



NURTURE



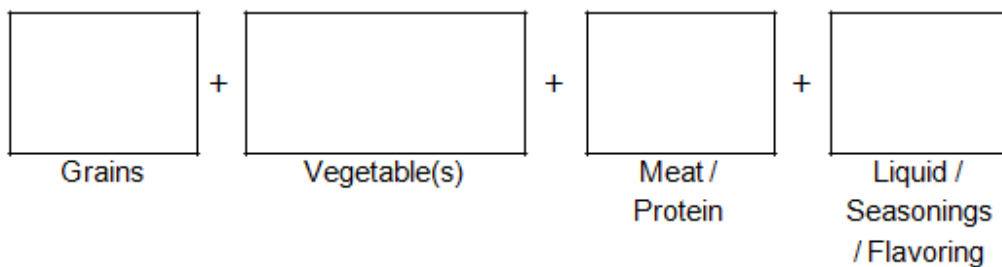
Family Program Workbook & Recipes

Section 1: Cooking & Shopping Tips

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Slow Cooker Recipe Framework



Ideas

brown rice	carrots	turkey	water
quinoa	leeks	chicken	broth
oatmeal	onions	beef	garlic
bulgur	jalapeno	fish	olive oil
barley	canned tomatoes	beans	pepper
couscous	fresh tomatoes	lentils	ginger
millet	green onions	split peas	cumin
steel cut oats	frozen/canned corn	peanuts	curry
cracked	fresh/frozen peas	walnuts	cilantro
wheat	fresh/frozen broccoli		parsley
wheat berries	fresh/frozen spinach		mint
	zucchini		
	cabbage		

Directions: Cook on LOW for 8-10 hours (or approximately 6 hours on HIGH); check temperature of meat prior to serving.

Adapting Recipes with the Recipe Framework[©]

Whole Grains	Fruits/Vegetables	Protein/Meat	Liquid/ Seasonings
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Veggie Burrito Bowl

4 cups Brown Rice	1 cup Corn 1 Yellow or Red Bell Pepper 1 Zucchini 1 Summer Squash	15 oz can No Salt Added Black Beans	2 cups Homemade Salsa 4 oz of 1/3 Fat Cream Cheese
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Sweet Potato Burritos

1 ½ cups Brown Rice Corn or whole wheat tortillas	1 cup Corn 2 Large Sweet Potatoes Veggies of choice	2 cups of Cooked Black Beans, Prepared from Dried	1 ½ cups homemade salsa 4 oz of 1/3 Fat Cream Cheese
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Nutritional Facts for Sweet Potato Burritos: (not including tortillas, veggies of choice or extra salsa)

Nutrition Facts	
Serving Size 1 cup filling and 1 tortilla	
Serving Per Container 6	
Amount Per Serving	
Calories 476	
% Daily Values*	
Total Fat 6g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Potassium 1035mg	30%
Sodium 385mg	16%
Total Carbohydrate 82g	27%
Dietary Fiber 17g	68%
Sugars 8g	
Protein 19g	38%

What is a Lentil?

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.)**



Why Lentils are a Good Choice for your Family?

Lentils are economical and nutritious!

Lentil ½ cup cooked	Calories	Fat	Sat Fat	Carb	Fiber	Protein	Vitamin	Minerals	Misc
Lentils	161	7	.5	18	7	7	Folate, Thiamin	Iron, Potassium, Magnesium, Zinc	**Great source of Iron

Lentils are a great vegetarian source of protein. They are also much lower in saturated fat and higher in fiber than animal sources of protein, which means good news for your heart and overall health!

** Foods high in Potassium and Magnesium help regulate blood pressure!

Store lentils in an airtight container, in a cool, dry and dark place. Stored this way, they will keep for up to 6 months.

Cooking Lentils: To cook on in a pot on the stove, add 2 parts water to 1 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.



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Cooking Dried Beans

Step	What to do	Directions
1	Sort	Pick beans over, removing any damaged beans, small stones or dirt.
2	Soak	<p>Options:</p> <p>Hot Soak: 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.</p> <p>Quick Soak: 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.</p> <p>Overnight Soak: Add 10 cups water for each pound (2 cups) dry beans and let soak overnight (or at least 8 hours).</p> <p>Beans expand up to three times their size when dry, so be sure to use a large enough pot!</p>
3	Cook	<p>Conventional method (Pot over stove): 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>Slow Cooker method: 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.

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

Nurture provides slow cooker recipes because they are easy and convenient. You can turn a few ingredients into a delicious meal with the flip of a switch. Simply assemble the food into the slow cooker, and forget about it until meal time. Here are some general tips for usage, as well as some ideas to help you come up with your own family favorites.



General Usage:

- There are 3 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'.
- After turning on the slow cooker, 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.
- 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.
- 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.
- When washing the slow cooker, use warm soapy water and non-abrasive cleaners that can scratch the stoneware. Also, make sure the slow cooker has completely cooled before washing to prevent cracking.

STEPS FOR USE:

1	Add foods according to your recipe. Always be sure there is liquid in the recipe. This could be salsa or other soft fruits or vegetables which have a lot of moisture.
2	Plug in slow cooker to safe outlet.
3	Cover and turn on the slow cooker.
4	For animal proteins, use meat thermometer to check if done.*
5	Turn to “keep warm” if waiting to serve.

*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

You can make your own recipes too! Try writing new recipes or converting an old stove-top favorite to a slow cooker preparation. Here are some tips to help:

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 stove top. 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

IMPORTANT SAFEGUARDS FOR SLOW COOKERS

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. 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.



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How to Use a Meat Thermometer

A meat thermometer helps

- Prevent food borne illness
- Prevent over cooking

Measuring the Temperature

- Insert the thermometer when you feel the food is cooked. Do not cook the food with thermometer in it.
- If food is not fully cooked remove thermometer and clean thoroughly with warm soapy water before testing the temperature again. Do not wash the measurement dial.
- Clean thoroughly with warm soapy water after use. Do not wash the measurement dial.

Poultry:

- Minimum safe cooking temperature is 165 degrees.
- If a chicken or a turkey is stuffed, the stuffing temperature must reach 165 degrees.
- Insert into the meaty inner thigh area near the breast.
- Do not touch any bones with the thermometer.

Beef, Pork, Ham, Lamb, Veal

- Minimum safe cooking temperature is 145 degrees.
- Insert into thickest part of the meat.
- Stay away from bone, fat and gristle.

Ground Meats and Ground Poultry

- Minimum safe cooking temperature is 145 degrees.
- Insert into thickest part of the meat.
- If the meat is thin (like a hamburger), insert thermometer into the side of the item.



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Healthful Ingredient Substitutions

We've talked about many ways of substituting ingredients using the Recipe Framework[®]. This same process can be used to adapt your existing recipes to make them healthier and still delicious.

Here are some ideas.

- Substitute some vegetable protein sources such as lentils, split peas, or beans for either some or all of the meat in recipes.
- A slow cooker maintains so much moisture, cooking existing recipes in it allows you to cut the quantity of oil or fats used.
- Try substituting whole grains for processed grains.
 - Try quinoa, barley, or brown rice in place of white rice.
 - When baking try replacing half the white flour with whole wheat flour
 - Make sure you are substituting similar types of flour: all purpose for all purpose, bread flour for bread flour.
 - Since whole wheat flour is denser, make sure to sift it well to incorporate enough air to achieve a soft crumb.
 - In some recipes, like oatmeal and chocolate chip cookies, you can replace the whole amount without noticeable taste difference.
- When baking you can replace the oil in many recipes with equal quantity of applesauce. Just cut back on the sugar in the recipe a bit.
- In many recipes you can reduce the salt or sugar while maintaining flavor. Experiment to see what you enjoy. You may cut back a little a first, let your palate adjust, then cut back a bit more.
- Replace some salt in recipes with other types of seasonings or zest from citrus fruits.
- When recipes call for cream, half and half, or whole or 2% milk, you can often replace some or all of this with 1% milk. If your family misses the fat, try adding a little olive oil with the lower fat milk.
- Substitute low-fat Greek yogurt for sour cream or mayonnaise. This reduces the fat and increases the protein. It's also great mixed with herbs/citrus for a dip, sandwich spread or on tacos.
- Mash a can of beans with a fork to thicken soups and increase protein.
- Substitute 1% cottage cheese for ricotta – it's generally cheaper, lower in fat. Great for lasagna.

Food Shopping Strategies

Know what you have in your cupboards, pantry, refrigerator and freezer before you shop. Keeping your food storage areas organized allows you to see what you need at a glance.

Stock Up

Having the ingredients you use frequently on-hand gives you the ability to put meals together more easily and quickly. Stock your cupboards with items that have long shelf lives such as canned and dried goods. Replace often – keep a list on a cupboard door of items to replace the next time you go shopping. Buy items in bulk, but only if you have the room to store them and will use them up before their date of use expires.

Plan Meals

You can plan meals for a whole week or a few days at a time, whichever works best for you, but planning is the key. Start with a few family favorites and then consider what you can make with leftovers. For example, tonight's roasted chicken and vegetables could become tomorrow's chicken soup, chicken tacos or chicken fried rice.

Write It Down

Write a shopping list before heading to the market. Be sure to check fridge, freezer, pantry and cupboard first.

Buy In Season

Fruits and vegetables are most affordable and usually fresher and more nutrient dense when you buy them in season. Some Farmer's Markets offer to match Link Dollars, thus cutting the price for these very fresh fruits and vegetables in half. You can stock up and preserve things like fruit by freezing them. Wash and pat fruits dry. Cut up stone fruits like peaches, leave berries whole or cut large ones in half. Place on cookie sheet, leaving space between the fruits. When the fruit is firm (it doesn't have to be rock hard), transfer fruit to a freezer baggie, squeeze out extra air, and label with date. Use fruit within 3 months for things like smoothies, fruit toppings, etc.

Food Storage Strategies

Organize Food Storage Areas

Group similar foods together so you know what you have. For example, keep all canned vegetables together on a single shelf in your pantry, and keep fruits and vegetables in their own zones in the refrigerator so you can easily see what you need to replenish. Likewise for foods in the freezer – keep meats in one area to avoid packages pushed to the back and forgotten.

Pay Attention to Dates

When buying fresh items, such as dairy, meat and pre-packaged fresh food, check food date or expiration labels. You can eat foods after the “best before” date (food quality label), but do not eat foods after the “use by” date (food safety label).

Store Produce Properly

Store fruits and vegetables in the refrigerator and wash them immediately before you eat them. Keep fridge drawers clean and dry – line them with paper towels to absorb any additional moisture.

Freeze Food Properly

If you buy frozen food items in bulk, such as meat, rewrap them for freezer storage and date them so you do not leave them in the freezer too long. If you are freezing meals or leftovers for future use, make sure they are fully cooked and cooled then wrapped well with as little air as possible. For breads or baked goods, wrap them in foil and then place in dated freezer bags.

Food Use & Reuse Strategies

Always Consider Leftovers

The best way to stretch your food dollars is to make the most out of the meals you make. When planning a meal, remember to think of what you can do with any leftovers, as well as ways to use up remaining ingredients you might have purchased for that meal.

Creative Ideas for Leftovers

Here are a few ideas for making leftovers into new meals:

- Add to a stir-fry or fried rice
- Stuff into peppers, zucchini or eggplant
- Add to a frittata
- Use as ingredients in risotto
- Use for tacos, quesadillas, tostadas or enchiladas
- Make into sandwich rolls or wraps
- Add to a cold salad or a grain or lentil salad
- Add to a bean dish
- Serve over pasta
- Use as ingredients for soups
- Use as ingredients for savory pies quiche or casseroles

Keeping it Clean!

1. Always wash your hands before you start!
 - Use warm water
 - Lather on both sides of your hands, wrists and between your fingers
 - Wash for 20-30 seconds
 - Dry completely
 - Re-wash your hands any time:
 - You come in contact with raw meat
 - Touch your mouth, nose, or hair.
2. If you are not feeling well, you should not cook. Your germs can spread easily.
3. Wash cutting boards, cooking utensils, and cooking surfaces with hot, soapy water before and after preparing each food item and before moving on to the next.
4. Wash any fruit or vegetable before using it.
5. If you have long hair, pull it back into a pony tail or wear a hat so it does not get into the food.

Reading a Recipe

1. Read a recipe from start to finish. If you don't understand a step, ask an adult for help.
2. Make sure you have all the ingredients before you start. If you don't have all the ingredients, make a list of what you need, ask an adult to help you buy them.
3. Gather all the necessary equipment. If you are not sure what something is, ask an adult.
4. Have fun and remember to practice all of your kitchen safety skills!

Source: www.kidsturncentral.com

Safety Tips

Kitchen safety is VERY important. Here are some tips to keep things safe in the kitchen.

- Never use electrical appliances in the kitchen sink. Use on a sturdy kitchen counter or table.
- Never touch anything electrical with wet hands.
- Keep electrical cords away from the sink.
- Sharp knives should be held by the handle with cutting edge away from you.
- Keep handles of saucepans turned inward on stove.
- Always use oven mitts or pot holders when handling hot dishes.
- Turn off burners and oven when not in use.
- Unplug appliances when not in use.
- Clean up as you go.
- Do not use kitchen utensils to taste food. Use a spoon to taste food and make sure not to double dip!
- Until you master things in the kitchen - follow cookbook instructions precisely.
- Always ask an adult for help if you need it!

Source: www.kidsturncentral.com