

WELLNESS WAYS



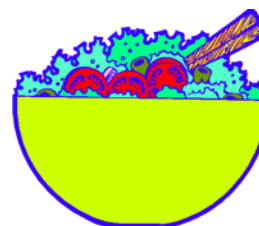
UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

Ideas For Eating Better For Less

COOL COOKING TIPS

- Cook twice the amount of food and save half for another meal.
- Prepare meals that require little cooking time or use of oven.
- Serve fresh raw vegetables at mealtime - No cooking required, low in fat and calories.
- Make low fat dips. These can be used with fresh vegetables and as spreads on sandwiches.
- Salads make cool summertime meals.
Add variety to your salads the easy way:
 - ❖ Canned ingredients – tuna, beets, olives, pineapple, chickpeas, beans, etc.
 - ❖ Leftover pasta, potatoes or rice
 - ❖ Leftover cooked meat or poultry
 - ❖ Fresh or canned fruit



One Pan Macaroni and Cheese Serves 4.

1 cup uncooked macaroni

1/2 cup skim milk or 2/3 cup dry nonfat milk + 1/2 cup water, stir

1 cup processed cheese, finely diced or cheese spread

If desired, add leftover meat and/or vegetables

1. In a medium saucepan, cook macaroni according to package directions. Drain and place macaroni in a bowl.
2. Mix milk and cheese in medium saucepan.
3. Cook over low heat, stirring continuously and gently until cheese melts.
4. Add cooked macaroni to cheese sauce. Mix gently.

NUTRITION FACTS (per serving) - Calories 240 ~ fat 11 g ~ calories from fat 100 ~ sodium 520 mg ~ total carbohydrate 22g ~ fiber < 1gm

Grilled Vegetables Serves 6.

10 cherry tomatoes or 2 large tomatoes, sliced
1 large sweet onion, sliced
2 large sweet peppers (green, red or yellow)
cut into 1-inch strips
1/2 cup vinegar

1/4 cup oil
1 garlic clove or 1/4 tsp. garlic powder
1/2 tsp. dried basil
1/2 tsp. thyme
Salt and pepper, to taste

1. Rinse vegetables and prepare for marinade.
2. In a large plastic bag or plastic container combine vinegar, oil, garlic, basil and thyme. Mix well.
3. Add vegetables and mix well to coat vegetables. Seal bag or container and refrigerate for 1 hour or overnight.
4. Drain vegetables and save marinade.
5. Vegetables can be grilled in a grilling basket, on skewers, or wrapped in foil. Keep vegetables about 4 to 6 inches from the heat source. Keep vegetables from extreme high temperatures.
6. Add more marinade to vegetables as they cook.
7. Cook about 5 minutes and turn vegetables. Cook 5 minutes longer or until the vegetables are tender.

NUTRITION FACTS (per serving) - Calories 80 ~ fat 5 g ~ calories from fat 40 ~ sodium 5 mg ~ total carbohydrate 8 g ~ fiber 2 g

Tips For Safe Summer Grilling

- Clean grill surface before cooking.
- Trim excess fat from meat and poultry.
- Thaw and marinate meat and poultry in the refrigerator.
- Grill meat and poultry thoroughly. Avoid excessively high heat or flames when cooking.
- Use a meat thermometer to be sure meat is fully cooked.
- Use a clean plate for cooked foods from the grill.
- Refrigerate leftovers within 2 hours of taking food off the grill. (Within 1 hour in hot weather, 90°F or above).



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