

# Cooking With Less Saturated Fat

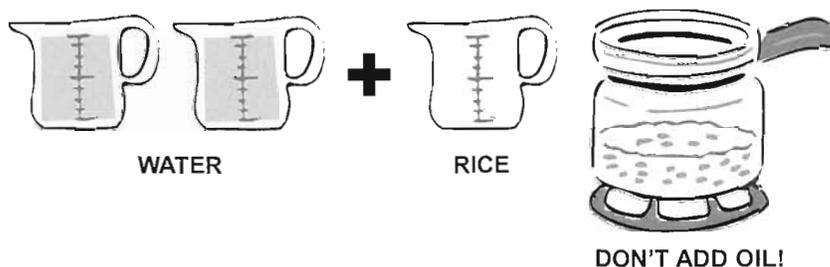
## Beans

1. Cook beans in water until tender.
2. Season with onion, garlic, cumin, oregano, and, if you wish,  $\frac{1}{4}$  teaspoon of salt.
3. To thicken beans, mash and saute in skillet with a little water (without adding lard or vegetable shortening).



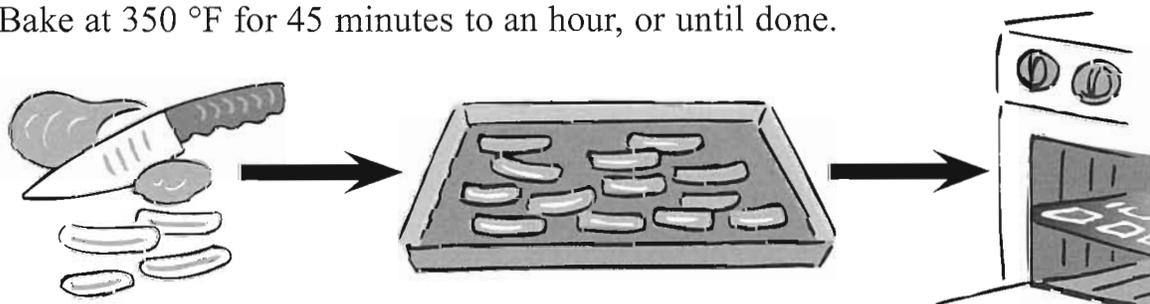
## Boiled Rice

1. Bring 2 cups of water to a boil, and add 1 cup of rice.
2. Cover well, and cook over low heat for 20 minutes.



## Oven-Fried Potatoes (or Yuca)

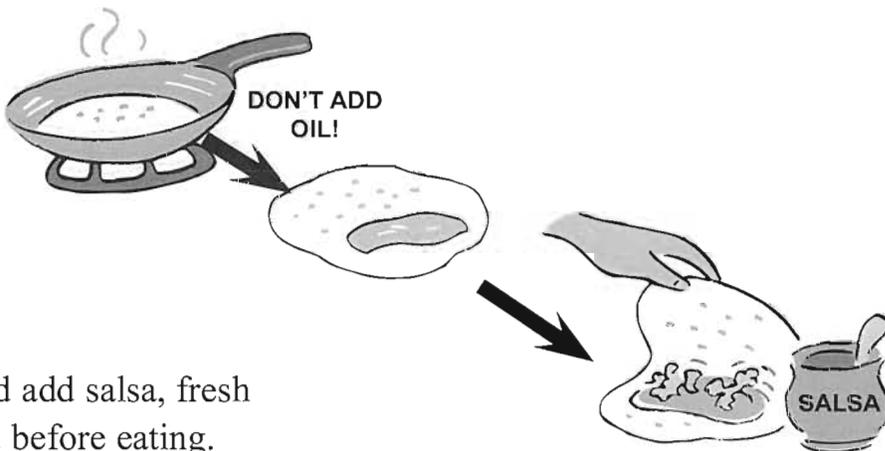
1. Boil yuca until tender. Peel yuca. If using potatoes, leave the skin on. Do not boil the potatoes.
2. Cut potatoes or yuca in the shape of thick french fries.
3. Arrange on a baking sheet that has been lightly sprayed with vegetable oil spray.
4. Bake at 350 °F for 45 minutes to an hour, or until done.



## Cooking With Less Saturated Fat *(continued)*

### Mexican Quesadillas

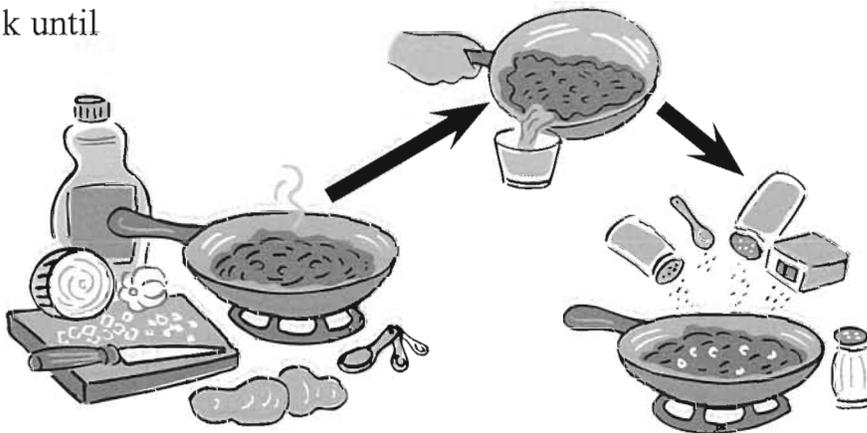
1. For each quesadilla, place a corn tortilla on a dry griddle over medium heat. When soft, put a small slice of low-fat cheese on half of the tortilla, and fold. Heat until the cheese melts.



2. Remove from skillet, open, and add salsa, fresh tomatoes, and cilantro. Refold before eating.

### Ground Beef With Potatoes

1. In a hot skillet, saute garlic and chopped onions in 1 teaspoon of vegetable oil. Add extra lean ground beef, and cook until brown. Pour off fat.
2. Dice unpeeled potatoes, and add to ground beef.
3. Season with a small amount of oregano, powdered cumin, black pepper, and, if you wish,  $\frac{1}{4}$  teaspoon of salt.
4. Cook until potatoes are tender.



### Fruit Shake

1. Cut your favorite fruit—such as bananas, oranges, mangos, or strawberries—into chunks.
2. Place in a blender, along with fat-free milk, vanilla, and ice.
3. Blend until smooth.

