IN THE KITCHEN

IN THIS SECTION, WE WILL IMAGINE STEPPING INTO THE KITCHEN TO LEARN HOW TO SELECT THE FATS FOR COOKING AND EATING THAT ARE GOOD FOR YOU. WE WILL TALK ABOUT HOW TO COOK HEALTHY, TASTY, FLAVORFUL MEALS. BY MAKING SOME CHANGES, THE FOODS YOU EAT MAY NOT TASTE EXACTLY THE SAME. BUT, PEOPLE OFTEN TELL US THE FOODS TASTE BETTER WITH THE USE OF FRESH HERBS, SPICES, TASTY BROTHS, AND SO FORTH. WE WILL ALSO HAVE A CHANCE TO MAKE OURSELVES A COUPLE OF TASTY TREATS AT THE END!

COOK WITH LESS FAT

IN THE PREVIOUS WORKSHOP, WE TALKED A LOT ABOUT DIFFERENT TYPES OF FATS – WE DISCUSSED THE UNSATURATED FATS, THE FATS THAT ARE LIQUIDS AT ROOM TEMPERATURE. THESE ARE THE FATS THAT ARE GOOD FOR YOU. WE ALSO TALKED ABOUT SATURATED FATS, THE FATS "WITH EYES" THAT ARE SOLID AT ROOM TEMPERATURE. THESE ARE THE FATS THAT ARE NOT GOOD FOR YOU. WHAT WE WANT TO COVER NOW IS HOW TO INTEGRATE THE USE OF HEALTHY FATS INTO YOUR FAMILY'S DAILY MEALS.

LET'S ALL FOLLOW ALONG WITH THIS HANDOUT.

☞ *HOLD UP THE "COOK WITH LESS FAT" HANDOUT.*

☞ *READ THE SUGGESTIONS OUT LOUD.*

Q: ARE THERE OTHER WAYS THAT YOU CUT THE FAT WHILE COOKING FOR YOUR FAMILY?

COOK WITH LESS FAT

National Heart Blood and Lung Institute (1996). *Cut down on fat – not on taste!* (NIH Publication No. 96-4045). Bethesda, MD: U.S. Department of Health and Human Services

COOK WITH LESS FAT

WE WANT TO ENSURE THAT YOU LEAVE THE WORKSHOP TODAY FEELING THAT YOU HAVE PLENTY OF IDEAS ON HOW TO SHOP, PREPARE, AND EAT DELICIOUS AND NUTRITIOUS FOODS. WE DON'T WANT TO LEAVE YOU FEELING DEPRIVED! THEREFORE, LET'S TAKE A MINUTE AND TALK ABOUT HOW YOU CAN MAKE HEALTHY SUBSTITUTIONS WHEN COOKING AND BAKING.

Q: DOES EVERYONE HAVE THIS SHEET? LET'S FOLLOW ALONG.

☞ *HOLD UP THE "COOKING/BAKING SUBSTITUTION" HANDOUT.*

☞ *READ THE SUGGESTIONS OUT LOUD:* WHEN YOU'RE COOKING, CONSIDER SUBSTITUTING _____ FOR _____.

COOKING/BAKING

Full Fat Food	Lower Fat Food Substitution
Hard shortening, lard, bacon grease	Olive, corn, sunflower, canola, soybean oil
Fats or oils for frying or sautéing	Nonstick cooking spray
Added fat, like oil, butter or gravy	Herbs and spices, onion, garlic, low-fat broth, or wine
Frying	Bake or roast on a rack, broil, grill, steam, microwave
Fat in baking recipes	Equal amount fruit puree like applesauce
Whipping or heavy cream	Evaporated skim milk or one part skim milk and one part cream

COOK WITH LESS FAT

LET'S TALK A MINUTE ABOUT SUBSTITUTING FATS WITH HERBS AND SPICES. THIS IS A GREAT WAY TO PUT A LOT OF FLAVOR INTO YOUR FAMILY'S FOODS WITHOUT ANY ADDITIONAL FAT OR EVEN ANY SALT.

☞ *HOLD UP THE "BOOST THE FLAVOR, NOT THE SALT OR FAT" SHEET.*

ON THIS SHEET, WE SUGGEST A FEW HERBS AND SPICES THAT OUR PROMOTORAS TELL US ARE VERY POPULAR WITH THEIR CLIENTS.

COOK WITH LESS FAT

BOOST THE FLAVOR, NOT THE SALT OR FAT!

INSTEAD OF…

Salt

OR

Oil

OR

Lard

…USE THESE HERBS AND SPICES TO FLAVOR YOUR FOODS INSTEAD

Hierba buena 	**Epazote**
Cilantro 	**Oregano**
Hierba santa/Acuyo 	**Chilis**
Thyme 	**Marjoram**
Garlic 	**Onion**

ACTIVITY: COOKING CLASS

☞ *AS ONE FACILITATOR INTRODUCES THIS ACTIVITY, THE OTHER FACILITATOR CAN SET UP THE COOKING DEMONSTRATION STATIONS.*

WE HOPE YOU'RE HUNGRY BECAUSE IT'S TIME TO MAKE A COUPLE OF TASTY TREATS! WE'LL BE MAKING TWO HEALTHY ITEMS TODAY: A CORN AND GREEN CHILI SALAD, ALONG WITH A STRAWBERRY SHAKE.

☞ *HOLD UP COOKBOOK. PASS OUT COOKBOOKS TO PARTICIPANTS.*

THE RECIPES FOR THESE DELICACIES, ALONG WITH MANY MORE TASTY LATINO-INSPIRED DISHES, ARE INCLUDED IN THIS COOKBOOK. WE'D LIKE TO GIVE EACH OF YOU A COOKBOOK, ALONG WITH SOME OTHER GOODIES IN THESE GIFT BAGS, TO TAKE HOME AND TRY SOME OF THE RECIPES.

THE CULINARY TRADITIONS IN OUR LATINO HERITAGE OFFERS SEVERAL BENEFITS FOR OUR HEALTH. TRADITIONAL FOODS, WHEN PREPARED IN A HEALTHY BUT STILL TASTY WAY, CAN PROVIDE US WITH VERY GOOD HEALTH. AS WE DISCUSSED EARLIER, RESEARCH SHOWS OUR FOODS SUCH AS BEANS, RICE, LOTS OF FRUITS AND VEGETABLES AND SO FORTH OFFER HEALTHY NUTRITION AT A FRACTION OF THE COST COMPARED TO PREPARED AND CONVENIENCE TYPE FOODS. WITH A LITTLE PREPARATION AND PLANNING, YOU CAN MAKE THESE TASTY AND HEALTHY DISHES FOR YOUR FAMILY WHILE SAVING LOTS OF MONEY.

OK, LET'S BEGIN. PLEASE SANITIZE YOUR HANDS AND PUT ON A PAIR OF GLOVES BEFORE GETTING STARTED.

☞ *FACILITATORS: PLEASE BE SURE TO SANITIZE YOUR HANDS AND PUT ON A PAIR OF GLOVES BEFORE PROCEEDING (DISTRIBUTE HAND SANITIZER AND GLOVES TO PARTICIPANTS).*

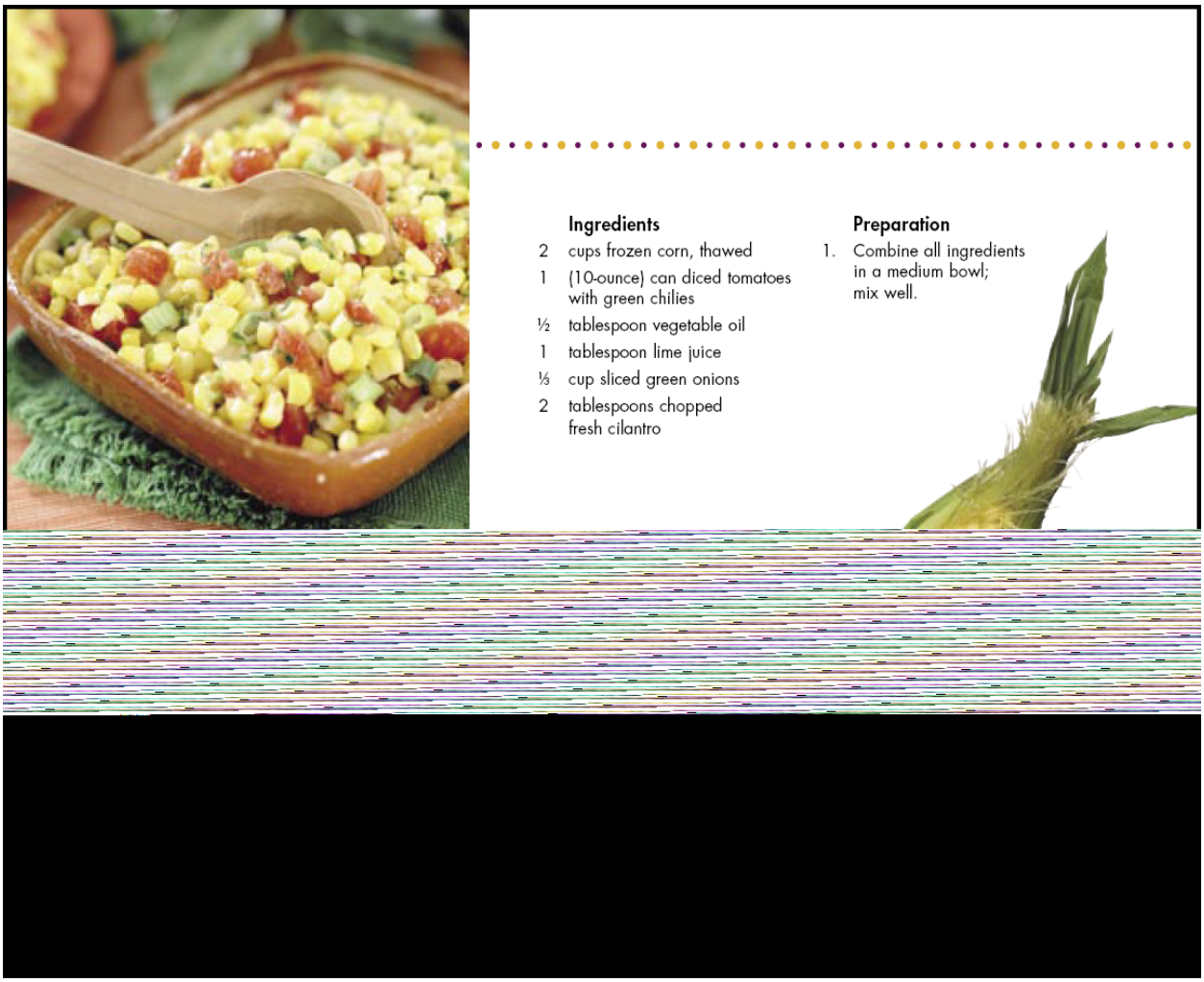
LET'S FIRST MAKE THE CORN SALAD, AND WHILE YOU'RE ENJOYING THE SALAD, WE'LL SHOW YOU HOW TO EASILY MAKE THE STRAWBERRY SHAKE.

ACTIVITY: COOKING CLASS

LET'S GET STARTED WITH THE SALAD. THERE ARE SEVERAL COPIES OF THE SALAD RECIPE HERE, SO YOU CAN FOLLOW ALONG WHILE MAKING IT.

Q: ARE THERE ANY QUESTIONS SO FAR?

CORN AND GREEN CHILI SALAD RECIPE



Ingredients

- 2 cups frozen corn, thawed
- 1 (10-ounce) can diced tomatoes with green chilies
- ½ tablespoon vegetable oil
- 1 tablespoon lime juice
- ⅓ cup sliced green onions
- 2 tablespoons chopped fresh cilantro

Preparation

1. Combine all ingredients in a medium bowl; mix well.

California Department of Health Services Chronic Disease and Injury Control/Cancer Prevention and Nutrition Section. (2004). *Healthy Latino Recipes - Made with Love*. Sacramento, CA.