



# COOKING FOR A HAPPY HEART

Low fat cooking can be achieved by:

- Using lean meats such as chicken, turkey, or fish. Trim off any visible fat.
- Using cooking methods that remove fat from red meats and poultry.
- Adding a minimal amount of fat in preparing all foods.



## LOW FAT COOKING METHODS

**BROIL OR ROAST** – (chicken, steaks, chops, roasts) Place meat on a rack so the fat can drip off. Remove the skin from chicken or turkey before serving.

**BAISE OR STEW** – (chicken, chops, steaks, cubes) Trim meat well and remove chicken skin before serving. "Braising" means cooking in liquid. Braising can be done on the top of the stove in a covered pan, on low flame, or in a covered dish in a slow oven (350° F). To enhance flavor, add vegetables (onions, celery, tomatoes, carrots, mushrooms) and herbs or other seasonings (garlic, sage, basil, caraway, gravy coloring, tomato paste, ketchup, wine, and Worcestershire sauce).

After cooking, remove meat and refrigerate meat and cooking liquid separately. When the liquid has congealed, scrape off and discard fat. Thicken the liquid with flour or cornstarch, if you wish.

**LOW FAT FRYING** – Wipe frying pan with an oiled paper towel. Treating your pan in this way, turns it into a "nonstick" pan. This method is just as effective as using a pan coating spray. Cook on low flame. If meat is broiled and/or cooked in a pan, cook thoroughly and drain off any fat.

Use cookware that conducts heat slowly and steadily to prevent scorching and sticking, such as cast iron or Teflon skillets.

**VEGETABLE SEASONING SUGGESTIONS** – Use fat-free meat stock for seasoning vegetables. Freeze stock in ice cube trays and defrost as needed. Add a teaspoon of smoke or hickory flavoring to the broth instead of salt, pork or other meat fat. Toss vegetables with butter-flavored granules, garlic powder, lemon juice, vinegar, pepper sauce, or minced onion.

**COMBINATION MEALS** – Make homemade casserole-type main dishes with low fat ingredients. This will decrease your meat intake. Examples: Stir-fried meat and vegetables, chicken and rice, beef cubes over noodles.

## LOW FAT RECIPE MODIFICATIONS

### Ingredients

- 1 whole egg
- 1 Tbsp butter
- 1 cup hydrogenated shortening (or lard)
- ½ cup butter/margarine
- 1 cup whole milk
- 1 cup light cream (20%)
- 1 cup heavy cream (35%)
- 1 cup sour cream (20%)
- 1 oz hardened cheese
- 1 oz (1 square)
- 1 cup ice cream
- 1 oz mixed nuts
- 1 oz bacon (2 slices)
- 1 cup mayonnaise

Possible Substitutes
1/4 cup egg substitute
1 egg white and 1 tsp oil
2 egg whites
1 Tbsp preferred margarine
2 tsp preferred oil
2/3 cup preferred oil
1 cup + 3 Tbsp margarine
1/4 cup applesauce + 1/4 cup margarine
1 cup skim milk
3 Tbsp oil and skim milk equal to 1 cup
1 cup evaporated skim milk
2/3 cup milk and 1/3 cup oil
3/4 cup buttermilk and 1/4 cup oil
1 cup plain low fat yogurt
1 cup blenderized low fat cottage cheese
1 oz skim milk mozzarella cheese
2 Tbsp ricotta cheese
2 Tbsp 1% cottage cheese
3 Tbsp powdered cocoa + 1 Tbsp oil (for baking chocolate frosting or sauces);
1/4 cup cocoa (for cakes or cookies)
1 cup ice milk, sherbet or nonfat frozen yogurt
1 oz walnuts
1 oz pecans
2 Tbsp imitation bacon bits
1 cup nonfat mayonnaise
1 cup nonfat salad dressing (mayonnaise type)