



# Tasty Cooking for a Healthy Family

## Kitchen Tips:

- Let the kids help -- they love to cook and it's a great way to teach them healthy eating! Take them to the grocery store with you and let them pick out a new fruit or vegetable to try!
- Bake, broil, microwave, roast, steam, grill or stir-fry with pan spray in a non-stick pan.
- When baking, use applesauce in place of half the butter, shortening, or oil.
- Rinse canned beans and use them in place of half the ground beef in recipes. Cook ground beef separately and ahead of time. Cool and remove fat that has come to the top of the pan.
- Make half your grains whole-grain - look for the word "whole" as the first ingredient.

## Kick up the flavor the Low-Fat way:

- Add lemon juice or a twist of lime, hot sauce or salsa, mustard, parmesan cheese, salt substitute, low-fat salad dressings, or flavored vinegars.
- Try new herbs and spices - oregano, basil, cilantro, parsley, cayenne, cumin, paprika

## Individual Homemade Pizzas!

### Ingredients:

- 1 whole grain bagel (3-1/2" diameter or 71g), or whole grain tortilla (6" diameter)
- Tomato sauce
- Low fat mozzarella cheese
- Toppings like diced green pepper, chopped onion, or chopped tomato
- Seasonings like oregano, basil, and pepper

### Directions:

1. Set oven to low heat.
2. Spread tomato sauce on each bagel half or over tortilla.
3. Sprinkle the shredded cheese all over the tomato sauce.
4. Add your favorite toppings. Avoid high fat toppings such as pepperoni or sausage.
5. Put a light sprinkling of seasonings over toppings.
6. If you are using tortillas, roll your pizza up like a taco.
7. Put tiny pizzas on a baking sheet.
8. Bake in the oven on low heat for about 5 to 8 minutes. You'll know they're done when the cheese is bubbly.
9. Let cool for a minute, then enjoy your very own homemade pizza!



# Choose any of the following foods

## Milk, Yogurt, & Cheese

Evaporated fat free (skim) or reduced fat milk  
2%, 1%, or skim milk  
Sorbet, sherbet, low-fat frozen yogurt or ice milk  
Light or fat-free Cool Whip  
Light or fat-free sour cream  
1/3-less fat (Neufchatel) cream cheese  
Reduced-fat cheeses or fat-free singles  
String Cheese  
Lower Fat cottage cheese  
Part-skim ricotta cheese  
1% milk or nonfat dry milk powder



## Meat, Poultry, Fish, & Eggs

Fat Free hot dogs  
Ham or Turkey  
Extra-lean ground beef/ground sirloin (97% lean)  
Skinless breast (white) meat  
Water-packed tuna  
Grilled, baked, or broiled fish or shrimp  
Egg whites  
Pinto beans  
Veggie (soy) burgers  
Veggie (soy) sausage patties or links  
Tofu



## Bread, Cereal, Rice, & Pasta

English muffin or fat free muffin  
Sub roll  
Pita bread  
2 inch Bagel  
White Wheat or Whole Wheat Loaf bread  
Oatmeal or lower-sugar (less than 12 grams) whole-grain cereal  
**\* Remember to make the above choices 'whole grain'!**

## Fruit & Vegetables

Fresh, frozen or canned fruit or  
juice, no added sugar  
and  
Fresh, frozen or canned vegetables,  
no added fat or sugar



## Other Foods

Mustard, ketchup, BBQ sauce,  
Salsa, cooking spray, ketchup, vinegar,  
Lemon juice