

Chef Solus' Healthy Cooking Tips



In general, most recipes can be made healthier using these simple guidelines:

- Preserve the nutrients and colors in veggies. Cook them quickly by steaming or stir-frying.
- Use low fat cooking methods such as grilling, steaming, boiling, or baking.
- Healthy oils (fat) usually comes from unrefined products such as fish, nuts, avocado, seeds, and olives .
- Use a small amount of healthy oils instead of butter, shortening or lard. Using a teaspoon or brush helps control the amount of oils you are using.
- Use reduced fat or low fat ingredients such as low fat cheese or skim milk.
- Use small amounts of high salt ingredients such as soy sauce or chicken broth. Add water to dilute the amount.
- To lower sodium, you can replace salt with herbs and spices or some of the salt-free seasoning mixes. Use lemon juice, citrus zest or hot chilies to add flavor.
- Use whole grain rice, flour, and pasta. Look for the word “whole” on the package.
- Skinless white meat chicken/turkey are low in fat. Lean ground turkey is a healthy substitute for ground beef
- Healthy Non-Meat High Protein Choices:
 - Legumes-Beans
 - Nuts
 - Seeds
 - Tofu
 - Eggs
- Use lean cuts of meat:
 - Arm pot roast
 - Chuck roast (round bone)
 - Round (all cuts)
 - Flank Steak
 - Rump roast
 - Sirloin (all cuts)
 - Tenderloin (all cuts)
 - 90% lean ground beef

