

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Basic Cooking Equipment

for making safe and healthful meals for your family.

Can opener



Meat thermometer



Pots & Pans

Skillet
Small and large pot with lids

Bakeware

Baking pans (bread, muffin, casseroles, etc.)
Cookie/baking sheet

Utensils

Soup ladle for serving soup
Long handled spoon for stirring
Spatula for turning food; rubber spatula for scraping food
Measuring cups and spoons



Cutting Board

Preferably 2 cutting boards; one cutting board for only meat, poultry & fish

Knives

Different sizes serve different needs~ 8" blade-chopping and slicing; 3-4" blade-peeling and trimming; serrated blade (saw-like teeth on blade)-slicing bread and soft fruits and vegetables

**Serrated
knife**



Easy Mashed Potatoes Serves 6

2 cups water	3/4 cup milk
2 tablespoons soft margarine	2 cups potato flakes

1. In a medium saucepan, bring water and margarine to a rolling boil.
2. Remove from heat and stir in milk and potato flakes with a fork.
3. Add more milk for creamier potatoes.
4. Add seasonings like salt and pepper (black or red pepper)

Other Variations: Add 1 tsp. chili powder + 1 cup shredded cheese
Add 1/2 tsp. garlic powder + 2 Tbsp. grated parmesan cheese

5. Refrigerate leftovers.

NUTRITION FACTS (per serving using fat-free milk and no salt) - Calories 100 ~ fat 3.5 g - calories from fat 35 ~ sodium 70 mg ~ total carbohydrate 15 g ~ fiber 1 g

Quick and Easy Chicken Salad Serves 6

2 cups canned chicken or turkey, drained

Optional ingredients*

1/2 cup light mayonnaise or enough to moisten salad

***Optional ingredients:**

1/2 cup chopped celery + 2 hard boiled eggs, chopped

1 small apple, chopped + 1/4 cup chopped celery + 2 Tbsp. chopped onion

1/2 cup grapes, sliced + 1/4 cup walnuts or almonds, chopped

1. In a bowl, mix chicken and optional ingredients.
2. Add enough mayonnaise to moisten salad.
3. Serve with whole grain crackers, whole grain bread or on lettuce.
4. Refrigerate leftovers.

NUTRITION FACTS (per serving without optional ingredients) - Calories 190 ~ fat 12 g ~ calories from fat 110 ~ sodium 250 mg ~ total carbohydrate 2 g ~ fiber 0 g

Kitchen Equipment Substitutions

If you do not have a specific kitchen utensil, try one of these substitutions:

Kitchen Utensils

Measuring cup

Cookie sheet

Rolling pin

Potato masher

Measuring spoons

Mixing bowls

Cutting board

Biscuit/cookie cutters

Soup ladle

Pot holder

Substitutes

marked jar or baby bottle

pie or cake pans

smooth bottle or glass

two forks

regular teaspoon and tablespoon

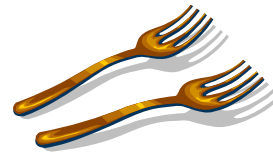
deep kettle or pan

sturdy plate

lids, rims of jars and glasses

cup with handle

folded towel



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FOOD STAMP NUTRITION EDUCATION
EXPANDED FOOD AND NUTRITION
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*** Local Extension Councils Cooperating**

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