

WELLNESS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

WAYS

Ideas For Eating Better For Less

Good Reasons To Season

Add flavor and aroma to food with herbs & spices instead of adding fat, sugar or salt.

❖ Reduce Fat

1. Trim fat from food before cooking.
2. Broil, bake or sauté foods.
3. Use herbs and spices instead of butter, margarine or oil for flavor.



❖ Reduce Sugar

1. Use less sugar in cooking.
2. Add spices that add a sweet taste to foods. Examples: allspice, cinnamon, anise, cloves, nutmeg, and ginger.



❖ Reduce Salt

1. Meals made from scratch often have less sodium than “convenience foods”.
2. Use herbs and spices instead of salt like lemon, Tabasco sauce, black pepper, garlic, curry, onion, ginger, basil, dill and cumin.

Potato Salad Serves 10.

6 medium potatoes or 2 lbs.

1/2 cup celery, finely chopped

1/4 cup onion, finely chopped

1 egg, hardboiled, chopped

1/2 cup light mayonnaise

1 tsp. prepared mustard

1/4 tsp. black pepper

1/4 tsp. dried dill weed

1. Wash potatoes, cut in half, and place in cold water in a saucepan.
2. Cook covered over medium heat for 25 – 30 minutes or until tender.
3. Drain and dice potatoes when cool.
4. Add celery, onion, and egg to potatoes and toss.
5. Blend together mayonnaise, mustard, pepper and dill.
6. Pour dressing over potato mixture and stir gently to coat evenly.
7. Chill for at least 1 hour before serving.



NUTRITION FACTS (per serving) - Calories 80 ~ fat 4.5 g - calories from fat 40 ~ sodium 125 mg ~ total carbohydrate 7 g ~ fiber 3 g



Cooking with Herbs & Spices



- ◆ Use small amounts of herbs and spices to start.
- ◆ If a recipe calls for 1/4 teaspoon of powdered herb, you can use 3/4 to 1 teaspoon crumbled or flaked, or 2 teaspoons fresh.
- ◆ For starters, try 1/4 - 1/2 teaspoon of spice for a dish that serves 4 to 6.
- ◆ Add fresh herbs near the end of cooking so flavor is not lost.
- ◆ Uncooked foods - Add herbs & spices several hours before serving so flavors will blend.

Candied Sweet Potatoes Serves 6.

1 1/2 cups canned sweet potatoes, drained	1/4 tsp. ground nutmeg
1/4 cup brown sugar, packed	1/4 tsp. orange peel, grated, optional
1 tsp. flour	2 Tbsp. margarine
1/4 tsp. ground cinnamon	1/2 cup orange juice

1. Preheat oven to 350 degrees.
2. Slice sweet potatoes, 1/4-inch thickness.
3. Combine sugar, flour, cinnamon, nutmeg and orange peel.
4. Place half of sliced yams in a medium-size casserole dish.
5. Sprinkle with half of spiced sugar mixture.
6. Dot with half the margarine.
7. Add a second layer of sweet potatoes and remaining spiced sugar mixture and margarine.
8. Add orange juice.
9. Bake uncovered for 15 - 20 minutes.



NUTRITION FACTS (per serving) - Calories 130 ~ fat 4 g ~ calories from fat 35 ~ sodium 65 mg
 ~ total carbohydrate 24 g ~ fiber 2 g



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