



## Have You Heard?

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Home Economist

### Eating For Pleasure And Health

When we eat for pleasure and health, how we fix food is as important as what we fix.

Cook with less fat. Prepare food in ways that take away some of the fat. For example, trim skin from chicken and fat from meat. Take fat off the top of cooked food.

Broil, steam, bake, microwave, stir-fry using very little fat, grill, boil, or simmer instead of frying or cooking in a fatty sauce or gravy.

Add less fat to food. Even small amounts of the following fatty extras can add a lot of fat. Margarine, butter, oil, shortening, bacon grease, lard, salt pork, mayonnaise, sour cream, cream, cream cheese and nondairy creamer.

Use less fat than the recipe calls for. It is easy to cut the fat in many recipes by one-fourth to one-third without much change in taste. Or use a "light," reduced or low-fat or fat-free product.

For good taste with less fat, season food with onion, garlic, spices, herbs, hot sauce, salsa, lemon juice, vinegar or other low-fat or non-fat seasonings.

Make one change at a time. There are many ways to fix food with less fat. Only you can decide what is right for you and your family.

Start with changes that are easy for you, and try one new change every week. Give yourself and your family time to get used to the changes, one by one.

If you find that you prefer a food with more fat, just use less of it or use it less often. There are no forbidden foods when we are eating for pleasure and health.

Eat less meat. Eat small or medium portions of meat, poultry and fish. Three ounces, cooked and boneless, is a good serving for one adult or two children. A deck, of cards is about the size of three ounces of meat.

When you enjoy smaller portions of meat, fill the rest of your plate with vegetables, beans, rice, noodles or bread. Stretch smaller

portions of meat and make them more interesting by cooking them with vegetables in soups, stews, casseroles and stir-fries.

Use leaner cuts of meat. Trim fat away before cooking or set meat on a rack in a cooking pan so

it does not sit in the fat as it cooks out. Baste with water, broth or tomato juice instead of fatty drippings.

Tenderize lean meat by grinding, pounding or slicing it thinly across the grain. Marinate it in a mixture of acid (like vinegar, or wine). Cook it slowly with a cover to keep in the juices. Simmer, stew, braise or pot-roast, for example.

Remove skin from poultry before cooking. To make the skin easier to remove, place it in your freezer for 20 to 30 minutes before trying to skin. This partial freezing also makes it easier to slice poultry or meat into evenly sized small pieces for stir-frying.

Use leaner, trimmed meats, skinned poultry and fish in combination dishes. Brown meat and drain off the fat that cooks out be-

## Craft Show

WESTCHESTER (Chester Co.) — Sewing & Crafts for Profit will include "Is Home-Based Business for You?" with Mary Saylor, Extension Specialist; and "Marketing Your Product" and "Legal

fore adding other ingredients. Spoon fat from the top of soup or stew, or refrigerate and lift off the solid fat.

Use more dried beans and peas, vegetables, rice and noodles. Dried beans and peas have a lot of protein with very little fat - unless fatty extras are added.

Use a smaller amount of sharp or aged cheese, like Parmesan or sharp cheddar to get plenty of taste with less fat. Or use a lower-fat cheese, like part skim mozzarella or farmer's cheese.

Issues, Taxes and Recordkeeping," with Fred Davis, Extension Agent/Resource Management; "Pricing for Profit" and "Developing a Business Plan" with Winifred McGee, Extension Agent/Small and Home-Based Business; and a panel discussion by current home-based entrepreneurs.

Sewing & Crafts for Profit is sponsored by Penn State Cooperative Extension and will be held at Williamson Restaurant, Route 611 & Blair Mill Road, Horsham, just north of the Willow Grove Exit 27 of the Pennsylvania Turnpike. The one-day seminar is Tuesday, June 8, 9:00 a.m.-3:00 p.m. Advanced registration of \$20, which includes lunch, is due May 25. For registration information, contact Chester County Cooperative Extension at (215) 696-3500.

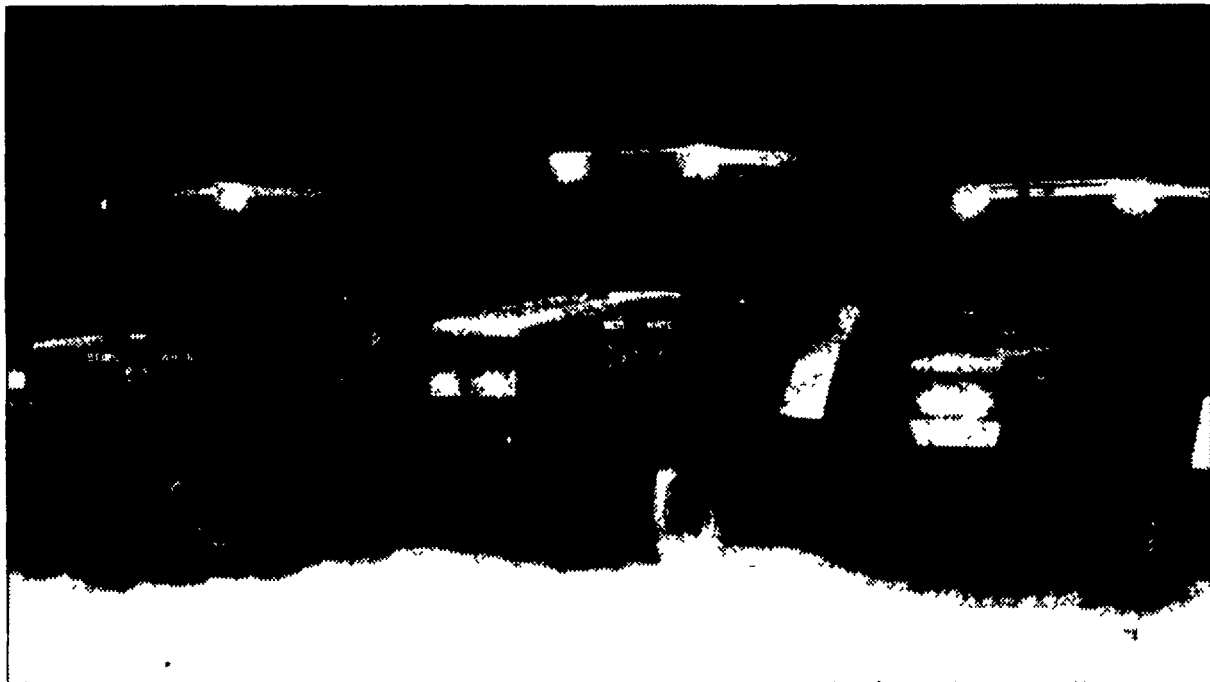


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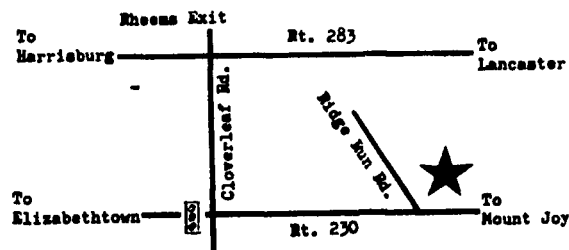
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