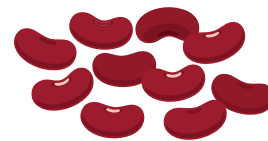




## Cooking With Less Saturated Fat

### New Orleans Red Beans

1. In a 5-quart pot, combine red beans, water, onion, celery, and bay leaves. Bring to boiling, then reduce heat.
2. Cover and cook over low heat for 4½ hours or until beans are tender.
3. If desired, stir and mash beans against the side of the pan (New Orleans style). Add green pepper, garlic, parsley, thyme, and black pepper.
4. Cook uncovered over low heat until creamy, about 30 minutes.
5. Remove bay leaves before serving.



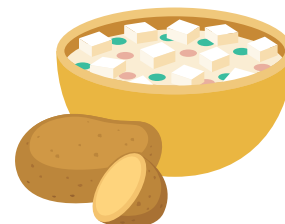
### Boiled Brown Rice

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



### Potato Salad

1. Wash 2 pounds of potatoes, cut in half, and place in cold water in a saucepan.
2. Cook covered over medium heat for 25 to 30 minutes or until tender.
3. Chop celery, scallion, and red and green bell peppers, if desired.
4. Chop one hard-boiled egg.
5. Drain and dice potatoes when cool.
6. Add vegetables and egg to potatoes, and toss.
7. Blend together low-fat or fat-free mayonnaise, mustard, pepper, and dried dill weed.
8. Pour blended mixture over potato mixture and stir gently to coat evenly.
9. Chill for at least 1 hour before serving.

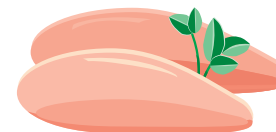




## Cooking With Less Saturated Fat (continued)

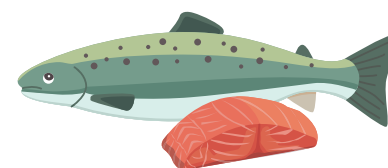
### Poultry and Meat

1. Remove the skin from chicken and turkey, and throw it away. Cut off the fat from beef and pork, and throw it away.
2. Add your favorite seasonings, such as garlic, onion powder, sage, or cracked black pepper.
3. Cook meat by baking, broiling, braising, roasting, stewing, or grilling—not frying.



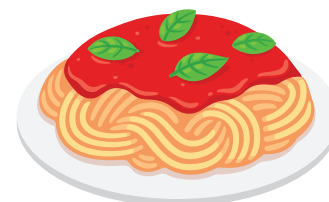
### Fish and Seafood

1. If you eat canned seafood or fish, rinse it well to cut back on the amount of sodium.
2. Season with seafood spices such as basil, chili powder, dill, marjoram, parsley, rosemary, and thyme to taste. Also try some lemon juice or fresh lemon wedges.
3. Cook fish and seafood by baking, broiling, braising, roasting, stewing, or grilling—not frying. Use vegetable oil to grease pans.



### Spaghetti With Turkey Meat Sauce

1. Coat a large skillet with vegetable oil. Preheat over high heat. Add ground turkey (1 pound). Cook, stirring occasionally, for 5 minutes. Drain off fat.
2. Stir in a 28-ounce can of diced tomatoes (low- or no-sodium variety), chopped green peppers, onion, garlic, oregano, and black pepper. Bring to boiling, then reduce heat. Simmer covered for 15 minutes, stirring occasionally.
3. Remove cover, and simmer for an additional 15 minutes.
4. Meanwhile, cook spaghetti (or other whole-grain pasta) according to directions on the package. Serve sauce over spaghetti with a green salad.



### Fruit Shake

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

