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higher-fat cheeses with lower-fat options such as reduced-fat feta and part-skim mozzarella. Thicken sauces with evaporated fat-free milk instead of whole milk.

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Baking. Besides breads and desserts, you can bake seafood, poultry, lean

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meat, vegetables and fruits. For baking, place... Braising. Braising involves browning the ingredient first in a pan on top of the stove, and then slowly cooking it... Broiling and grilling. Broiling and grilling expose food ...

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This basic cooking technique involves frying ingredients over medium to high heat (preferably in a healthy cooking oil) to cook them quickly and achieve browning and flavour. Sautéing is the foundation for many meals, including soups, stews, one-pot meals and Instant Pot recipes.

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Some of the healthiest diets-think

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Mediterranean diet or traditional Japanese or Chinese cuisine-are rich in vegetables and grains and skip packaged processed foods. Using spices, like curry powder, and herbs, like basil, help flavor your food without adding salt.

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Healthy cooking doesn't always mean using low-fat products. The full-fat Cheddar and Parmesan together are so satisfying in this easy-to-make casserole that a little goes a long way. Get the ...

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## **Allrecipes.com**

Instead of smothering them in flour, salt and fat, try one of these easy, better-for-you cooking techniques: Bake: Cook foods slowly in dry heat like an oven. Blanch: Boil the food briefly (about 30 seconds) then plunge into ice water to stop the cooking. This is especially cool for veggies you want to keep a little bit

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crisp or almost-raw.

## **Don't fry! Give Healthy Cooking Methods a Try | American ...**

Unsalted canned beans and tomatoes, precooked unseasoned brown rice, and unsalted chicken stock are the hardworking convenience heroes of a healthy kitchen because—let's get

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real—they allow a healthy meal to happen when you have almost no time to cook. Use fresh ingredients to perk them up: a little citrus, perhaps, or some herbs. 11.

## **30 Ways to Be a Healthier Cook | Cooking Light**

Continued. 6. Bring on the beans. Beans

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are chock-full of fiber and plant protein. Instead of cooking them with meat, which ups the fat content and drives away vegetarians, Thayer suggests using ...

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). Healthier cooking methods include baking, broiling, simmering, slow-

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cooking, poaching, pressure cooking, stewing and sous-vide. These methods do not promote the formation of these harmful...

## **25 Simple Tips to Make Your Diet Healthier**

General suggestions for healthy cooking  
Steam, bake, grill, braise, boil or

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microwave your foods. Modify or eliminate recipes that include butter or ask you to deep fry or sauté in animal fat. Avoid added oils and butter; use non-stick cookware instead. Don't add salt to food as it is cooking. ...

**Healthy cooking tips - Better Health Channel**

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## **Healthy Cooking Tips**

The concept of “lean” applies to cooking

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methods, too. Techniques like baking and broiling use a small amount of fat, whereas frying means that the whole food is plunged directly in fat. So, when you're deciding what to cook for dinner, choose a leaner cooking method like sauteing, roasting, or braising. Tip #7:

### **10 Healthy Eating Tips | Cook**

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These grocery shopping tips from The Easy 5-Ingredient Healthy Cookbook will help you come home from the supermarket with healthier food in your bags and more money in your wallet.

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