Healthy Cooking Tips

You can cook healthy food without spending a lot of time. Try these tips:

- Clean as you cook.
- Cook large batches of items that freeze well, like sauces, stews, and casseroles. Store them in your freezer in single serving containers for easy reheating.
- Cut up veggies or fruit in advance. Store them in your fridge or freezer.
- Make the meals and snacks you planned for the week.
- Measure out single servings of snacks, like air-popped popcorn. Put them in bags or containers.
- Use a slow cooker or pressure cooker - it does the cooking for you.
- Use leftover veggies and meat in an omelet, grain dish, stew, soup, salad, or burrito. This saves money as well as time.
- Try a meal kit service. These vary from cooking a dish from provided ingredients to heating up a pre-cooked meal.

You can cook healthy food that you enjoy. Try these tips:

- Change your favorite dishes to make them healthier. Or serve a small portion of the original recipe alongside a serving of non-starchy veggies.
- Choose good quality items.
- Choose ingredients with a variety of flavors, textures, scents, and colors.
- Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful.
- Dress up food with herbs, spices, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa. If your healthcare provider says to limit your salt, look for items that are low in sodium.
- Grill or roast veggies and meat to bring out the flavor.
- Learn healthy cooking methods online, in books, in magazines, and from TV shows. Learn from your friends and family. Or take a healthy cooking class.
- Try new cooking styles and ingredients.

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You can cook with less fat. Try these tips:

- Bake, grill, roast, or stir-fry in a small amount of healthy oil.
- Coat pans with healthy cooking spray.
- Simmer in water or stock.
- Steam or microwave.
- Take the skin off chicken before you cook it.
- Trim the fat off meat before you cook it.
- Use nonstick cookware.