

# Cooking With Less Saturated Fat

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## Pork Puchero

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1. Simmer 2 pounds cubed pork (0.9 kg) in a large pot filled with boiling water. Reduce heat, and simmer on low heat for at least 2 hours so the meat can achieve the right tenderness. Remove the meat from the pot. Skim fat from the water (broth). Add  $\frac{1}{4}$  pound (0.1 kg) green beans, 2 potatoes (cubed), and 1 head of cabbage (sliced) to the broth.
2. In a medium saucepan, saute 1 chopped celery stalk, 1 chopped green pepper, 4 chopped green onions, and 2 cloves crushed garlic in 1 tablespoon vegetable oil.
3. Add  $\frac{1}{2}$  cup low-sodium tomato sauce. Simmer for a few minutes so the flavors can mix. Add some pork broth from the previous pot and 1 cup chickpeas (garbanzo beans).
4. Serve steamed white or brown rice in deep dishes. Place a scoop of the pork and vegetables over the rice and pour the tomato sauce on top.



Adapted from [http://www.filipinorecipe.com/meat\\_and\\_fish\\_dishes/beef\\_puchero.htm](http://www.filipinorecipe.com/meat_and_fish_dishes/beef_puchero.htm).

## Oven-Baked Potatoes

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1. Cut potatoes in the shape of thick french fries.
2. Leave peel on. Arrange on a baking sheet that has been lightly sprayed with nonstick cooking spray.
3. Bake at 350 °F for 1 hour.



## Eggplant Omelet

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1. Saute  $\frac{1}{2}$  cup chopped eggplant,  $\frac{1}{2}$  cup chopped onion, and 1 bay leaf in 2 teaspoons vegetable oil. Continue cooking until the vegetables are tender, and remove them from the heat. Remove and discard the bay leaf.
2. Whip 1 egg with  $\frac{1}{4}$  cup low-fat milk.
3. Grease an 8-inch skillet with 1 teaspoon vegetable oil. Pour whipped egg and milk into the greased and heated skillet, and cook so the egg batter resembles a pancake or omelet. Flip the omelet.
4. Pour the eggplant and onion on half of the omelet and fold over.
5. Slide the omelet onto a plate. Open the omelet, and season with black pepper. Refold before eating.



# Cooking With Less Saturated Fat *(continued)*

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## ***Kamote* (Sweet Potato) Salad**

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1. Dice boiled sweet potatoes to yield 2 cups.
2. To make the dressing, combine 1 tablespoon *kalamansi* juice,  $\frac{1}{3}$  cup low-fat mayonnaise, 1 tablespoon diced onion, 2 tablespoons diced celery, 1 tablespoon diced reduced-sodium pickle, 2 tablespoons diced red pepper, and  $\frac{1}{4}$  teaspoon salt.
3. Pour dressing over the 2 cups of diced sweet potatoes and mix.
4. Can be served warm or chilled.

Source: [http://www.filipinovegetarianrecipe.com/salads/sweet\\_potato\\_salad.htm](http://www.filipinovegetarianrecipe.com/salads/sweet_potato_salad.htm).

**Note:** The very sour *kalamansi* looks like a small, round lime and tastes like a cross between a lemon and a mandarin orange. It is very popular in the Philippines. You may substitute 3 parts lemon juice to 1 part mandarin orange juice, mixed together, for the *kalamansi*.

## **Fruit Shake**

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1. Cut your favorite fruit into chunks.
2. Place in a blender, along with fat-free milk or plain, fat-free yogurt, vanilla extract, and ice.
3. Blend until smooth.

