

Cooking Healthy Foods; But Before
You Get to Creative - Do This First!



"Cooking Ideas & Advice that Make
You Look Like a Master Chef In Your
Kitchen"...

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Cooking Resource (recommendation)

Barbequing Your Way to Healthy Cooking

The common consensus among food experts is that grilled foods are a healthy cooking option. However, here is something to ponder over - foods cooked at very high temperatures can be a health hazard. Second, charred food does not taste good - it is bitter and unpleasant to eat. So how can grilled food be considered healthy cooking? We need to explore the subject in some detail to provide the answers.

In order to cook healthy food by the grilling technique, we need to consider various factors and add a liberal dose of good old-fashioned common sense to the cooking process.

- Use a cooking thermometer: this is a gadget that you stick into the meat to take a temperature reading. It is better to follow recipe instructions for grilling meats; they generally provide the right cooking temperatures. Anything above 270 degrees is considered bad.

- Selecting meat: selecting the right cuts of meat is one way to enjoy healthy food. Sausages and other processed foods are not the advisable healthy option. Avoid these foods and choose lean meats without much fat. Remove the skin from chicken before marinating and substitute turkey meat if you are making homemade burgers.

- Grilling meat: when you marinate meat, it reduces the chances of it charring and burning. It is also a good way to tenderize the meat and add flavor to the cooking. Remove

the burned parts and the fatty parts before serving the meat. Generally when the fat from the meats drips into the fire, it flares up, resulting in charring parts of the meat. Gas grills do not have flare up problems, it only happens with the charcoal grills. You can add a metal flavorizer bar to the grill under the cooking grate. It will provide enhanced flavor to the meat and prevent much flaring up. You can also marinate the meat, wrap it in aluminum foil and place it on the grill to cook.

- **Maintaining the grill:** clean the grill thoroughly every time you are done cooking even though you may not feel like it. Empty out the charcoal and ash; get rid of all the oil, grime and charred bits by giving the racks a good scrub and polish up the grill ready for the next cooking session. Never let charred food bits remain in the grill, they are cancer causing and will certainly give you the works if you end up eating a few bits.

With these simple strategies, it is possible to enjoy healthy cooking by grilling food.

Best Kitchen Equipment for Healthy Cooking

A successful kitchen not only depends on the cook, but the tools used to prepare meals. In the interests of helping people prepare healthy meals that translate to healthy lifestyles, we will explore some of the essential kitchen gadgets available on the market. Having great kitchen tools

also means faster and easier food preparation, so let's get started.

The following ideas for 'must have' kitchen gadgets will help even newbie cooks get oriented faster with the kitchen and all it should hold. Favorite gadgets are really a matter of personal choice, so while it is good to know what other people use in their kitchens, you need to decide based on usage, what you want to have in your own kitchen.

- Very good quality knives and a chopping block are vital for any kitchen. If you don't have a chopping block set in your kitchen island then buy a block or a few different sized chopping boards. You can buy a set of knives either set in a block or individually. Victorinox or Wüsthof are a very good brand, but pricey. You need to consider buying knives as an investment. You will need a chef's knife, paring knife, cleaver and fillet knife. Make sure to get a knife sharpening block while you are at it. From personal experience not all the electronic sharpeners work as well as the block.

- Skillets are very handy for frying and you will probably use one almost daily - get them in different sizes.

- Measure jars for measuring different liquids, flours and grains; Pyrex for example has some very handy glass jars marked with different liquid and other measurements.

-

Steamer basket for quick steaming of vegetables. You can

also buy an electric appliance that will do tiered steaming for you.

- Food processor for chopping, shredding, grinding and mixing.

- Blender for whipping up a range of sauces and dressings.

- Pasta cooker with draining lid.

- If you do a lot of cooking for a large family including baking breads and cakes, you may want to consider investing in a weighing scale. You can get one that weighs quantities and provides nutritional content analysis.

- A gas or charcoal grill is a handy gadget because healthy cooking is all about grilling food rather than frying it.

- Non-stick cooking dishes in different sizes.

- Other gadgets may include stuff such as an apple corer, egg slicer, grater and spatulas among others.

- Most people cannot survive without a microwave oven.

You may also want to have an electric kettle handy for making water hot quickly when cooking.

* A slow cooker is also a good tool for healthy cooking.

Whatever you choose, it should help you in the quest for healthier meals.

Cooking Healthy Food Made Easy

There are two perspectives from which we can view how to cook healthy foods. One refers to cooking healthy foods made up of healthy ingredients and the other is about the healthy methods by which food can be prepared. Healthy cooking really involves both perspectives and it would be interesting to take a quick look at both of them.

Healthy cooking is really all about cooking healthy foods in a healthy fashion so that the end result continues to remain healthy rather than ceasing to be healthy.

Overcooking healthy foods is the surest way to ensure that the foods cease to be healthy. Vegetables for example, often bear the brunt of our over-zealous efforts to cook healthy food. Take Brussels sprouts or broccoli, and imagine in your mind's eye the vivid green colors, which by the way represent the vegetable's nutritional value. Excessive boiling will make the vegetables lose color, which translates to the vegetables losing their nutritional value

and texture. All of the goodness of the vegetables actually ends up being poured down the kitchen sink when we boil them. Finally, over boiling vegetables will only put the family off eating so unappetizing a dish.

The other extreme of over-cooking is under-cooking and the result will be foods that can end up harming the person. Take meats like pork that need to be thoroughly cooked to kill all the harmful bacteria in them. Lightly frying pork chops in a pan will not do any good. Then you have pulses like kidney beans that can cause an awful lot of digestive problems when undercooked. It is always possible to find the right cooking times in either a good cookbook or online at reliable foodie websites.

Saturated fats can be a killer and using the least possible amount is always the best approach. Try to substitute them for vegetable based oils, olive oil or canola oil. Try to poach, grill, steam or bake foods as often as possible. Avoid any kind of deep frying and also shallow frying - avoid frying foods in oil. By abiding by these suggestions, it means healthy cardiovascular systems for the whole family.

For many people the very thought of healthy cooking is anathema because they conjure up images of uninspiring dishes that are bland and taste like cardboard. A little effort and imagination will go a long way in ensuring true healthy cooking in your kitchen.

Garlic - an Essential Part of Healthy Cooking

There have been many claims to fame for the humble garlic pod; an ancient herb that has featured prominently in various cooking styles around the world. Garlic is an herb that is related to the onion, chive and leek family of bulbs. Garlic grows underground with a leafy overgrowth found above the earth's surface. Making use of garlic in cooking is a great way to ensure good health.

There are numerous varieties of garlic available the world over, but the two common varieties of garlic are the hard and soft neck garlic; t. Garlic has two primary ingredients that contribute to good health - allicin and diallyl sulphide. While there are many health benefits to consuming garlic as part of one's regular diet, there are many unproven claims as well.

Modern science has helped highlight the powerful antibiotic properties of garlic. Bacteria found in the human body appear unable to combat the effectiveness of garlic and its antibiotic properties. In other words bacteria are unable to develop resistance to garlic.

Aged garlic has been the subject of study for its antioxidant properties. Garlic helps the body fight against the damage caused by free radicals. A large number of people prefer to take garlic supplements to avoid the harsh taste and bad breath of garlic. However, adding garlic to cooking is one of the best ways to consume garlic in its natural form.

Adding garlic to food may help in managing cholesterol levels and blood pressure. It can also help to lower risk of blood clots and maintain a healthy heart. There have been studies conducted in America and Australia to show that consuming garlic in food helps to prevent blood clots that lead to heart attack and stroke. The allicin in garlic is the agent that lowers cholesterol levels and blood pressure.

During World War I the antibacterial and antiparasitic properties of garlic were revealed to the full. Infections and amoebic dysentery that plagued soldiers were successfully treated with garlic thanks to the allicin present. When garlic is chopped, crushed or chewed, the allicin compound is released together with allinase, an enzyme. Together they produce the allicin chemical that has a variety of health benefits. More recently, modern studies show the association of garlic in helping to destroy potentially dangerous bacteria such as salmonella causing food poisoning and other bacteria associated with urinary tract infections and tuberculosis.

Tip: leave garlic to rest for 10 minutes after crushing or chopping prior to cooking. This enhances the formation of the chemical allicin!

Good Healthy Cooking from Home Kitchens

The consumption of refined foods and sugars around the world are leading to obesity and poor health. Healthy cooking and healthy eating habits go together, and there are many different ways to make food tasty rather than boring. There are cooking techniques to enhance flavors and improve health simultaneously. Each type of healthy food has its own benefits; for example, wheat germ and fiber are known to fight illness and cancer causing agents.

Healthy eating habits can be cultivated at home by cooking recipes that are full of the goodness of health. Choose to serve fresh vegetables and fruits, fish and lean meat; make salads, cook in olive oil and use herbs and spices rather than store bought fat rich sauces and dressings. These foods will help to fight illness and promote longevity.

Make sure to grocery shop for only the healthiest foods and bypass all those tempting refined foods and snacks. Natural foods are generally stored around the perimeter of the store as you already know. Healthy cooking will help you reduce the amount of time you spend in the kitchen frying stuff.

Select in-season fruits and vegetables and choose the ones with rich colors; all the nutrients are in the color rich fruits and vegetables. Use steaming and stir fry methods to cook vegetables so that they don't lose their rich supply of vitamins and minerals. All it takes is a bit of creativity and interest to mix and match foods to turn out some really great tasting meals.

Try making simple substitutes to your cooking; for example,

you can puree tomatoes in your food processor and do away with readymade sauces that are rich in calories and cholesterol. Forget all those fat rich, gooey salad dressings, think of all the health problems you can avoid by saying no to overly fat rich, calorie rich, cholesterol filled foods. Salsa is a great topper from pizzas to salads and so much more; the good thing about it is it does not contain any fat and is actually a healthy alternative to the rich salad dressings.

Why is there suddenly so much emphasis on healthy cooking? The answer is very simple; it helps to keep you and your family healthy. By reducing fat intake, you keep your arteries healthy, thereby reducing the risk of heart ailments and other problems. Healthy arteries mean the blood flows cleanly through your body, enabling you to live a life that is healthy and happy.

Health Consciousness Leads to Healthy Cooking

With all the exposure diseases and unhealthy lifestyles are garnering in the press today, people are afraid of contracting some awful disease or becoming obese. And with good reason one might add - there are way too many temptations out there to take us away from healthy cooking and a healthier lifestyle.

Why do we need to eat out when we can whip up simple, delicious meals in the comfort of our own home? By adopting

healthy cooking practices it is possible to live a healthy life, and avoid numerous health problems that plague us due to wrong eating habits.

Many people are wary of the term healthy cooking because it conjures up visions of alfalfa sprouts and rabbit food. First step to a healthier lifestyle is to get this erroneous notion right out of your head. Healthy cooking can be as much fun as you make it. Here are a few simple ideas that you will soon find make a whole lot of difference to the way we eat.

- Avoid cooking in fat such as butter and oil. If you need oil choose olive oil or vegetable oil containing unsaturated fats rather than cooking in saturated fats.
- Cut out the salt in your food; try to substitute with flavored vinegars, lemon juice, herbs and spices. Avoid excessive use of tomato sauce and other processed sauces like soya sauce; they have a high salt content.
- You need to be firm in your resolution where fried foods are concerned. All fried foods need to be replaced with steamed, baked, stir fried, grilled or roasted foods. An additional benefit is the foods retain most of their original nutrients when they are not fried.
- As much as possible, choose to cook using fresh ingredients such as vegetables and meats. Try to avoid canned and processed foods – they have high sodium contents

and are often full of additives. Natural foods have so many more benefits than processed or preserved foods.

- Full cream and whole milk can be cut out and replaced with skimmed milk. This step is necessary if you have weight problems.

- Avoid cooking your food more than is necessary. For example, if you can eat something by boiling it for 3 minutes, why insist on cooking it for 10 minutes? Overcooking kills the nutrients in the food and the body does not benefit from such foods.

Follow these tips and you will soon become an expert at healthy cooking!

Healthy Cooking - Simple Substitutions to Daily Diet

It is quite simple to make substitutions to one's regular daily diet to enjoy healthy cooking and a healthy life. The main goal in making substitutions in food is to cut out the unhealthy fats and cholesterol; increasing fats good for health and reducing sodium levels in food. For example, olive oil and avocados are very good for health.

It's the saturated fats and the trans fats that cause the obesity and health risks. By making use of some simple

cooking strategies it is possible to create tasty meals without the fat. The monounsaturated fats and polyunsaturated fats together with fiber help to improve health and reduce the risk of heart ailments.

Let us check out some of these dietary substitutions to see what will work in your kitchen.

- There's nothing to beat the wholesome goodness of healthy fresh vegetables. While fresh is the best without additives and preservatives, frozen vegetables without any additives are also good. Always choose frozen vegetables that don't have anything added to enhance taste and flavor. Avoid canned vegetables; they are generally packed in preservatives, chemicals and salt. These additions offset all the goodness of the vegetables. Always opt for fresh vegetables; with a bit of planning you can do your grocery shopping so that you always prepare healthy meals with fresh stuff.

- It is not the grains or the breads that are unhealthy, but the type of grains chosen that can prove unhealthy. Whole grains are made up of three parts, but refined grains (white bread and rice) have one part. The missing parts are fiber, vitamins, minerals and healthy fats. Get rid of white bread, rice, pasta, cereals and crackers from your pantry. Stock up on whole wheat options instead.

- Yogurt is a very healthy food, rich in protein and full of probiotics and calcium. Choose the low fat or no fat options to reduce the saturated fat. If you can get it, Greek

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