

# 12 Healthy Habits

## Habit 2: Get Cooking

A YEAR OF BUILDING A HEALTHY LIFESTYLE

### BENEFITS:

- **More balanced diet including more fruits, vegetables and dairy**
- **More control over calories, fat and sodium content**
- **Monetary savings**
- **Increased family time**

### GOAL:

- **Cook three more meals a week**

## Let's Eat In Tonight!

Eating out has become a way of life for many Americans as at least 1 in 4 people eat some type of fast food every day. We live in a fast paced, convenience filled world. Most people don't want to spend any more than 20 minutes to get dinner ready for their family. So its easy to turn to restaurants, take out delis and pre-packaged convenience foods.

In general, people consume 50% more calories, fat and sodium when eating out than when they cook at home. One fast food meal can contain a day's worth of saturated fat and far more salt than we need.

Cooking meals at home gives us complete control over what goes into our diet and usually leads to more healthy meals. Not

only do we have the options of healthier ingredient choices and cooking methods, but we also tend to have more variety and expand our culinary creativity. Portion control is also easier at home compared to the super size me fast food world.

There are many ways to get dinner on the table without a lot of time commitment. Try pasta dishes or egg dishes that only take a few minutes to cook, Slow cooker dishes simmer all day and are ready when you walk in after work.

Another strategy is to cook enough for two dishes and freeze one. This works especially well for casseroles and lasagna where its just as easy to make two as it is one.



Plan ahead and keep ingredients on hand to make meals quickly and easily. Prewashed produce, frozen vegetables and other nutritious but convenient ingredients can help.

“What’s for dinner?” is probably the most common household question. We get into a rut and make the same things over and over so we get bored with making dinner. Search out new easy recipes to try with your family from the internet, magazines and cookbooks.

You have 21 opportunities to make meals each week. So get cooking and try to make three more meals a week at home this month.

# Quick Cooking Methods

Stir Frying	Pan Sautéing	Grilling/Broiling
To cook bite-sized pieces of food in a little hot oil in a wok over high heat .	To cook food in a skillet with a minimal amount of fat over relatively high heat.	To cook food on a rack over (grilling) or under (broiling) a heat source.
Make a sauce of 1/2 cup chicken broth, 1/4 cup hoisin sauce, 2 T. soy sauce and 1 t. cornstarch. In a hot wok cook 1 1/4 pounds of thinly sliced chicken or beef. Remove from pan and add 2 cloves minced garlic, 1/2 teaspoon red pepper flakes and 1 1/2 cups favorite bite-sized veggies. When tender add meat back with sauce and cook just until thickened. Serve over rice.	Pound boneless chicken breasts to 1/2" thick. Cook breasts in large skillet with 1 T. olive oil until cooked through, turning once. Remove to platter. Add 2 diced carrots, 2 T. chopped fresh rosemary and 2 cloves minced garlic to pan and sauté until tender. Add 6 T. apricot preserves and 4 T. Dijon mustard, heating through. Season with salt and pepper and pour over chicken.	Simmer for 15 minutes, 1 T. brown sugar, 1 T. mustard seeds, 1 t. dried oregano, 1 t. chili powder, 1/2 t. salt, 1/2 t. ground cloves, 1/4 cup red wine vinegar, 1 cup ketchup, 1/2 cup water, 2 T. Worcestershire sauce and 1 bay leaf. Cool and reserve 1/2 cup. Pour remainder over flank steak and marinate 4-24 hours. Grill over medium heat, 8-10 min. for medium rare. Slice thinly and serve with reserved sauce.

## The Quick Cooking Pantry

If you opened your pantry and refrigerator, could you make a meal with what you have?

Stocking the staples like spices, flour, sugar, mayonnaise, Worcestershire, soy sauce, etc. along with these few essentials below will help you to be able to pull together meals on short notice or get a good start on planning meals for the week. Just look at the possibilities on the right with these ingredients!

Pasta	Canned tomatoes	Milk
Rice	Canned meats or frozen chicken breasts (thaw in microwave)	Eggs
Bread	Chicken and beef broth	Cheese
Tortillas	Onions, potatoes, carrots, celery, bell pepper, mushrooms	Butter

Spicy Tomato Spaghetti  
 Chicken Casserole  
 Fajitas  
 Quesadillas  
 Salmon Patties  
 Tuna Salad Sandwiches  
 Chicken Noodle Soup  
 Grilled Cheese Sandwiches  
 Frittata  
 Omelet  
 Chicken ala King on Toast  
 Alfredo Noodles  
 French Onion Soup  
 Chicken and Dumplings  
 Chicken Enchiladas  
 Rice Pilaf  
 Mashed Potatoes  
 Chicken Stir Fry

Eat  
Breakfast

Get  
Cooking

Eat  
More Fish

Get  
Moving

Good  
Fats

Go  
Meatless

Veggie  
Up

Get  
Stronger

Sugar  
Down

Make  
Grains  
Whole

Portion  
Power

Be  
Mindful