



Cool Summer Cooking

When the weather gets hot we look for quick, easy to prepare, and cool meals.

We need to be sure we eat healthy and drink plenty of fluids especially when it is hot.

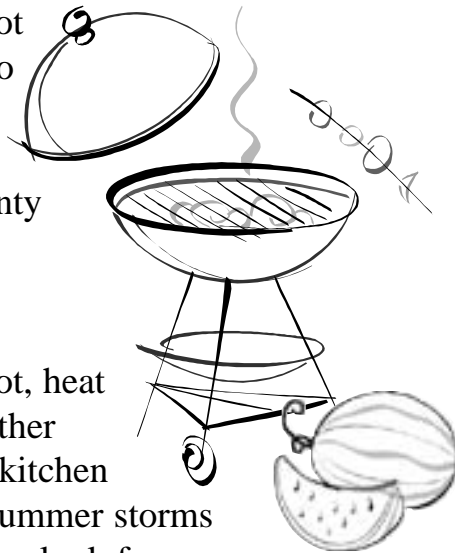
When the weather gets hot, heat from stoves, ovens and other appliances can make the kitchen even hotter. Sometimes summer storms cause power outages so we look for no cook foods.

Here are some ideas to help you keep the heat out and still eat healthy.

Think Fruits and Vegetables

Fruits and vegetables can often be served raw or cooked quickly. Think about a main dish salad for dinner.

- Serve tossed salad with leftover rice and cooked chicken. Add colorful vegetables and a small amount of your favorite dressing.
- Make tuna salad and serve on top of tossed salad with a whole wheat roll.
- Canned salmon with fresh cucumbers and tomatoes would make a special evening meal.



Remember the Microwave

Cooking in the microwave instead of the stove will help keep the heat out.

- Baked potatoes and sweet potatoes cook in 4-6 minutes per potato.
- Corn on the cob cooks in 3 minutes per ear.
- Broccoli and other green vegetables often cook in 3-4 minutes.

Don't Forget the Grill

Grilling outdoors adds flavor and keeps the heat out of the kitchen. If you don't have equipment or space to grill outdoors use a small electric grill inside. Meat cooks quickly, so it does not add much heat to the kitchen. Choose lean cuts of meat and poultry and be sure to trim excess fat for good health.

Cook Once, Serve Twice

This can save time and reduce heat in the kitchen.

- Bake potatoes one night, use leftovers for potato salad the next night. For a complete meal serve your potato salad tossed with lean, cold ham or chicken and sliced fresh tomatoes.

- Make a large batch of pasta one day and serve leftover chilled pasta as a salad the next day.
- Prepare a large cut of meat one day and use leftovers in salads and sandwiches later.

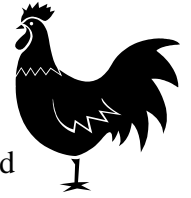
Summertime Food Safety

- Keep ingredients cold until you ready to use them.
- Clean the work area and utensils before you prepare food.
- Wash your hands often.
- Work as quickly as possible.
- Cover and refrigerate any leftovers immediately. Never leave food at room temperature over 2 hours (1 hour when the temperature is above 90°F)
- Thaw food in the refrigerator, microwave or cook from the frozen state.



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Lemon Chicken and Rice



- 1 pound boneless skinless chicken, cut into strips
- 1/2 cup chopped onion
- 1 medium carrots, thinly sliced
- 2 garlic cloves, minced
- 2 tablespoons vegetable oil
- 2 teaspoons cornstarch
- 1-1/2 cups chicken broth
- 2 tablespoons lemon juice
- 1-1/2 cups uncooked instant rice
- 1 cup frozen peas

In a skillet, cook chicken, onion, carrot and garlic in oil until chicken is cooked. Combine cornstarch, broth, lemon juice, add to skillet. Bring to a boil; cook and stir 2 minutes or until thickened. Stir in rice and peas. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Serves 4. Use two servings for dinner hot. Refrigerate leftovers and use 2 servings as salad the next day.

