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Family Program - Adults Lean Protein and Slow Cooker

Overall Learning Objectives:

- Understand that protein builds tissues and provides energy.
- Know that the best source of protein is lean or low in fat.
- Know that fats are essential to our health. Unsaturated fats should be limited and trans fat avoided. Unsaturated fats are the best choice when used in moderation.
- Understand that beans and lentils are a low cost, easy to prepare, nutrient dense sources of protein and can be substituted for high fat meats.
- Know how to use Nurture’s Recipe Framework to build slow cooker meals with lean proteins.
- Understand how to use the slow cooker and feel at ease preparing meals with the slow cooker.

20 minutes	<ul style="list-style-type: none"> • Welcome and sign-in • Any new participants should fill out the waivers • Exercise Week 2 • Discuss questions, comments or behavior changes resulting from the Fruits and Vegetable lesson
30 minutes	<ul style="list-style-type: none"> • Lean Proteins Lesson and Lentils Lesson, visuals MyPlate and MiPlato • Taste Recipe 1 • Analyze recipe and discuss possible substitutions using Recipe Framework
15 minutes	<ul style="list-style-type: none"> • Beans Lesson • Taste Recipe 2 and analyze using Recipe Framework • Taste Recipe 3 and analyze using Recipe Framework
5 minutes	<ul style="list-style-type: none"> • Stretch Break
15 minutes	<ul style="list-style-type: none"> • Review uses and directions for Slow Cooker
5 minutes	<ul style="list-style-type: none"> • Complete class evaluations • Distribute slow cookers to participants • Distribute groceries to participants

Supplies for participants:

- Groceries
- Bags for groceries
- Slow Cookers

See [Teaching and Program Implementation Kits](#) for additional materials needed for class.

Select recipes:

- For Recipe 1 demonstrate a slow cooker meal where lentils are emphasized in the recipe.
- For Recipe 2 demonstrate a slow cooker meal where beans are emphasized in the recipe For Recipe 3 show a quick and easy way to prepare beans or lentils, such as a dip or salad

See [Recipe Selection and Giveaways](#) for suggestions on recipes.

Exercise - Week 2 – Mention that a dance exercise routine with cardio, strength and stretching can be found in Section 3, page 3.

(If exercises are done on floor wash hands or use hand sanitizer.)

Lean Proteins

Welcome back!

Did anyone find ways to eat more fruits and vegetables last week? Did anyone figure out a way to exercise more?

Before we get started are there any questions from last week's lesson?

Today we are going to talk about protein, different types of protein, and why it is important for our bodies. We will also be serving some recipes that exemplify ways of including healthier and lower cost proteins into your meals. The second part of the lesson will be about how to use your slow cookers. You will be taking them home today to get started with your cooking.

First, let's talk about protein. **Turn to Section 3, page 17 in your Workbook.**

Can you tell me some good sources of protein? (*chicken, meat, fish, beans, lentils, seeds, nuts, eggs, dairy etc.*)

Why is protein important?

- Protein is an important nutrient that helps build bone, muscle, cartilage, skin, and blood.
- Protein also provides energy for the body.
- Proteins break down into amino acids in our bodies. These amino acids then build enzymes, hormones, and vitamins which are essential for almost all the processes of our bodies. Without protein in our diets, we would become severely malnourished.
- Usually protein sources contain fat, so it's important to choose protein sources that are lower in fat. We call these lean proteins.

Turn to Section 3, page 16 of your Workbook. Fat is essential to our diets. It provides energy and is important for the absorption of the fat soluble vitamins A, D, E and K. These vitamins need fat, not a lot, but some, in order to be used by the body.

It is important to know that fats are not created equal, and the types of fat you eat affect your body differently. There are three main categories of fat; saturated, trans and unsaturated.

Saturated fats are found mostly in animal products, like meat, butter, and cheeses. Saturated fat is it is generally solid at room temperature. For instance, the fat on a piece of steak is white and solid at room temperature.

Unsaturated fats, the healthier fats, are found mostly in plant-based foods and are generally liquid at room temperature. An example is olive oil.

It is recommended that you limit your saturated fat intake to 10% of your total daily calorie intake of the day. For instance, if you follow a 2,000 calorie diet, 200 calories or about 20 grams of saturated fat or less is recommended.

We should eliminate trans fats completely due to the harm they have been proven to cause to the cardiovascular system. Trans fats are mostly manufactured fats made to extend the shelf life of processed foods. By law, trans fats can no longer be used in these foods; as this fat is phased out we must be careful to choose products that do not contain them. If a food contains 0.5 grams or more of trans fat per serving, then it must be listed on the nutrition facts label. If one serving contains less than 0.5 grams, the companies can list 0 trans fat. There may be 0.4 grams of trans fat per serving. If you eat three servings of that food, you are getting 1.2 grams of trans fat. Now your consumption of trans fat is adding up. Therefore, it is best to check the ingredient list, in addition to the nutrition facts label. You must look for the words, "partially hydrogenated" in the ingredient list. If those words are listed, it means that trans fats are in the product.

Remember, the most important tool you have right now to monitor your fat intake is the nutrition facts label and ingredients list required on all foods. The nutrition facts label will list the saturated fat, trans fat and unsaturated fat content per serving. Sometimes the unsaturated fat is not listed but you can figure this out by subtracting the saturated fat from the total fat to get this number. For instance, if the total fat is 10 grams and the saturated fat is 5 grams, then you know the remainder is from unsaturated fats, either monounsaturated or polyunsaturated.

Aim to have 20-35% of your daily calories from fat, with no more than 10% coming from saturated fats.

Some examples of lower in fat or lean protein sources include:

- Skinless poultry, eggs, fish, pork loin, round steaks and roasts, loin and 90-95% lean beef are the leanest animal sources of protein. **(Discuss ways to incorporate eggs and lean protein into meals.)**
- Try to include fish at least twice a week to get your important omega 3 fatty acids, (unsaturated fats). Great fish sources include salmon, trout, and herring.
- Many people think the only place to get protein is from animals. However plants have protein too! Plant sources of protein like beans and lentils are great because they contain very little fat. Plant proteins also contain fiber, and animal sources do not. Fiber is good for the heart, keeps you feeling full longer and keeps you regular. It's important to note that on the MyPlate, the protein section isn't just for meats; beans can go there too!

Let's talk about lentils and beans in more detail.

Distribute samples of Recipe 1. (The recipe should include lentils to apply to the discussion.)

Lentils

Turn to Section 1, page 5 of your Workbook.

Lentils are small legume seeds that come whole or split in a variety of colors ranging from orange to pink to grayish green. Because they tend to grow mushy when cooked, they are often used as a base for lentil soup. **(Show bag of dried lentils.)**

Lentils are economical and nutritious!

Lentils and beans are a great vegetarian source of protein. They are low in saturated fat, which is the type of fat that may contribute to heart disease. They are high in fiber, seven

grams per serving compared to zero fiber in animal sources of protein, which means good news for your heart and overall health!

Beans and lentils can be considered a vegetable **and** protein source. A protein source because they have similar nutrients found in meats. A vegetable source because they have similar nutrients found in vegetables. For this reason, when planning your MyPlate food groups, beans and lentils may fulfill either a protein or a vegetable serving. Please note that the recipes in your workbook count beans and lentils as a vegetable serving.

Lentils are high in potassium and magnesium, which helps to regulate blood pressure.

Lentils should be stored in an airtight container in a cool, dry and dark place. Stored this way, they will keep for up to six months.

To cook lentils, put them in a pot on the stove, add two parts water to one part lentils, cover, bring to a boil, then simmer until tender. Depending on the age and variety of the lentil, cooking time can range from 10 minutes to an hour.

- Salt will harden the lentil and increase cooking time, so add salt at the end.
- Acid ingredients like tomatoes, wine and vinegar will also lengthen cooking time.
- Brown or green lentils hold up better when cooking and will usually stay intact. When you want a mushier consistency, red lentils can be used, as their skin is thinner and they break down easier.

You are tasting **Recipe 1** which is made with lentils. **(Have participants turn to Recipe 1 in the recipe section of the Workbook.)**

Does anyone have any suggestions as to what ingredients they might substitute or add when serving this to their family? **(Use the Recipe Framework to analyze and discuss substitutions for Recipe 1.)**

Why Beans are a Good Choice for your Family?

1. Beans are economical when canned, and VERY economical when dried.
2. Beans are nutritious:
 - Beans are a good source of folic acid, iron, magnesium and zinc, protein and fiber which is important for maintaining a healthy heart and supplying our bodies with the energy it needs.
 - While lean meats such as chicken breast or fish are healthy choices, consider substituting beans (or lentils) for high fat meats in order to lower saturated fat

consumption. Making this substitution two or three times a week is good for our hearts and pocketbooks.

- The fiber in beans can also help to keep us feeling fuller longer, aids in digestion and can even help to lower our cholesterol.

Turn the page to page 6 in your workbooks. (Section 1) The chart on the bottom of the page shows some the nutritional profile for different types of beans:

Nutritional information per serving (1/2 cup canned)	Calories	Fat	Carbohydrates	Protein	Fiber	Saturated Fat
Black beans	114	0.5	20	8	7.5	0
Great Northern beans	149	0.5	27	10	6	0
Pinto beans	103	1	18	6	6	0
Red kidney beans	109	0	20	7	8	0

Store beans in an airtight container in a cool, dry and dark place. Stored this way, they will keep for up to six months.

When Using Canned Beans

Drain beans in colander. Rinse with cold water to wash away and packing liquid and excess salt. Beans will now be ready for use in your favorite bean recipe.

Cooking Dried Beans

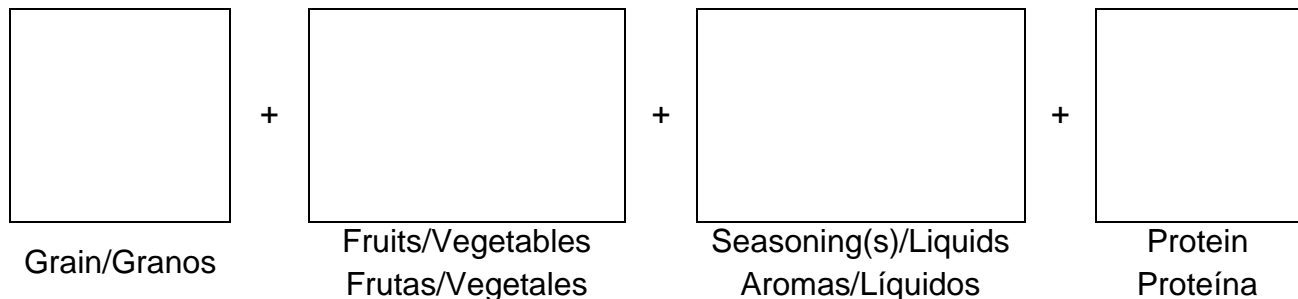
Step	What to do	Directions
1	Sort	Pick beans over, removing any damaged beans, small stones or dirt.
2	Soak	Options: <u>Hot Soak</u> : Add 10 cups water for each pound (2 cups) of dry Beans; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for up to 4 hours. <u>Quick Soak</u> : Add 10 cups hot water for each pound (2 cups) of dry beans; boil for 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour. <u>Overnight Soak</u> : Add 10 cups water for each pound (2 cups) dry beans and let soak overnight (or at least 8 hours).

		Beans expand up to three times their size when dry, so be sure to use a large enough pot!
3	Cook	<p><u>Conventional method (Pot over stove):</u> Drain soaking water and rinse off beans. Put in cooking pot and cover beans with fresh water. Simmer for 1 1/2 -2 hours or until tender.</p> <p><u>Slow Cooker method:</u> Drain soaking water and rinse off beans. Put in slow cooker and cover beans with fresh water. For a slow cooker, the ratio of beans to water is 3 cups of water to 1 cup of beans. Cook beans 2-3 hours on high, making sure they are covered with water. When the beans are tender; turn the setting to low and let cook for an additional 6-8 hours.</p>
4	Use in recipe	Beans will now be ready for use in your favorite bean recipe.

Distribute Recipe 2 and Recipe 3 for tasting. (Choose recipes that have beans as the protein.)

Everyone turn to **Recipe 2** in Section 2 of your Workbooks. Let's look at the ingredients and plug them into the Recipe Framework.

(Analyze Recipe 2 using Recipe Framework. Ask participants to rate the recipe and to brainstorm what if any ingredients they would change or add.)



(Have participants turn to Recipe 3 in Section 2 of the Workbooks and analyze using Recipe Framework. Ask participants to rate the recipe and to brainstorm what if any ingredients they would change or add.)

Stretch Break – (touch toes, stretch arms, march in place, do any yoga moves or exercises from the exercises listed in Section 3 of the Workbook.)

**Slow Cooker Lesson
(Hand out Slow Cookers to Participants.)**

Please take your slow cookers out of the boxes. Pay attention to how they are packaged so you can easily put them back together.

In the boxes you will find the directions and a registration card. Set these aside.

(Continue lesson after all slow cookers are open.)

Has everyone found the registration card? We are going to fill out this card and mail it back to the company. They will keep your name on file as an owner of this particular model of slow cooker. The reason is that, although rare, if they ever find a problem or manufacturing defect with this particular slow cooker, they will be able to contact you to fix the problem or offer a replacement.

(Help participants fill out registration card. You might find it helpful to make an enlarged example on a flipchart to use as you explain how to fill it out. Collect cards to drop in the mail after class. Some slow cookers may request registering online. If this is the case, you can offer to assist them with registration or explain how they can do this on their own).

Now let's look at the slow cooker and learn how it works. Look at your slow cooker as I explain the parts.

Parts of Your Slow Cooker



Lid with handle



Removable cooking bowl



Main body of slow cooker

(attaches to electric cord—
please see safety precautions
on following page)

On/off switch
Hi/ Low/ Keep Warm

- There are three settings on the slow cooker: warm, low, and high. Warm will keep your food warm without cooking it, while low and high are cooking temperatures. In general, cooking a recipe on low takes about twice the time it takes to cook on high.

How to Use Your Slow Cooker (Abbreviated instructions in Section 1, page 8)

1	Add foods according to your recipe. <ul style="list-style-type: none">• Always be sure there is liquid in the recipe. This is usually broth or water but this could also be salsa or other soft fruits or vegetables, which have a lot of moisture.• Drastic temperature changes can cause the slow cooker to crack. Don't place the hot cooking insert on a cold counter, or take a cold cooking insert out of the fridge and put it directly into preheated slow cooker.
2	Plug in slow cooker to safe outlet. (Attach plug to appliance first, then plug cord into the wall outlet).
3	Cover and turn on the slow cooker. Guidelines: Low: for 8-10 hours or overnight High: for 6 hours <ul style="list-style-type: none">• Resist the urge to stir. The slow cooker is designed to be left alone, and every time you open the lid you add 15-20 minutes to the cook time.
4	For animal proteins, use meat thermometer to check if done. According to FoodSafety.gov, meats should be cooked to the following minimum temperatures: Poultry: 165 degrees Ground Meat: 165 degrees Pork, Beef Steaks and Roasts, Lamb: 145 degrees
5	Turn to “keep warm” if waiting to serve. <ul style="list-style-type: none">• The steam inside the slow cooker will form condensation on the lid. When taking off the lid, lift it straight up (as opposed to tilting it) to keep the water from getting in the food. It will also be hot, so be careful doing this.

Why a slow cooker will make your life easier:

- Quick preparation with little mess to clean up.
- Dinner is ready and hot at the end of the day (and your home smells wonderful!).
- Make larger quantities and freeze for the future or use leftovers for lunches or next day's meals.

IMPORTANT SAFEGUARDS (Shown in Section 1, page 10 of the Workbook.)

Safety First: Please read the instructions manual/ user guide included with your slow cooker. It has important safety information you must review.

Use caution when opening, always open lid away from face, to avoid steam burns. Handle the cooking bowl carefully. Use oven mitts.

When using electrical appliances, basic safety precautions should always be followed, including the following:

- 1. Read all instructions carefully before use.**
2. Do not touch hot surfaces. Use handles and knobs.
3. To protect against electric shock, do not immerse cord, plug, or any parts of the slow cooker unit (except removable cooking bowl) in water or any other liquid.
4. Close supervision is necessary when this appliance is used by or near children.
5. Do not operate any appliance with damaged cord or plug, or after the appliance malfunctions or has been dropped or damaged in any manner. Return the slow cooker to the nearest authorized service station for examination, repair or electrical or mechanical adjustment.
6. The use of attachments not recommended or sold by the manufacturer may cause fire, electrical shock or injury, and are therefore prohibited.
7. Do not use outdoors.
8. Do not place on or near a hot gas or electric burner, or in a heated oven, or in a microwave oven.
9. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts, and before cleaning.
10. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, remove the plug. Always hold the plug, never pull the cord.
11. Do not let the cord hang over edge of table or counter, or touch hot surfaces, including the stove.
12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
13. Do not use this appliance for anything other than intended use.
14. To reduce the risk of electric shock cook only in removable container.
15. To ensure continued protection against risk of electric shock, connect to properly grounded outlets only.

HOUSEHOLD USE ONLY
ADDITIONAL SAFETY INSTRUCTIONS:

GROUNDING INSTRUCTIONS:

This appliance must be grounded. The plug must be plugged into an outlet that is properly installed and grounded.

WARNING:

Improper use of a grounded cord can result in the risk of electrical shock. Consult a qualified electrician if necessary. Do not try and defeat this safety feature by modifying the plug.

A **short power-supply cord** is provided to reduce the hazards resulting from entanglement or tripping over a long cord.

1. Make sure to keep potentially flammable items away from the slow cooker when it is in use. These would include potholders, oven mitts, wooden utensils, paper or plastic bags, boxes, food packaging, towels or curtains, paper
2. Make sure your recipes have sufficient liquid that the food won't become dried out while the cooker is unattended and follow recommended cooking times. For example, the stuffed peppers should not be cooking significantly longer than the recipe calls for.

Caring For and Cleaning your Slow Cooker

WARNING: Do not immerse the Slow Cooker unit, cord, or plug in water or any other liquid. Wipe the exterior of the Slow Cooker with a clean, damp cloth. Allow to dry thoroughly. Do not use harsh detergents or abrasive cleansers.

Clean your slow cooker and all of the used accessories after each use.

Unplug before cleaning. NEVER clean the slow cooker while it is still plugged in.

To avoid scratches, do not use harsh or abrasive cleansers on any part of the slow cooker.

Do not immerse the main body in water.

Steps for Cleaning Slow Cooker

1	Remove the Removable Cooking Bowl from the main body.
2	Make sure the removable cooking bowl has completely cooled, then wash it and lid in warm/hot soapy water.
3	Do not use any scouring pads on the Removable Cooking Bowl, as they may damage the bowl.
4	Allow to dry thoroughly.

*If for some reason food has cooked onto the bottom of the Removable Cooking Bowl, fill it with hot soapy water and soak. After allowing the bowl to soak, the cooked-on food should be loosened enough to remove.

You can make your own recipes too! Try writing new recipes or converting an old stovetop favorite to a slow cooker preparation. Here are some tips to help: (Show these in workbook Section 1, page 8 but only discuss these tips if there is time.)

Vegetables and Meats

- Softer vegetables like mushroom and zucchini can become mushy if cooked for too long. If possible, it is best to add them during the last 30-60 minutes of cooking time.
- Fresh root vegetables like potatoes and carrots take longer to cook than meats. To ensure even cooking, place these vegetables on the bottom of the slow cooker, followed by meat, then quicker-cooking items. (Items on the bottom cook at a slightly higher temperature than those on top.)
- Remove excess fat and skin from poultry and other meats before cooking. The added fat will make the liquids fatty and increase the cooking time of the meat, often making it dry.
- You can add a little oil, turn the slow cooker on high, and sauté/brown items before adding the rest of the ingredients. Try doing this while having your morning coffee, then add the rest of the ingredients when you leave for the day 15-30 minutes later.

- Don't put frozen items into the slow cooker; thaw them in the refrigerator first. Frozen meat can be unevenly cooked and frozen vegetables can add unwanted liquid to the dish.

Seasoning and Sauces

- Seasonings are best added at the end because the cooking process can dull them. If using dried seasonings, add them during the last hour or so of cooking time. If using fresh, add them right before serving.
- Liquids will not evaporate like they will when cooking stovetop. If converting a recipe, reduce the amount of liquids added by about half.
- To thicken sauces, try either dredging the meat in flour before cooking or adding cornstarch at the end of cooking. Also, adding a can of beans mashed with the back of a fork can be a nice thickener.

Other/General

- Cut everything (vegetable, meat, etc.) the same size so that each piece takes the same amount of time to cook.
- The slow cooker works best when filled half to two-thirds full.
- Pasta can become sticky when cooked in the slow cooker. If adding pasta like penne or spaghetti, it is better to cook it separately as the directions describe and add when finished. Small pastas (like orzo) can be cooked in the slow cooker, but should only be added during the last hour of cooking time to keep a good texture.
- Milk-based products can curdle in the slow cooker. When practical, add them at the end of the cooking process.
- Dried beans should be soaked before adding to the slow cooker. Also, salt, acids and sugar have a hardening effect on the beans, preventing them from softening. Add any sugars, salts or acids (like vinegar or lemon) after the beans are fully cooked.
- Cooking times vary depending on the individual recipe, but this table can be used as a jumping off point:

Stove Top/Oven Cook Time	Low Heat Setting	High Heat Setting
15-30 minutes	4-6 hours	1.5-2.5 hours
35-45 minutes	6-8 hours	3-4 hours
50 minutes to 3 hours	8+ hours	4-6 hours

(If you are giving the participants ingredients to make a specific recipe at home, now is the time to look at the recipe together and explain this to them. Encourage them to experiment and to come back the following week to share their experiences.)

If a Children's Program is included add the following. Turn to Section 3, page 18.

Today the children discussed how food is our body's fuel: it provides the energy we need to think, play and do the things we love. Not all food provides good energy. Go Foods nourish our bodies and provide long lasting energy. They include things like fruits, vegetables, whole grains, lean proteins and low-fat dairy. Slow Foods do not nourish our bodies as well and may give us a quick burst of energy but then we get sleepy. Slow Foods tend to be high in unhealthy fats, sugar or salt and include things like candy, cakes, chips, fatty meats and fried foods. You can reinforce this lesson and MyPlate by asking them to identify if a food is a Go or Slow and to name the food group it belongs to. Most Slow Foods do not belong to a food group i.e. ice cream, French fries, milkshakes, cookies. These are extra foods that don't count toward balanced meals. Help them choose snacks and meals of primarily Go Foods.

Next week we will be talking about the importance of making half of your grains whole grains and learn how to read and interpret ingredient lists and nutrition labels. Have a great week and have fun using the slow cookers!

Before dismissing the class, remind them to bring back their grocery bags and Workbooks next week.

Allow five minutes to fill out class evaluations and to hand out groceries.

Sources and Additional Resources:

http://www.heart.org/HEARTORG/GettingHealthy/FatsAndOils/Fats101/Saturated-Fats_UCM_301110_Article.jsp

<http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>

<http://www.choosemyplate.gov/food-groups/protein-foods.html>

If you are looking for more bean recipes, we urge you to check out a free electronic book, *Beans: Bold and Beautiful Book of Bean Recipes* (a WIC publication).

In English: http://www.nal.usda.gov/wicworks/Sharing_Center/WA_beanbook.pdf

In Spanish: http://www.nal.usda.gov/wicworks/Sharing_Center/WA_beanbooksp.pdf