

RIGHT STARTS

THE KEY TO COOKING “DOWN HOME HEALTHY”
IS A PANTRY STOCKED WITH HEALTHY INGREDIENTS.

INSTEAD OF THIS:	USE THIS:
<i>Ham hocks and fat back</i>	<i>Turkey thighs</i>
<i>Pork bacon</i>	<i>Turkey bacon, lean ham, Canadian bacon</i>
<i>Lard, butter, or other hard fats</i>	<i>Small amount of vegetable oil</i>
<i>Pork sausage</i>	<i>Ground turkey breast</i>
<i>Ground beef and pork</i>	<i>Smoked turkey neck</i>
<i>Neck bone</i>	<i>Skinless chicken thighs</i>
<i>Regular bouillons and broths</i>	<i>Low sodium bouillon and broths</i>
<i>Cream</i>	<i>Evaporated skim milk</i>
<i>Regular cheese</i>	<i>Low fat or lite cheese</i>
<i>High fat cut of beef*</i>	<i>Top round, eye of round, round steak, rump roast, sirloin tip, chuck arm, pot roast, short loin, extra lean ground beef</i>
<i>High fat cut of pork*</i>	<i>Tenderloin, sirloin roast or chop, center cut loin chops</i>
<i>High fat cut of lamb*</i>	<i>Foreshank, leg roast, leg chop, loin chop</i>

* Sometimes less tender cuts of meat like round or rump need marinating. To add flavor and tenderize, use an oil-free marinade. Place meat and marinade in a plastic bag and marinate for 1 to 2 hours in the refrigerator. Throw away the marinade. Don't use it for basing while cooking the meat.

NOW THAT THE PANTRY IS STOCKED, HERE ARE SOME HEALTHY COOKING TECHNIQUES:

-  Steam your vegetables whenever you can. Use garlic, onions, and herbs for flavor. Use very small amounts of butter, cheese, and sauces.
-  Use more herbs and spices to flavor greens and other dishes. Cut down on the salt. Try adding Spanish onion and black pepper to black-eyed peas.
-  Always use low-fat (1% or 2%) or skim milk for cooking instead of whole milk or cream.
-  Put away that deep fat fryer. Try boiling, roasting, baking, grilling, braising, or stir-frying with a little oil instead.