortening in baked products (reduce by 1/4)
- Eggs yolks—Instead of using 3 whole eggs, try 3 egg whites and 1 egg yolk
- Nuts in baked products (reduce by 1/2, toast lightly for added flavor)
- Cheese (reduce by 1/2, substitute lower fat variety)
- Reduce the amount of sauces, dressing, and other condiments.

Eliminate a high-calorie ingredient if it is included primarily for appearance or by habit, or if it is optional. Ingredients you can eliminate include:

- Olives in salads
- Whipped toppings and thick frostings
- Butter/margarine on sandwiches and in mashed potatoes

If a recipe can't be successfully "slimmed down," downsize your serving size and frequency of eating.



## Time Saving Tips

"Lack of time" may be a major reason why you do not cook much. Healthful cooking does not have to take a lot of time, especially if you use some of the following time savers.

### Cost Effective Convenience

- Use ingredients that have already been partially prepared, such as sliced mushrooms, frozen chopped vegetables (onions, green peppers), shredded cabbage, grated cheese, sliced turkey breast, boneless and skinless turkey breast, canned legumes (chickpeas, kidney, navy, and pinto beans), canned tomatoes, and spaghetti sauce.
- Select fresh fruit platters, packaged salad mixes and rotisserie chicken from your grocer's service deli. Look for pre-assembled meat and vegetable kabobs, ready to cook roasts and vegetable combinations and ready to stir-fry meat and vegetable packets in the butcher section.

The time saving you reap by using these ingredients are well worth the extra cost. Time is not the only thing you'll save. Meals assembled at home, even if they are based on convenience foods, almost always cost less than meals eaten out. They usually save calories as well.

### Combine and Conquer

With a bit of planning you can partially or fully prepare two or more meals in just a bit more time than it takes to cook one.

Pre-prepare ingredients yourself if you do not want to pay the slight additional cost of buying partially prepared ingredients. Set aside time periodically to slice, dice, and chop your way to a full freezer and refrigerator. Store your pre-prepared ingredients in clear freezer-type plastic bags for easy identification.

Cook in batches – You can freeze ingredients such as rice; cooked legumes; sauces made without mayonnaise, yogurt, or sour cream; cooked or raw meats and poultry; soup stocks; nuts; fruits; blanched or cooked vegetables; hard cheeses; and dough. Finished products that also freeze well include breads, muffins, casseroles, pizza, pancakes, waffles, stews, and soups. When cooking ingredients or finished products to freeze for future use, simply make twice the amount you are going to need immediately and freeze what is left in individual portion sizes for a quick meal another time. Make sure you label and date the packages and that your portions are measured correctly!

## Low-fat Cooking References

### Cookbooks

Following is a brief list of some of the best cookbooks devoted to healthy eating. Dozens of other books are also available in your local bookstore or online at [www.amazon.com](http://www.amazon.com) or [www.barnesandnoble.com](http://www.barnesandnoble.com).

The New Mayo Clinic Cookbook: Eating Well for Better Health by Donald D. Hensrud, Jennifer Nelson, Cheryl Forberg, and Maureen Callahan, (Hardcover - Jan 2004)

American Heart Association One Dish Meals by American Heart Association, 2002

American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes to Help Lower Your Cholesterol by American Heart Association, (Paperback 2005)

American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet by American Heart Association, (Paperback 2007)

The New American Plate Cookbook: Recipes for a Healthy Weight and a Healthy Life, American Institute for Cancer Research, University of California Press, 2005

EatingWell for a Healthy Heart Cookbook A Cardiologist's Guide to Adding Years to Your Life, Phil Ades, M.D. and the Editors of EatingWell, 2008

The EatingWell Healthy in a Hurry Cookbook by Jim Romanoff and the editors of EatingWell, 2005

The Essential EatingWell Cookbook: Good Carbs, Good Fats, Great Flavors by Patsy Jamieson (Editor), Countrymen, 2006

Mediterranean Harvest: Vegetarian Recipes from the World's Healthiest Cuisine by Martha Rose Shulman, 2007

Family Circle Eat What You Love & Lose: Quick and Easy Diet Recipes from Our Test Kitchen by Peggy Katalinich and Susan Mcquillan, 2004

365 Days of Healthy Eating from the American Dietetic Association by Roberta Larson Duyff, MS, RD, FADA, CFCS. Wiley, 2004

Month of Meals Series by The American Diabetes Association, 2002.

American Dietetic Association Cooking Healthy Across America by American Dietetic Association Food and Culinary Professionals Dietetic Practice Group. Wiley, 2005.

The New Family Cookbook for People with Diabetes by American Diabetes Association and American Dietetic Association. Simon & Schuster, 2007. Features more than 400 recipes, including many with lower-fat ingredients.

The Dish On Eating Healthy and Being Fabulous! by Carolyn O'Neil, MS, RD and Densie Webb, PhD, RD. Atria Books, Simon and Schuster, 2004.

The Good Housekeeping Supermarket Diet: Your Shopping List for Delicious and Healthy Weight Loss by Janis Jibrin, MS, RD. Hearst Books, 2006.

Shed Pounds Without Even Trying! Diet Simple by Katherine Tallmadge, MA, RD. Lifeline Press, 2004.

The Step Diet Book by James O. Hill, PhD; John C. Peters, PhD; Bonnie T. Jortberg, MS, RD. Workman Publishing Company, Inc., 2004.

The Volumetrics Eating Plan by Barbara Rolls, PhD. HarperCollins, 2005.

### Magazines

Cooking Light  
Eating Well  
Vegetarian Times  
Diabetes Forecast  
Prevention

### Websites

[www.cookinglight.com](http://www.cookinglight.com)  
[www.calorieking.com](http://www.calorieking.com)  
[www.about.com/nutrition](http://www.about.com/nutrition)  
[www.caloriecontrol.org/recipes](http://www.caloriecontrol.org/recipes)  
[www.eatingwell.com](http://www.eatingwell.com)  
[www.allrecipes.com/Info/healthy-cooking](http://www.allrecipes.com/Info/healthy-cooking)  
[www.mayoclinic.com/health/HealthyLivingIndex/HealthyLivingIndex](http://www.mayoclinic.com/health/HealthyLivingIndex/HealthyLivingIndex)

## key goals

Using the tips in this module, develop 2 – 3 goals to work towards.

1	
2	
3	

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