

Danielle Omar's

# BUSY WOMAN'S GUIDE TO STRESS-FREE GROCERY SHOPPING

A 4-step system to saving money, time...and your sanity in the kitchen!



# GROCERY GUIDE

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## Before You Begin

Before we get started, I want to cover a few frequently asked questions that will come up while you are working through the system.

### **Do I have to follow the steps in order?**

Yes. You should complete the steps in order, as each step builds upon the next. There will come a time that you can complete all the steps simultaneously, but until you've successfully mastered the system, follow the steps in order for the most success!

### **What if I don't like to cook?**

Cooking is definitely important to the success of this program. However, you probably don't enjoy cooking because it's been associated with negative experiences for so long. My clients have learned to enjoy cooking after they get a few successful meals under their belt. The more you cook the more confident you will get in the kitchen....and once you're good at something you generally enjoy doing it, right?

### **I'm super busy and have no time to grocery shop. Will your system help me get in and get out in the least amount of time?**

Absolutely. Using my system, you will go to the store less often and you'll maximize the time when there because you will know exactly what to purchase and how it will be used once it's in your kitchen.

### **What if I have a really small kitchen and not a lot of pantry space, will I have to shop more often?**

No! Just follow the suggestions outlined in Step 1 for getting your pantry organized. No matter the size of your pantry, an organized space will help make grocery shopping and cooking stress free!

### **You're a dietitian, are you going to make me eat healthy and shop at specialty grocery stores?**

My recipes use common food ingredients and are quick and simple to follow by a beginner or experienced cook. Whether your health goals are to start eating healthy or to just get meals on the table fast, my system can work for everybody.

## About the Author



Danielle is a Registered Dietitian with over 15 years of experience helping people eat and live healthier. Through her private nutrition practice, Danielle works with busy professionals, students, parents, and families providing expert advice for creating a healthier lifestyle through weight management and long-term disease prevention.

Danielle is active in social media. She can be found on Facebook dispensing a quick recipe or Twitter commenting on nutrition news, as well as writing about food, nutrition and healthy eating on her Food Confidence blog.

She's a frequent contributor to national and local magazines, newspapers, and websites, sharing insights on nutrition and providing practical tips to help people make "what should I eat?" decisions with food confidence.

Passionate about nutrition education, Danielle has been teaching nutrition at the college-level for over 10 years. She lives in the Washington, DC area with her husband and preschool daughter.

## Step 1 {Preparation}

Preparation is the most important part of my system and it's going to save you the most time and stress. In other words, **do not skip this step!**

Before we get started, do any of these scenarios happen in your house?

- It's nearing dinner time and you find yourself staring blankly into your pantry or fridge wondering what in the world you will throw together?
- You arrive home, stressed out and tired from a long day; frustrated because you have no idea what to cook, and don't have much of anything in the house?
- You give in to a bowl of Cheerios for dinner, or pile the family in the car for pizza too many times each week?
- You spend too much money eating out for lunch because you don't have time to pack a lunch?
- You skip breakfast because you just don't know what to eat?
- Your mid-day snack comes from the vending machine or Starbucks?

Wouldn't it be great if at dinnertime, all you had to do was select a recipe from your binder, assemble the ingredients over a nice glass of wine, and then sit down to a healthy, stress-free meal that was also delicious? **This could be you.**

**The preparation step consists of two parts.** First you will create, clean, and organize your current pantry space. Second, you will stock your kitchen with basic cooking essentials for making meal prep easy and stress free. To get you started, you will use my "7 Ways" recipes for making quick and easy to prepare meals. However, once you've mastered the system, you'll want to start creating your own collection of go-to recipes.

**Below are "The Basics" for each of the preparation steps.** For more advanced preparation tips, check out "Beyond the Basics" at the end of this section. There you will find more detailed information and how-to's for pantry organization, kitchen and cooking essentials, and recipe collection techniques.

## The Basics

### Pantry Prep

The road to stress free cooking starts first with “pantry preparation.” Creating an organized, workable pantry is essential to stress-free meal preparation. With an organized space, you can quickly determine exactly what you have on hand, and what needs to be re-stocked when grocery shopping.

No matter how large or small your pantry, you'll want to get started first by conducting an initial “pantry cleanse.” If you don't have a designated pantry area in your kitchen, now is the time to create one. Depending on your cabinet space, kitchen size, and family size, you'll need to allocate one or two of your larger cabinets as “the pantry.” If you have cabinet shelves that can be moved to different heights, this is great, as you'll be able to customize the space for taller items like cereal boxes, oils, etc. If space in your kitchen is limited, consider plastic storage containers where you can stack bulky items or store items used less frequently.

Organizing this space before you head out to the grocery store will make creating your grocery list quick and easy and keeping it organized will save you time and money in the future.

Below are the basic steps to create or renovate your pantry. Use these suggestions to personalize your space.

- Remove all of the items from the pantry or designated cabinet space and lay them on the table or countertop. Check for expiration dates and throw away any old or expired items. Clean the space thoroughly.
- Consolidate any opened bags or boxes of rice, cereal, and pastas.
- Place food items back into the pantry by category, placing similar items near each other. Organize boxed and dry bulk grains, beans, and pastas in one area. Stack cereal boxes together.
- Stack canned soup, beans, fruit, veggies, tomatoes, and meats on top of each other and then sub-group by food type. Consider using a can rack to store these items together.
- Sort and organize oils, sauces, dressings, pesto and other jarred condiments either by type or frequency of use.



## The Busy Woman's Guide to Stress Free Grocery Shopping

- Store baking goods (flour, nuts, dried fruits, baking powder/soda, chocolate chips, etc.) together. Utilize a basket or tray to separate and store these items together.
- Store heavier items on lower shelves and leave upper shelves for foods you use regularly. Utilize countertop canisters to store flours and sugar.
- Store potatoes, onions, and garlic in a basket, brown paper bag, or loose in a drawer to keep air circulating around them. Or, try repurposing a two-tier fruit tray or Japanese steamer basket and store in a cool, dry place.
- Keep spices together either in a rotating tray or other designated area. If you use bulk spices, store in tightly sealed glass jars. To make space on pantry shelves, store herbs and spices in a drawer and label the lids to identify.

Cleaning out and reorganizing your pantry is all you need to do right now. Once you've worked with your newly organized pantry for a while, you may want to consider utilizing pantry organizers to unify the space further.

For more detailed information, see "Beyond the Basics" at the end of this chapter.

## Cooking Prep

**The Preparation step also includes getting your kitchen "cooking friendly."** This means stocking your kitchen with the essential cooking tools. Conduct a quick inventory of what you have and note what basics you're missing from the checklist below.

### Cutlery

- Chef's Knife
- Paring Knife
- Utility-type Knife
- Kitchen Shears

### Cookware

- Saucepan with cover (2-3 quarts)
- Large nonstick sauté pan (10" - 14")
- Small nonstick sauté pan (7" - 9")
- Stock/Pasta pot (8+ quarts)

### Food Preparation

- Vegetable Peeler
- Can opener
- Stainless-Steel Box Grater
- Wire Whisk (assorted sizes)
- Wooden Spoons (assorted sizes)
- Large and Medium-Sized Colanders
- Cutting Boards (plastic and/or wood)

### Spoons, Ladles, etc.

- Metal Spoons (slotted & solid)
- Locking Tongs
- Spatula

### Oven Cooking

- Oven mits/hot hands
- Sheet Pans/Baking Sheet

### Baking

- Dry and Liquid Measuring Cup Sets
- Measuring Spoon Set
- Mixing Bowls
- Hand/Stand Mixer



## Recipe Prep

After your kitchen is stocked and your pantry is prepped, it's time to start thinking about actually cooking!

Not knowing what to cook is probably the most common problem when it comes to preparing meals. This is the reason I created the "7 Ways" recipe collection. I know that most of the stress people feel about grocery shopping has more to do with not knowing what to cook than it does the shopping itself. The "7 Ways" recipe system will free you from having to think about what to prepare because I've done all that hard work for you!

The "7 Ways" system is more than just a collection of random recipes. It is going to revolutionize how you cook! Each recipe contains only the ingredients that are found on your Foundation Foods Grocery list. **This means that your job is simply to keep your pantry stocked; if you do this, then you will have countless options of what to eat for breakfast, lunch and dinner.**

Remember, a big part of stress free grocery shopping, meal planning, and cooking is knowing exactly what you'll be preparing in the future! This system will keep meal times fresh and interesting for you and your family for years to come.

Eventually you will want to add your own recipes to my "7 Ways" collection. This is great and highly encouraged! I've included how-to tips for doing this in the "Beyond the Basics" section at the end of this chapter. There you will find workable strategies for creating a collection of tried and true recipes that will become the foundation of your meals.

Once you start cooking more and more, you'll begin to build your confidence in the kitchen and you'll realize that the secret to a great meal is just a recipe away.

## Beyond the Basics

### Pantry Prep

#### **Panty Organizers**

Once you've lived with your organized pantry for a while, you may want to consider further organizing the space. How to do this will be determined mainly by the contents and size of your pantry.

**Below are storage and organizing ideas for going beyond the basics:**

- Use label markers or peel and stick chalkboard sheets on clear plastic or glass containers/canisters.
- Use shelf dividers/separators to store baking sheets and pans.
- When choosing storage containers, get creative with what you already have before investing in anything new. Repurpose holiday baking tins and wine boxes to house smaller items or similar baking ingredients, like cookie-making supplies.
- Repurpose baskets, bins, or trays for items like tea bags, coffee, dried fruits, spice packets, and bouillon for a clutter-free space. Take individually wrapped snacks or crackers out of their box and store in one basket with other snacks. Store similar small items like baking supplies, spice jars, etc., together in plastic bins.
- Invest in air tight glass or plastic containers like Tupperware, Oxo Pop Containers, or Ikea "Slom" canisters to store dried goods, pasta, beans, nuts, and rice.
- Recycle used glass jars or use mason jars (quarts and 1/2 gallon) to store dried goods like beans and rice.
- Invest in a door rack for a closet pantry to utilize the space on the back of the door for extra storage.
- Keep a fold away 2-step stool in your kitchen so you're able to utilize and store items on hard to reach shelves.

## Kitchen Prep

### Kitchen Essentials

Once you've stocked your kitchen with the basic essentials and have a few meals under your belt, you may want to introduce some items that will expand your capabilities and make cooking a little more fun!

Use the checklist below as a guide to completing your kitchen essentials:

#### Cutlery

- Serrated Bread Knife

#### Cookware

- Cast iron skillet
- Steamer baskets

#### Food Preparation

- Mesh Strainer Set
- Micro plane Grater/Zester
- Food Processor
- Garlic Press
- Lemon/Lime press

#### Oven Cooking

- Roasting Pan w/rack
- Baking sheets

#### Baking

- Cookie Sheets
- Cooling Racks
- 9" Pie Plate
- Muffin Pans
- Loaf Pans
- Rolling Pin
- Pastry Brush
- Silicone Spatulas (assorted sizes)
- "Silpat" or silicone baking mat

#### Miscellaneous

- Ice Cream Scoop
- Pressure cooker or
- Crock Pot
- Rice maker
- Steamer basket
- Thermometer
- Salad Spinner
- Corkscrew
- Timer
- Parchment Paper

## Recipe Prep

### Creating a recipe collection

After using my "7 Ways" recipe system for a while, you're probably feeling pretty confident in the kitchen. At this point, you're ready to start your own recipe collection. Collecting and trying new recipes is the best way to build upon your cooking skills and your confidence in the kitchen. All this requires is setting up a system where recipes start coming to you. Whether you enjoy simple fish and chicken dishes or prefer meatless meals and salads, the types of recipes you collect may vary, but the process is the same.

For those of you thinking collecting recipes is time consuming, I promise you, it's not. It's actually very easy because you're going to have the recipes come to you!

Below are four free and/or low-cost ways that you can go about collecting recipes.

1. Magazines are your first "secret weapon." Most women's magazines have a recipe or food section. These recipes are usually healthy, easy to make, have few ingredients, and are family friendly – so they've done the hard work for you. Even better, some magazines are totally devoted to recipes like, *Eating Well*, *Everyday Food*, and *Cooking Light!* Depending on how many magazines you subscribe to each month, you already have access to great recipes right now. To get organized, take stock of what you have. List below the magazines you currently subscribe to that contain recipes.

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**Don't subscribe to any magazines?** No problem, simply refer to the "Tools & Resources" section and select a few magazines you'd like to start receiving on a monthly basis.

2. **Do you already have a folder overflowing with un-tested recipes?** Start sorting through these recipes and decide which ones still interest you. Throw out the recipes you'll never make and keep the ones that still interest you. Once you've done this, store these recipes in a binder or folder with your "7 Ways" recipes. I also suggest flagging favorite recipes from your cookbook collection with Post-it's so you can locate them easily when meal planning. Or, better yet, just rip those recipes right out of your cookbook (or photocopy) and store them in your recipe folder or notebook for easy access.
3. **Do you live online, spending hours in front of your computer surfing the web?** Then this option may be best for you. Visit and bookmark some of the wonderful food blogs and recipe websites I've provided in the "Tools & Resources" section of this guide. Sign up for one or two e-newsletters or get blog posts by email so that

recipes come straight to your inbox each week. These blogs are not only gorgeous visually, but they're authored by home cooks (just like you) and are invaluable resources for inspiration in the kitchen for. I'm always posting recipes on my Facebook page, so don't forget to check there, too!

4. **Let your DVR help you in the kitchen.** Cooking shows are a great resource to perfect a favorite dish or learn a few new techniques. Start recording one or two cooking shows each week. There are plenty to choose from and they stream 24 hours/day! To learn more, see my cooking show recommendations in the "Tools & Resources" Section.

Once you start looking for recipes, don't be surprised if you begin seeing them everywhere! Before long, you'll be tearing recipes out of magazines in the waiting room at the dentist or emailing friends after a party for a recipe. I've even been known to call restaurants to ask the ingredients of an interesting dish.

I hear all the time that people get bored and run out of ideas for what to cook. Not anymore! Both the "7 Ways" recipes and the ones you gather on your own will be the foundation of your collection of tried and true, go-to recipes for almost every occasion and every food type. These recipes will quickly become part of your meal time routine and will form the contents of your pantry and your [Foundation Foods Grocery List](#).

Remember, the single fastest way to stress free grocery shopping is to **always** be in Preparation mode. If you see a recipe you like, just tear it out (or print it off), put it in your binder, and you're well on your way to another effortless meal.

## Step 2 {Peruse}

Before we think about meal planning (that's Step 3), we have to talk about Foundation Foods. **These are the foods that make up the foundation of your pantry, freezer, and fridge – and your diet.** These staple items will be used in preparing all of your weekly meals. Having these ingredients on hand will allow you to prepare all of my "7 Ways" recipes, and eventually your own recipes as well. This vital step is the key to implementing your meal plan in Step 3, and will quickly become your stress-free grocery shopping "secret weapon."

Remember, the fastest route to stress-free cooking is having what you need on hand to make quick meals. In order to do this, you must stock your kitchen with these essentials. This is the worth repeating: these foods must always be on your grocery list; **you must keep these foods stocked.**

### Here's how you do it:

First, print out the [Foundation Foods Grocery List](#). This is your main grocery list and what you will be using every time you go shopping. Take the list and "peruse" through your pantry, fridge, and freezer, checking off all of the items on the list that need restocking.

That's it. You're done. It's that easy!

The Peruse step simply consists of doing a quick visual sweep of your pantry, fridge and freezer to determine which of your foundation foods need restocking. With these foundation food items on hand, you can easily whip up a "go-to" meal when you need to without worry that you don't have all of the ingredients. For example, with just a head of fresh lettuce left in the fridge you can create a "Foundation Foods" salad consisting of the lettuce, plus: black beans, sliced roasted red peppers (from a jar) chopped artichoke hearts (from a jar), and canned tuna or salmon!

**Custom Tip:** Don't love beans? Prefer gluten free? Allergic to seafood? No problem! Your **Foundation Foods Grocery List** can be found in digital format on my website at [www.foodconfidence.com/bwgtemplates](http://www.foodconfidence.com/bwgtemplates). Simply download the list and you can customize as needed and reprint!

## Step 3 {Plan}

How many times have you wandered aimlessly around the grocery store without a plan for your meals or even a grocery list? It's not only stressful, but it costs you time and money. In addition to creating your Foundation Foods grocery list, another **key to stress free grocery shopping is to plan your meals first**, and planning is easy if you've completed Steps 1 and 2.

This step is also the one that intimidates most busy women. I know what you're thinking...

*"I'm too busy to plan."  
"I don't know what to prepare."  
"I don't know how to cook."  
"I don't have time to cook."*

I've heard it all before...but it doesn't have to be this way. Have you given up after a lot of unsuccessful experiences grocery shopping and cooking? Have you concluded that you just don't know how to cook (and don't like it)? I would feel the same way if every grocery trip stressed me out, or if fresh food went bad because I didn't know what to do with it when I got it home. But that's no longer going to happen. Why? Because after you complete this Step, you will know exactly what you're making with EVERYTHING you buy.

This system gives you the freedom to let go of any negative feelings about cooking AND grocery shopping. More importantly, it will take you from "reactionary" eating to "intentional" eating; where YOU are the one dictating what you and your family are eating, not an empty pantry.

You'll be amazed at how easy it becomes to keep the foods in your house that will nourish you while creating a foundation of eating that you and your family can rely on. This is especially true if you're trying to eat healthier, since all of the foods required to prepare healthy meals will always be in your pantry.

Trust the system.

It works.

I understand you may have a fear of cooking. I used to have one, too. Although I know a lot about nutrition, I've never had a lesson by a professional chef. I just learned how to read and follow a recipe – and cooking is as simple as that.



### Here's how you do it:

It starts with creating a meal plan. What is a meal plan? A meal plan is simply a list of the meals you will prepare over the next week or two.

Although this step is simple, you must commit to it 100%. Before you leave your house in the morning – for work, school, to run errands – you must know what you are eating for lunch, for snacks, and for dinner that evening. If you don't know, your day will likely look something like this:

- You skip breakfast and are dreaming of lunch by 10:00 am
- You buy lunch out, likely costing you over \$100 each month
- You grab a sweetened coffee or snack from the vending machine mid-day, which gives you a sugar high...then a sugar low
- You pick up take-out for dinner, or eat out...again.

Sound familiar? Not only is this expensive and stressful, it's likely not very healthy, either. In fact, **not planning your meals is the number one reason why attempts at dieting or healthier eating fail.**

It's like going to school without your books.

I've found that many people think meal planning is only something you do when you're "on track" or if you have a family to feed. This is not the case at all! I understand that many people have hectic and unpredictable schedules – but that is no reason not to meal plan; it's actually the exact reason you *should* meal plan. If you eat out often, work late nights, or have a lot of activities in your day, it's even more important that you plan *what* you'll be eating and *when*.

Regardless of your schedule, you still have to eat, and if you've planned what those meals will be, it leaves little room for making unhealthy eating decisions, skipping meals, or just eating whatever is available. This step forces you to think about what you're eating each day *and* encourages you to prepare your own food. However, it can also help the individual or family that eats out regularly and still wants to make healthy, mindful "what to eat" decisions.

Take a moment and print out your [Family Meal Planner](#) and the [Individual Meal Planner](#) templates. This is what you will use to plan your meals each week.

**Let's get started walking through the steps for planning each meal.** Grab your recipes, your Foundation Foods Grocery List, your Meal Planner, and your schedule, and meet me in the kitchen!

## Meal Planning Tips & Strategies

**Think about these tips when meal planning to help stretch out meals, prepare for busy weeks, or to make meal preparation easy.**

**Double-Up Recipes.** Double up on recipes like lasagna, sauces, meatballs, casseroles, or meatloaf and put one in the freezer for another night. Make extra pasta, rice, and other grains for use the next day. Dice and slice veggies one time and use for meals all week.

**Plan "Hodgepodge" Nights.** Everyone doesn't have to eat the same thing, but you can still sit together and have a great meal! You can throw together several perfectly delicious meals with random leftovers and pantry items, all catering to different tastes.

**Build Freezer Meals.** With just a bag of frozen shrimp, frozen vegetables, and frozen cooked brown rice, you can have dinner on the table in 15 minutes. Create a few of these go-to frozen food meals that you can whip up when you really have nothing left in the house (don't forget to replenish your stock after you use it up). Use my "7 Ways" for shrimp recipes for inspiration.

**Create Pantry Meals.** Nothing left in the fridge? No problem. Similar to freezer meals, you can whip up a fantastic meal using foods found only in your pantry. Check out my "7 Ways" for pantry meals in the recipe section.

**Modify the Recipe.** If a recipe calls for a specific vegetable, herb, or grain that you don't have on hand (or don't prefer), just sub it out for a same-type ingredient. Use cauliflower instead of broccoli, corn for peas, carrots for potatoes, frozen for fresh, etc. The same goes for spices, herbs, dried fruit, or nuts – just use what you have to make the recipe your own. It's that easy!

## Dinner:

**Plan your dinner meal first so you can create lunches and other meals with leftovers.**

1. Looking at your schedule for the upcoming week, make note if you have dinner plans out. Most people don't cook at home every night, so mark off the nights you'll eat dinner out and don't forget the weekend. Enter this information on the meal plan first.
2. Using my "7 Ways" recipes, decide on your dinner meal for the week, based on your schedule. Use the "Meal Planning Tips and Strategies" for ideas to make meals prepared at the beginning of the week feed you all week long.
3. For those evenings you have a busy schedule or you know dinner will be later (kids' soccer game or an evening event), utilize your crock pot or plan for a quick no-cook meal like leftovers from the night before or a freezer meal.
4. Make meal planning fun for everyone! Get the kids involved by including theme nights like "Meatless Monday," "Fish on Friday," "Pasta Party," or "Breakfast for Dinner."
5. Based on the recipes you selected for the week, add the fresh/frozen produce you'll need to your Foundation Foods grocery list.

**Dinner Prep Tip:** Forget to defrost frozen meats or pre-made casseroles the night before? No problem! Simply defrost frozen food using your microwave. It's fast and convenient and works great for most foods. Check out the "**Tools & Resources**" section to learn more.

## Lunch:

**Plan to bring your lunch to work! It's a great way to save money and eat healthier.**

1. Looking at your schedule for the upcoming week, note which days you have plans to eat lunch out and don't forget weekends! Enter this information on the meal plan first.
2. Using my "7 Ways" for healthy lunch recipes or one of your own, enter in your lunch meals for the remaining days (think sandwiches, homemade soups, leftovers, tuna salads, chicken salads, and wraps). If you're using the "family" meal planner, enter your children's lunch here, as well.
3. Enter your fresh produce (think fruit and salad fixins) or any "extra" ingredients to your Foundation Foods grocery list.

**Need a little help?** Pack a "homemade" lunch with a few already prepared items like canned soup, bistro or bag salads, canned tuna and chicken, or hummus dip with chopped veggies. Bring veggie soup, Greek yogurt or cottage cheese with fruit instead of chips as your sandwich side. Use my "7 Ways" recipes for Brown Bag Lunch ideas for you and School Lunch Box for the kids.

## Breakfast:

***Breakfast is an important start to your day. Make it easy by stocking up on foundation foods to throw together a quick meal in the morning. I recommend "automating" your morning meal with just a few healthy rotating options that are always on your Foundation Foods Grocery List (and always in your pantry).***

1. Use my "7 Ways" for Breakfast to get some quick no-fuss breakfast ideas like Greek yogurt with sliced fruit and nuts, high fiber toast or frozen waffle with peanut butter and sliced bananas, fried egg on a toasted English muffin, or a protein smoothie.
2. If you have a little time in the morning, experiment with a new recipe for a change of pace (see my "7 Ways" for Oatmeal and Pancakes in the recipe section).
3. Enter fresh fruit or any "extra" ingredients you need onto your Foundation Foods grocery list.

## Snacks:

***Snacks are a very important part of the day. Most people need an afternoon snack when blood sugar dips and energy wanes. Keep ready-to-eat snacks like nuts, trail mix, or fresh fruit in your desk, car, or purse for easy access.***

1. Choose a few favorites from my "7 Ways" for Snacks and rotate them each week.
2. List out your snacks in the snacks section of your meal plan. Again, these snacks should already be on your Foundation Foods list, but add any extra items like fresh fruit or veggies, if needed!

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Good news, the hard part is over! Eventually, you'll get really good at meal planning and will be able to do all three steps at once! That's right, very soon you will be able to flip through your recipes AND make your grocery list, while you're planning your meals for the week.

**Now, let's head to the store!**

## Step 4 {Purchase}

Now that your meals are planned and your grocery list is ready (which includes restocking your Foundation Food items plus this week's fresh produce) you are ready to head out!

Plan to spend about 30-40 minutes once inside the store. Depending on your family size and frequency of shopping, you may need to go down almost every aisle....but you can do it relatively quickly when you know exactly what you're looking for.

### Shopping Tips & Strategies

**Buy in Bulk.** Take advantage of warehouse stores like Costco, Sam's Club or BJ's to buy foods you cook with often to save time and money. Also, look out for grocery store sales on everyday items like whole roaster chickens, chicken breasts, chicken thighs, salmon, and ground beef. When you get home, you can either chop it up and pre-cook for use later in casseroles, soups, burritos, enchiladas, salads, and tacos, or you can just freeze it uncooked and thaw it when you're ready to use it (See the "How to Freeze & Thaw Food" handout in the Tools & Resources section).

**Automate.** Go to the store on the same day each week to stay organized. If you're like me and you go to a few different grocery stores, create a system of which day of the week you'll go where. For example, I prefer to go to the warehouse stores in the middle of the week when they are less crowded, as opposed to the weekend. However, since you're going in 100% prepared, it should be pretty easy to get in and out!

**Plan The Trip.** Early morning is a great time to shop because there are less crowds and the food is well stocked. Try not to go when you're pressed for time, when you're hungry, or when you're stressed.

**Keep It Simple.** Buy straight from your grocery list for maximum efficiency. Unless you have a plan for a food (or it can be frozen) - don't buy it!

**Keep It Healthy.** If you're trying to feed yourself or your family in a healthy way, don't bring food into your house that you don't want them (or you) to eat. Studies show that children can influence up to 80% of family food spending. Remember, YOU control what goes into the cart.

**Shop Smart.** Don't get sucked in by packaging, sales, or labeling -- use your list and buy only what you need. Unless you know what a food can be used for and/or it can be frozen for use later (like chicken breast, bread, etc.) - don't buy it.



## "7 Ways" Recipes

The "7 Ways" recipes design was developed to make meal decisions quick and easy. The recipes include only food ingredients found on your foundation foods grocery list. This means that as long as you keep your pantry stocked, you will always have something to cook!

Recipes are standardized to make 4-6 servings, the prep/cook time is usually less than 45 minutes (many under 30 minutes) and most are kid-friendly. To cater to different food preferences and allergy concerns, the ingredients needed to prepare each recipe are underlined for quick viewing.

When making a dinner meal, use a "7 Ways" recipe to prepare the main dish, and then include a side dish vegetable and/or starch to make a complete meal. For example, if you're making salmon, follow one of the "7 Ways" for salmon recipes, and then create a side dish to accompany the meal (choose from my "7 Ways" for veggies or salad sides, or one of your own favorites).

You'll find recipes for the foods below on the following pages, organized by meal type (Breakfast, Lunch, Snacks, and Dinner). **You'll also receive my "7 Ways" newsletter which will provide you with new foods to add to your collection.**

Breakfast	Side Dish Salads
Brown Bag Lunch	Salmon
Crock Pot	School Lunch
Entrée Salads	Shrimp
Ground Beef	Smoothies
Lentils	Snacks
Oatmeal	Tilapia
Pancakes	Vegetable Sides
Pantry Meals	
Rice	

## 7 Ways {breakfast}

1. Cook 1 cup quinoa in 1 cup water + 1 cup milk + 1 tsp salt. Bring to a boil over high heat and then reduce heat to low; cover and simmer 15 minutes. In a separate bowl, slice up your favorite berries or in-season fruit (strawberries, pears, peaches, apples, blueberries). Mix the cooked quinoa with a drizzle of honey + cinnamon. Add the sliced fruit and toss gently to combine. Top with toasted walnuts or sliced almonds. Serve warm.
2. In a Mason jar or wide glass, layer ½ cup fresh/frozen berries + 6 oz Greek Yogurt + 2 Tbsp granola. Repeat layer and drizzle with warm honey.
3. Top toasted frozen waffles with your favorite nut butter and banana slices, drizzle with honey.
4. Top toasted whole grain bread with reduced fat cream cheese + 2 oz smoked salmon + sliced tomatoes. Drizzle with lemon, if desired. Serve with 2 dates + 8 oz low fat milk.
5. On whole wheat toasted English muffin, spread 2 Tbsp reduced fat cottage cheese. Top with sliced pineapple or strawberries and a drizzle honey.
6. Top 1 corn tortilla with salsa and shredded cheese; heat in microwave 30 seconds. Fill with scrambled egg whites, fold and serve.
7. Spread whipped strawberry flavored cream cheese inside a split whole-wheat pita; stuff with sliced strawberries and blueberries and a drizzle of honey, if desired.

## 7 Ways {oatmeal}

**Start with one cup or one packet of cooked plain oats (either instant or slow cooking type), then stir in one of the following delicious toppings:**

1. Raspberry yogurt + dried cranberries + chopped walnuts
2. 1 Tbsp apricot jam + sliced almonds
3. Almond butter + drizzle of honey or agave
4. Apple or pumpkin butter + chopped walnuts + dash cinnamon
5. Wheat germ + cinnamon + unsweetened almond milk
6. Mashed roasted sweet potatoes + cinnamon + chopped pecans

**OR, try oatmeal prepared as meusli:**

8. Mix together 1 cup (uncooked) instant rolled oats + 1 cup low fat milk + 1 cup low fat vanilla yogurt + 1 Tbsp honey in a bowl with a lid. Cover and refrigerate overnight. In the morning, add ¼ cup toasted chopped hazelnuts (or any toasted nuts) + fresh berries.

## 7 Ways {smoothies}

**Smoothies are a great breakfast or lunch or as an after-school snack for the kids. Remember to include a fat and a protein source when using a smoothie to replace a meal.**

### Smoothie Tips:

- ✓ Always add liquid first
- ✓ Use only ½ cup of ice and then add more if needed (skip the ice if using frozen fruit)
- ✓ If smoothie is too thick, add more liquid or use less ice
- ✓ Experiment with different juices to change flavors (Coconut water, almond milk, hemp milk, etc.)

**In a blender, combine the following ingredients and blend until smooth:**

1. 1 Tbsp almond butter + 1 tsp cacao powder + 1 scoop vanilla whey protein powder + 1 small frozen banana + 6-8 oz unsweetened almond milk + ice.
2. ½ cup frozen pineapple + ½ cup frozen blueberries + 6 oz coconut water + ¼ cup unsweetened shredded coconut + ice.
3. ½ of a ripe avocado + 6-8 oz unsweetened coconut milk + ¼ cup fresh mint + 1 Tbsp honey + ice.
4. 4 oz fat free vanilla Greek yogurt + 1 cup frozen sliced peaches + ¼ cup wheat germ + 6 oz orange juice + ice.
5. 4-6 oz fat free milk + ½ cup silken tofu + 1 Tbsp creamy peanut butter + 1 small banana + 1 Tbsp chocolate syrup (or cacao powder) + Ice
6. 1 cup blueberries (fresh or frozen) + 1 blueberry low fat Greek yogurt + 6 oz orange juice + ½ teaspoon vanilla extract + ice
7. 1 chopped carrot + 4 broccoli florets + 2 handfuls of baby spinach + 1 sliced apple + 1 sliced orange + 4-6 oz orange juice + ice

## 7 Ways {pancakes}

**Start with the following homemade pancake batter, OR a pre-made mix.**

In a large bowl, sift together 1 ½ cups all-purpose flour, 3 ½ tsp baking powder, 1 tsp salt and 1 Tbsp sugar. Make a well in the center and pour in 1 ¼ cups milk, 1 egg and 2 Tbsp melted butter. Mix until smooth. Heat a lightly oiled griddle or frying pan over medium high heat. Pour ¼ cup batter onto griddle for each pancake, when small bubbles appear, flip. Cook until lightly brown on both sides (note tasty add-ins below).

**Try these add-ins to the batter:**

1. ½ cup of quick cooking oats
2. ¼ cup wheat germ or ground flaxseed
3. 1 jar sweet potato baby food or ½ cup pumpkin pie filling
4. 1 tsp cinnamon, clove, ginger, or allspice and/or lemon or orange zest
5. 1 scoop protein powder
6. ½ cup chopped pecans or walnuts
7. ¼ cup toasted coconut flakes

**Or, top with:**

1. Peanut/almond butter layered with sliced bananas and a drizzle of honey.
2. Equal parts maple syrup and molasses heated in small saucepan.
3. Over low heat, stir together 1 pint fresh raspberries, 1 cup light corn syrup, 2 tsp lemon zest.
4. Over low heat, stir together 1 cup maple syrup, 2 cups fresh/frozen blueberries, and ½ tsp ground cinnamon.
5. In a bowl, stir together 8 oz sour cream, 2 Tbsp fresh basil or parsley, 1/4 tsp black pepper.
6. In a bowl, stir together 1/2 cup orange marmalade + 1/2 cup drained crushed pineapple + 1/2 tsp ground ginger.
7. Using a mixer beat 1 cup heavy whipping cream until thick. Slowly add in ¼ cup confectioner's sugar and ¼ tsp cinnamon until stiff peaks form. Chill until ready to serve.

## 7 Ways {brown bag lunch}

***These recipes are perfect for your brown bag lunch. Get creative and improvise with the ingredients; add in your favorite vegetables, salad dressing, and herbs – be your own chef!***

1. In a bowl, combine 4 oz. crabmeat + 1 sliced scallion + 1 Tbsp light mayo + 1 stalk chopped celery + 1 tsp lemon juice. Season with salt & pepper. Serve mixture cold on toasted whole wheat hoagie roll with lettuce and tomato.
2. In a bowl, combine 1 can drained tuna + 1 cup (rinsed and drained) cannellini beans + ½ cup sliced cherry tomatoes + 1 Tbsp chopped capers + 2 Tbsp minced red onion. Add 1 T olive oil + 2 T lemon juice (or to taste); season with salt and pepper. Stir gently. Serve mixture cold on toasted whole wheat pita or a bed of baby spinach.
3. On a bed of baked Tostitos chips, layer black beans + chopped chicken breast + shredded reduced fat cheddar cheese + sliced avocado + light sour cream + salsa.
4. Combine ½ cup cooked quinoa + 3 oz grilled chicken + ½ cup cooked broccoli + ½ cup sliced cooked mushrooms in a small bowl. Mix in ¼ tsp turmeric + 2 tsp sesame oil + splash of tamari. Gently toss to combine.
5. Cook and drain 1 cup whole wheat rotini pasta. Place in small bowl and add ½ cup sliced cherry tomatoes + ½ cup drained and sliced jarred/canned artichoke hearts + ¼ cup chopped bell pepper + ¼ cup sliced red onion + ¼ cup drained and rinsed cannellini beans + 1 clove minced garlic + 2 oz. sliced ham. Toss all ingredients together in the bowl with your favorite Italian Dressing. Serve cold.
6. Slice 4-6 oz cooked chicken breast or rotisserie chicken and place in small bowl. In another bowl, combine 1 tsp lemon juice + 1 Tbsp light mayonnaise + 1 Tbsp fat free plain yogurt + 1 Tbsp mango chutney + ½ tsp curry powder + salt and black pepper. Toss the chicken with the dressing and serve with whole wheat pita or over mixed greens.
7. In a bowl, place 1 can boneless, skinless salmon and flake with fork. Add 1 Tbsp olive oil + 1 Tbsp lemon juice + 1 Tbsp minced red onion + 1 Tbsp minced fresh parsley + 1 Tbsp rinsed and chopped capers. Serve with whole grain crackers or toasted pita chips.

## 7 Ways {school lunch box}

**When packing your child's lunch, select foods from all the different food groups: grains and/or beans, dairy, meat and other proteins, fruit, and vegetables. Limit sugary snacks and send fruit as dessert.\***

1. Leftover pizza slice + hummus and thinly sliced veggies; serve with sliced fruit.
2. Create your own "Lunchables" by stacking cheese + cut-up deli meat or turkey pepperoni; serve with fruit + cut-up veggies with Ranch dip + curly pasta in Italian dressing.
3. Whisk together 3 egg whites + 5 whole eggs + 1 cup 1% milk. Divide egg mixture evenly among 10-12 cup muffin tin coated with cooking spray. To each muffin cup add equal amounts of chopped baby spinach + diced tomatoes + crumbled feta cheese + sausage or crumbled bacon, if desired. Bake at 325 for 25 minutes. Wrap muffins in plastic wrap, refrigerate for up to 3 days or freeze for 1 month. Eat cold or reheated; serve with sliced apples + graham crackers + cucumbers with Ranch dip.
4. In a bento-style lunch box, pack 1 hard-boiled egg + hummus platter with veggies and mini pretzels + sliced strawberries + cheese stick with 3-4 whole wheat crackers.
5. Using toothpicks, skewer tortellini pasta + cherry tomatoes + cheddar cheese; serve with orange slices + Chex mix or popcorn.
6. Nut butter and banana sandwich + fruited yogurt cup + sliced jicama sticks
7. Hummus and veggie sandwich on mini bagel + red grapes + hard-boiled egg

### 7 Sides to Sandwiches:

1. Popcorn
2. Graham Crackers
3. Homemade trail mix (combine dried fruit, cereal, pretzels, banana chips, soy nuts, sunflower/pumpkin seeds, mini chocolate chips, or flaked coconut)
4. Hummus with chopped veggie sticks
5. Alternate cheese and veggies on mini skewers using toothpicks
6. Edamame (soybeans in the pod)
7. Granola, yogurt and fruit parfait

**\*Note: Not all of these food items are on the Foundation Foods Grocery List**



## 7 Ways {entrée salads}

**The trick to preparing a quick dinner salad is having all the ingredients on hand. At every grocery store trip, stock up on your favorite fresh salad fixins (a variety of bagged lettuce, cherry tomatoes, mushrooms, cucumbers, peppers, etc.). These delicious salads are a snap to throw together with canned tuna or salmon, leftover chicken, steak, or shrimp and tossed with your favorite vinaigrette dressing.**

1. Boil or steam 2-3 baby Yukon Gold potatoes, and slice into 4 pieces. Shred 6 oz cooked chicken breast (or use rotisserie). Place potatoes + shredded chicken on bed of baby spinach leaves. Add sliced mushrooms + boiled green beans + 2-3 fresh shaves of fresh parmesan cheese. Drizzle with your favorite Dijon-vinaigrette dressing.
2. Combine shredded chicken breast + 1 Tbsp slivered almonds + 1 cup cole slaw mix + 1 cup salad greens + ½ can water chestnuts + ½ can drained mandarin oranges + 2 T Ken's Light Asian dressing.
3. Grill up 6 oz lean flank steak. Slice into strips and place atop bed of romaine lettuce. Add slices of red bell pepper + red onion + oranges; sprinkle with sesame seeds. Toss gently with Ken's Light Asian salad dressing.
4. Mix Asian salad greens mix with 6 oz flaked smoked trout + ½ cup rinsed canned white beans + handful of sliced cherry tomatoes in bowl. Drizzle with 1 tsp soy sauce + 1 Tbsp lemon juice + 1 Tbsp olive oil + salt + pepper; adjust seasonings to your taste.
5. In a large bowl, combine your favorite lettuce + sliced cherry tomatoes + ½ cup sweet corn + sliced jicama + chopped bell pepper + ¼ cup garbanzo beans. Drizzle with 2 Tbsp vinaigrette dressing and toss well. Lightly coat 6 oz salmon on both sides with olive oil, season with salt and pepper. Broil or grill on stovetop until golden brown on both sides. Serve atop salad.
6. Combine cooked and seasoned shrimp with salad greens or spinach + sliced cherry tomatoes + red pepper slices + chopped scallion + cucumber slices + ¼ cup black beans; toss with vinaigrette dressing.
7. On a bed of salad greens add 1 can tuna (drained) + 2-3 steamed and sliced baby Yukon Gold potatoes + handful fresh, cooked green beans + 5-6 sliced black olives + 1 sliced boiled egg + chopped tomatoes. Drizzle with olive oil + lemon juice.

## 7 Ways {chicken breast}

**Start with a package of four skinless, boneless chicken breasts. Serve dishes with a grain side (rice or pasta, quinoa) or roasted potatoes PLUS a side of vegetables or salad.**

1. Dip each breast into a beaten egg, then roll each piece in a plate of grated Parmesan cheese + Italian breadcrumbs + salt + pepper. Place breast in an oil-coated pan under medium-high heat for 5-6 minutes each side, or until cooked through. *[For a gluten-free version, substitute bread crumbs for almond flour]*
2. Rub 4 chicken breasts with garlic powder + chili powder + oregano + black pepper + salt. Bake, uncovered, for 25-30 minutes at 350°F.
3. Season chicken breasts with salt. Baste with mixture of 4 Tbsp Dijon mustard + 2 Tbsp honey + 2 Tbsp olive oil + pinch garlic powder + pinch red pepper flakes. Bake, uncovered, for 25-30 minutes at 350°F (this works great on broiled salmon, too).
4. Rub chicken breasts with dried basil + rosemary + thyme + salt + pepper. Bake, uncovered, for 25-30 minutes at 350°F.
5. Season chicken breasts with salt + pepper. Heat 2 Tbsp olive oil in a nonstick skillet over medium-high heat, add chicken and cook for 2 minutes on each side. Add 1 ½ cups sliced onion + 1 cup sliced bell pepper; sauté until veggies are soft. Reduce heat to medium, add 1 clove minced garlic + 1 can drained cannellini beans + 1 can Italian-seasoned diced tomatoes. Cover, cook 8 minutes more. Sprinkle with Italian parsley.
6. Cut raw breasts into bite-size pieces for stir fry. In a nonstick skillet or wok, over medium-high heat, brown chicken for 2-3 minutes. Then add 2 Tbsp soy sauce + 1Tbsp sesame oil + ½ cup bell pepper strips (any color) + ½ cup broccoli + ½ cup sliced onions + ½ cup mushrooms + ¼ cup sliced onion, + ½ tsp red pepper flakes *[you can use any vegetables you have on hand or a frozen stir-fry mix]*.
7. Create a marinade using 3 Tbsp olive oil + 3 Tbsp lime juice + ½ tsp cumin + ½ tsp red pepper flakes. Place chicken breasts and marinade into a Ziploc bag and refrigerate for 1-2 hours. When ready, grill breasts on barbeque or sauté over medium-high heat (3-5 minutes/side) in a nonstick pan on stove.

## 7 Ways {chicken thighs}

**Start with a package of boneless, skinless OR bone-in, skin-on chicken thighs. Serve dishes with whole grain rice or pasta, quinoa, OR roasted potatoes PLUS a side of vegetables or salad.**

1. Place thighs in a glass baking dish, skin side up, and coat lightly with oil. Rub with fresh or dried chopped rosemary + thyme + salt + pepper. Roast at 375° for 30-35 minutes. [If using a large roasting pan, add chopped root vegetables (carrots, turnips, beets, parsnips potatoes/sweet potatoes) to the pan and cook with chicken using the same herb blend.]
2. Heat 1 tsp oil in nonstick skillet over medium-high heat and sauté 1 cup chopped onion until soft. Remove from pan. Sprinkle thighs evenly with cumin + paprika + salt + curry powder. Place in sauté pan and cook over medium-high heat, ~4 minutes each side. Add a dash of white wine or vinegar to pan to loosen browned bits. Add cooked onion back to pan + 1 cup chicken broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until chicken is done; top with fresh chopped parsley.
3. Season thighs with salt + pepper. Heat 2 Tbsp canola oil in a large heavy fry pan and brown thighs in each side for 2-3 minutes over medium heat. In a small bowl, mix a 13 oz can apricot nectar + 1 packet French onion soup mix, add mixture to chicken; bring to boil, reduce heat to simmer, cover and cook for 20 minutes. Serve sprinkled with fresh chopped parsley. [try peach nectar or apple juice if you don't have apricot nectar]
4. Trim stalks and fronds off 2 small fennel bulbs, cut each bulb into quarters, then slice each quarter into 1-inch-thick slices. Add to large bowl with chicken thighs. Add 4 minced garlic cloves + 2 Tbsp olive oil + ¼ cup white wine to bowl. Zest and juice 1 lemon, add both to the bowl. Toss ingredients together, add salt + pepper to taste. Spread chicken and fennel into roasting pan, place chicken thighs in center, arrange fennel around chicken. Pour remaining juice from bowl over chicken. Roast at 375 for 30-33 minutes.
5. In small bowl, combine ¼ cup each lime juice + lemon juice + 2-3 Tbsp olive oil + 1 Tbsp grated freshly grated ginger + 2 Tbsp chopped shallots + 2 Tbsp honey + salt + pepper. Thoroughly cover chicken thighs with mixture. Roast thighs skin side up in baking dish or sheet at 375° for 30-35 minutes.
6. Place chicken thighs in baking pan. Combine 2 Tbsp lemon juice + 2 tsp fresh or dried rosemary + 2 Tbsp olive oil + ½ tsp salt. Brush mixture all over and under chicken thighs. Roast skin side up in glass baking dish or on baking sheet at 375° for 30-35 minutes.
7. In a small bowl, combine 2 cloves minced garlic + 3 Tbsp honey + 1 Tbsp Dijon mustard + ½ cup chicken broth + 1 tsp thyme + salt + pepper. Heat 1 Tbsp butter or olive oil in nonstick skillet over medium heat; place 4 boneless chicken thighs in skillet and sauté for 4-5 minutes until thighs are browned on bottom. Turn thighs over, coat with mixture, cover pan and bring to a simmer. Turn heat to low and cook for 7-9 minutes until chicken is thoroughly cooked.

## 7 Ways {chicken legs}

**Start with 1 ½ pounds of chicken legs or drumsticks (adjust seasonings based on portion size). Serve dishes with whole grain rice or pasta, quinoa, or roasted potatoes PLUS a side of fresh vegetables or salad.**

1. Place drumsticks in glass baking dish and top with 1 finely chopped onion. Pour a 12 oz jar chunky salsa over legs; sprinkle with chili powder + salt + pepper + fresh cilantro. Bake at 350 for 55-65 minutes.
2. Rub drumsticks with chili powder salt + pepper and arrange on a baking sheet. Roast at 450 for about 25 minutes. Remove drumsticks from oven and brush with your favorite barbecue sauce. Return to oven and bake, turning and basting with sauce halfway through, until well browned, 8-10 minutes.
3. Season drumsticks with salt and pepper and arrange on baking sheet. Roast at 450 for about 25 minutes. Remove from oven and brush with orange marmalade, continue roasting until chicken is browned, about 10 minutes more, or until cooked through.
4. Place drumsticks in glass baking dish or baking sheet. Rub drumsticks with olive oil, then season with lemon juice + fresh thyme + chopped garlic + salt + pepper. Bake at 350 for 55-65 minutes.
5. Season drumsticks with garlic salt + paprika. Place in baking pan. In small bowl, combine 1 tsp oregano + 1 tsp grated lemon rind + ⅓ cup lemon juice + ½ cup water. Pour mixture over chicken. Bake uncovered at 350 for 55-65 minutes, turning and basting 1-2 times during cooking.
6. In a small bowl, combine ¾ cup ketchup (use hot & spicy if you have it) + 1 Tbsp Worcester sauce + ½ cup honey + 1 tsp orange zest + ¼ cup orange juice + splash of tobasco sauce + 2 Tbsp chopped fresh rosemary + 2 tsp cumin + black pepper. Divide sauce in half. Marinate drumsticks in half the sauce for about 30 minutes. After 30 minutes, grill drumsticks on medium-high heat for about 15 minutes, brushing several times with remaining sauce, until cooked through.
7. Whisk together 2 Tbsp grated ginger + 3 minced garlic cloves + 3 Tbsp honey + 4 Tbsp soy sauce + 1 Tbsp sesame oil in large bowl. Add the drumsticks to the bowl, cover and marinate in the refrigerator for 1 – 4 hours. When ready to cook, place drumsticks and marinade in baking dish. Roast for 25 minutes at 450, turn once, continue roasting for another 10 minutes. Serve over rice.

## 7 Ways {salmon}

**Start with 1 pound fresh/frozen salmon filets (skin removed). Serve dishes with whole grain rice or pasta, quinoa, or roasted potatoes PLUS a side of fresh vegetables or salad.**

**Cooking Tip:** When roasting or broiling salmon, you can place fish directly on a non-stick baking sheet or, for easy clean-up, line sheet with aluminum foil and cooking spray. If skin is still on salmon, always cook skin-side down and do not use cooking spray. After cooking, use a metal spatula to lift salmon off the skin and serve.

1. Drizzle 1 Tbsp olive oil + salt + pepper onto 1 pint cherry tomatoes, spread out on baking sheet. Place 4 salmon filets among tomatoes and sprinkle with curry powder. Roast at 425 for 12 minutes or until cooked through.
2. Marinade 4 salmon filets in 1 Tbsp Dijon mustard + 2 Tbsp reduced sodium soy sauce + 3 Tbsp olive oil + 1 large clove minced garlic. Drizzle half the marinade onto salmon and place in fridge for 10 minutes. When ready, grill salmon 4 to 5 minutes on each side. Transfer to plate and spoon the reserved marinade on top.
3. Combine 3 Tbsp store bought chili sauce + 1 clove minced garlic + 3 Tbsp chopped scallions + 1 Tbsp orange marmalade + 1 tsp low-sodium soy sauce in small bowl. Place salmon fillets on baking sheet; brush half the mixture over fillets. Broil for 5 minutes, brush with remaining mixture. Broil 2 minutes more or until done.
4. Sprinkle salmon filets evenly with salt + pepper. Cut 4 (15-inch) squares of parchment paper. Fold each square in half and open. In small bowl, mix 1 sliced shallot + ½ cup sliced cherry tomatoes + 1 small jar chopped artichoke hearts; top each fillet evenly with tomato mixture + salt + pepper + 1 thin lemon slice. Fold parchment paper over salmon, seal edges. Place packets on baking sheet, bake at 400° for 15 minutes. Cut packet open on plate.
5. Place 4 fillets of salmon on prepared baking sheet. Cover each fillet with fresh lemon juice, then sprinkle salt + pepper + chili pepper + cinnamon evenly on each fillet. Broil for 7 minutes.
6. Heat 2 Tbsp olive oil over large skillet on medium high heat. Rub 4 fillets of salmon evenly (on both sides) with salt + pepper + chili powder. Add salmon to the pan, cook for about 5 minutes, then flip and cook other side for 3 minutes more. Let cook on plate for 2 minutes more.
7. Slice 4 salmon fillets into large strips about ½ inch thick. Combine ¼ cup flour + 3 tsp cumin + ¼ tsp salt + ¼ tsp pepper in a small bowl. Transfer to a piece of wax paper. Coat both sides of salmon strips in flour mixture. Heat 1 Tbsp canola oil in a large non-stick pan, place salmon in pan and cook 2-3 minutes each side until still a bit pink in the middle. Serve with lemon wedges.

## 7 Ways {tilapia}

**Start with four 6-ounce fillets of fresh or frozen tilapia. Serve dishes with whole grain rice or pasta, quinoa, or roasted potatoes PLUS a side of fresh vegetables or salad.**

1. Arrange tilapia fillets in baking dish. Evenly sprinkle fillets with fresh lemon juice + grated lemon zest + dried oregano + salt + pepper. Cover fillets with 1 pint sliced grape tomatoes. Cover and roast 16-18 minutes at 400° or until tilapia is opaque throughout and tomatoes are tender.
2. Place Tilapia fillets on top of 2 lemon slices on prepared baking sheet. Sprinkle salt + paprika + pepper evenly over fish. Bake at 425° for ~10 minutes (or until fish flakes easily when tested with a fork). While fish is baking, mix 2 Tbsp melted butter with 1 tsp lemon zest + 1 ½ tsp chopped fresh herbs (try rosemary, thyme, basil, oregano, parsley) in a bowl. Place cooked fish fillets with lemon slices on serving plates and top each with dollop of herbed butter.
3. In a shallow dish, combine 1 cup almond flour/meal + ½ cup finely grated parmesan cheese + ¼ tsp each salt and pepper (add to this any spices you prefer). Heat ~ 1 Tbsp canola oil in a large nonstick skillet over medium heat. Beat 2 eggs in shallow bowl with dash milk. Place flour bowl next to egg bowl. Dredge tilapia fillet into beaten egg and then into flour mixture. Add fish to pan, cook 3 minutes on each side. Sprinkle with fresh parsley before serving.
4. Rub tilapia with 2 Tbsp chili powder + ½ tsp garlic powder + ¼ tsp salt to coat. Heat 3 Tbsp olive oil in large nonstick skillet over medium-high heat. Add fillets to pan and cook for 2-3 minutes on one side, until just opaque in the center, then gently turn and cook 2-3 minutes more. Serve with freshly squeezed lemon.
5. Whisk together 2 ½ Tbsp lemon juice + 2 Tbsp chopped scallions + 1 Tbsp honey + 1 Tbsp low-sodium soy sauce + 1 tsp freshly grated ginger + ¼ tsp sesame oil. Set aside. Heat 1 Tbsp canola oil in a large nonstick skillet over medium-high heat. Season 4 tilapia fillets evenly with salt and pepper and add to pan, sauté 3 minutes on each side or until fish flakes easily when tested with a fork. Serve fish over salad greens and drizzle with 2 tablespoons of the dressing.
6. Place tilapia fillets into prepared baking dish and bake at 375 for ~10 minutes. Meanwhile, in a bowl, stir together 2 tsp spicy brown mustard + 2 tsp Worcestershire sauce + 2 tsp lemon juice + ½ tsp garlic powder + ½ tsp dried oregano + 1 Tbsp grated Parmesan cheese + 1 Tbsp Italian bread crumbs. Spread cooked fish with herb mixture and sprinkle with bread crumbs. Continue baking for another 5 minutes until the topping is bubbly and golden.
7. Arrange tilapia in an oiled baking dish; season with salt + pepper. Combine 1 ½ Tbsp olive oil + 1 Tbsp lemon juice + chopped dill + chopped parsley and spread over fish. Bake at 400°F for 16-18 minutes.

## 7 Ways {ground beef}

**Start with 1 lb. ground beef (greater than 90% lean). Serve dishes with a side of fresh vegetables or salad.**

1. Cook 1 lb. ground beef until browned. Drain grease, stir in one 14 oz can diced tomatoes + 1 cup fresh/frozen corn + 1 can drained & rinsed black beans + ¾ cup light sour cream + 1 tsp chili powder. Spread crushed tortilla chips across bottom of a 9 x 13 baking dish. Layer ½ beef mixture + 1 cup shredded cheddar or Colby cheese. Layer beef mixture again, top with remaining cheese. Bake at 350 for 20-25 minutes or until cheese is melted.
2. Mix ½ cup ketchup + ¼ cup brown sugar + 2 Tbsp vinegar in a small bowl. In a large bowl, combine 2 pounds lean ground beef + 1 egg + 1 finely chopped onion + ½ cup bread crumbs + ½ cup ketchup + salt + pepper. Mix well. Spray 12-cup muffin tin with cooking spray; place a Tbsp of ketchup mixture into each cup. Form meat into 12 equal servings, place into each muffin tin, press down to smooth. Cook 20 minutes at 400 or until juices bubble around edges. Let sit 5 minutes before removing from tins.
3. In large skillet, brown 1 lb. ground beef + 1 chopped onion + sliced zucchini, cook until veggies are tender. Drain. Add 2 cans diced tomatoes + 1 Tbsp tomato paste + 2 tsp apple cider vinegar + 2 tsp paprika + 2 tsp oregano + salt + pepper; cook for 8-10 minutes at med high heat, stir frequently. Add 2 -3 cups cooked ziti/penne pasta (or 1 can drained & rinsed black beans) simmer, uncovered 5-6 minutes. Sprinkle with fresh parsley.
4. Brown 1 pound ground beef + 1 chopped onion in large skillet. Drain, return to skillet and add 1 cup cooked egg noodles + 1 can cream of chicken soup + 1 can cream of mushroom soup + 1 cup corn + 1 jar diced pimentos (drained) + 1 cup light sour cream. Spoon beef mixture into 13x9 inch greased baking dish. Sauté 1 cup bread crumbs in small pan with 1 tsp oil. Sprinkle on top, bake at 350F for 45 minutes or until golden brown.
5. Cut tops off 6 green/red bell peppers, remove seeds, precook for 5 minutes in boiling water. Brown 1 lb. ground beef + ¼ cup chopped onion + salt; drain. Stir in 8 oz can tomato sauce + 1 cup cooked rice + 1 tsp garlic powder + salt + pepper. Spoon mixture into peppers and place upright in ungreased shallow baking dish, top with grated cheddar or mozzarella cheese or tomato sauce. Bake at 350 for 25-30 minutes.
6. Brown 1 lb. ground beef + ½ cup chopped onion + 2 minced garlic + ¼ cup chopped bell pepper. Stir in 1 can black beans, drained & rinsed + 8 oz tomato sauce + 1 cup corn + salt + pepper + 1 ½ tsp chili powder + 1 tsp cumin + 2 Tbsp fresh chopped cilantro. Stir in 2 cups cooked rice; spoon mixture into 2 qt casserole dish, bake at 350° for 25 minutes, top with shredded cheddar cheese, cook until cheese is melted.
7. Mix 2 Tbsp soy sauce + 1 Tbsp garlic powder in bowl, pour over 1 lb. ground beef and mix well. Let marinade 1 hour. Brown ground beef over medium-high heat. Spoon meat inside iceberg lettuce leaves, sprinkle with shredded cheddar cheese. Serve with side of black beans and rice.



## 7 Ways {shrimp}

**Start with 1 ½ pounds fresh or frozen uncooked jumbo shrimp, peeled and deveined. Serve dishes with whole grain rice or pasta, quinoa, or roasted potatoes PLUS a side of fresh vegetables or salad.**

1. In a large skillet, heat 2 Tbsp butter over medium heat. Add 1 ½ pounds fresh/frozen shrimp + 4-6 cloves minced garlic. Sauté over medium heat, turning frequently, 4 -5 minutes. Sprinkle shrimp with ½ cup chopped fresh parsley + 2 Tbsp fresh lemon juice, + salt to taste; stir well to combine. Remove from pan and serve.
2. Heat a deep skillet with 1 cup vegetable oil. Toss 1 ½ pounds fresh/frozen shrimp with 1 cup cornstarch in small bowl. In separate bowl, combine 1 cup light coconut milk + 3 Tbsp fresh lime juice. In another bowl, pour 2 cups unsweetened flaked coconut. Dip shrimp into coconut milk mixture, shake off excess liquid; add shrimp to flaked coconut and toss to coat. Gently place shrimp in hot skillet and fry until golden brown.
3. Heat 2 Tbsp olive oil in a large nonstick skillet over medium-high heat. Add 1 ½ pounds fresh/frozen shrimp to pan; sauté 1 minute. Add 1 Tbsp Dijon whole grain mustard + 1 tsp Tabasco sauce to pan, sauté 2 minutes. Stir in ½ cup chopped scallions, cook 1 minute. Remove from heat and stir in ½ cup mango salsa. Sprinkle shrimp with fresh cilantro and fresh lime juice.
4. Combine 1 ½ pounds fresh/frozen shrimp with 1 Tbsp olive oil + 1 Tbsp chili powder + ½ tsp cinnamon + ½ tsp cumin in a large bowl, toss to coat. Coat large non-stick skillet with cooking spray over medium heat. Add shrimp, sauté 3 minutes; add 1 Tbsp lime juice; remove shrimp from pan, set aside. To pan add 1 cup canned/frozen corn; sauté 1 minute. Stir in 1 cup salsa + 1 Tbsp lime/lemon juice + chopped fresh cilantro + 1 can rinsed black beans; cook until heated through. Serve shrimp over bean and corn salsa.
5. Combine ¼ cup teriyaki sauce + 1 Tbsp sesame seeds in small bowl. Thread 6 fresh shrimp + 4 pineapple chunks + red bell pepper wedges alternately onto 8 kabob skewers. Brush kebabs with teriyaki mixture and place on heated grill rack (coated with cooking spray). Grill ~8 minutes or until shrimp are done, turning as needed.
6. Toss 1 ½ pounds fresh/frozen shrimp with olive oil + ½ tsp curry powder + ¼ tsp salt + pepper + zest of 1 whole lemon in large bowl. Roast shrimp on prepared baking sheet until pink, about 6 minutes. Squeeze lemon over shrimp and serve with cocktail sauce.
7. Heat 1 Tbsp olive oil in large sauce pan or Dutch oven over medium-high heat. Sauté 1 small chopped onion until soft + 8 oz of your favorite sliced turkey or chicken sausage + 16 oz bag frozen veggie mix; cook, stirring occasionally, until veggies soften, 3-5 minutes. Add 2 cups chicken broth to pot, bring to a boil. Add 2 cups instant brown rice, stir, cover, cook for 5 minutes. Add 16 oz uncooked fresh/frozen shrimp, stir to incorporate. Reduce heat to low, cook, uncovered, until shrimp are cooked through, 5-6 minutes. Fluff with a fork and serve.

## 7 Ways {pantry meals}

**Use a few of your pantry and/or freezer items to create a meal in minutes. Here are just a few of the possibilities!**

1. Sauté 2 minced garlic cloves in olive oil until lightly brown. Add 1 can diced tomatoes + ½ tsp dried parsley + ½ tsp basil + salt + pepper. Add frozen turkey meatballs or sliced Italian sausage to pan, simmer on low heat. Toss sauce with cooked pasta; top with Parmesan cheese.
2. In a large pot, combine 2 cups jasmine/basmati rice + 2 cups light coconut milk + 1 ¾ cup water or chicken stock + 2 Tbsp shredded unsweetened coconut + a pinch of salt; bring to boil, reduce to low, cover and simmer 16-18 minutes. Serve with frozen shrimp sautéed with frozen Asian vegetables seasoned with salt + pepper.
3. Heat 1 Tbsp canola oil in a large pot over medium-high heat. Add 1 chopped onion + 1 bag frozen chopped bell peppers + 2 cloves minced garlic; sauté 5 minutes or until tender. Add 1 ½ Tbsp chili powder + 1 tsp ground cumin + 1 tsp dried oregano, + salt + pepper + 2 cans diced tomatoes + 2 cans black beans + 2 can kidney beans + 1 can pinto beans (all rinsed and drained). Bring to a boil, then reduce heat, and simmer 30 minutes.
4. Cook and drain 1 pound linguini pasta, reserving ½ cup of pasta water. Sauté ½ cup frozen peas in 1 Tbsp olive oil in large skillet until softened. Add 1 can drained and rinsed cannellini beans + 1 can drained tuna + 1 tsp oregano + 1 tsp red pepper flakes to peas. Cook until beans and tuna are heated through. Add reserved pasta water to pot to form a sauce. Serve sauce over pasta. Add salt + pepper to taste and sprinkle with grated Parmesan cheese.
5. Whisk together 1 large egg + 4 egg whites + salt + pepper in a medium bowl. In another bowl, combine ½ cup drained and rinsed black beans + ¼ cup shredded cheddar cheese + ¼ cup chunky salsa. Heat a nonstick skillet coated with cooking spray over medium heat. Pour egg mixture into pan and let set slightly. Tilt pan and lift edges of omelet with a spatula allowing uncooked egg to flow underneath cooked portion; cook 3 minutes. Spoon bean mixture onto half of omelet and fold. Cook 1 minute or until cheese melts. Slide omelet onto serving plate.
6. Cook 1 pound spaghetti according to package directions. Drain, reserving 2 tablespoons of cooking liquid. Return to pot along with reserved cooking liquid. Stir in 10 jar store bought basil pesto, stir over low heat until spaghetti is evenly coated. Add 1 jar chopped roasted red peppers + toasted pine nuts + grated Parmesan cheese.
7. In medium bowl, lightly mix 1 can red or pink salmon, drained and flaked + 1 sliced green onion + 2 Tbsp horseradish + 2 Tbsp bread crumbs + 1 tsp soy sauce + salt + pepper. Shape mixture into 4 round patties. Spray nonstick skillet with cooking spray and heat over medium heat until hot. Add salmon cakes and cook about 5 minutes per side or until golden brown.

## 7 Ways {rice}

**Serve these rice dishes as a side to your main meal protein. Feel free to mix up the type of rice used (brown, white, wild, basmati, jasmine) or get creative and substitute the rice for couscous, barley, quinoa, wheat berries or farro.**

1. Heat wok or large frying pan over medium high heat. Add 2 Tbsp peanut or canola oil and allow to heat. Toss in 1 bag Asian frozen vegetable mix. Stir fry until veggies are crisp-tender. Move veggies to the side and add 2 eggs, stir until slightly beaten; toss until just scrambled. Add 2 cups cooked long grain rice and continue to stir fry until the rice is heated through and the egg is fully cooked. Stir in 2 Tbsp soy sauce.
2. Cook 1 cup long grain white rice in chicken broth + 1 Tbsp butter. Before serving, stir in ¼ cup dried currants + 2 Tbsp toasted sliced almonds + salt + pepper.
3. In a medium skillet, sauté 2-3 sliced shallots in 1 Tbsp olive oil until browned. Add to 1 cup cooked wild rice blend. Add freshly chopped parsley + 1 Tbsp lemon juice and toss; season with salt + pepper.
4. Bring 4 cups water to boil. Add 2 cups long grain white rice + 3 tsp curry powder + 1 Tbsp butter + 1 tsp dry minced onion (or minced fresh onion) + ½ cup golden raisins + 2 tsp salt. Cook over low heat about 20 minutes or until rice is done.
5. To 1 ½ cups brown rice add ½ cup chipotle salsa + ¼ cup chopped fresh cilantro, stir to combine; season with salt and pepper.
6. In medium skillet, sauté 3 cups mixed mushrooms (button, baby bella, shitake, etc.) + 1 medium diced onion in 2 Tbsp butter until soft. Stir in 3 cups cooked brown rice + 3 Tbsp soy sauce + salt + pepper + ½ cup sliced scallions. Cook until mushrooms are tender and rice is warmed through. Adjust seasonings to taste.
7. Cook 2 cups long grain rice in chicken broth. Sauté ½ cup chopped pecan halves in 2 Tbsp butter until golden. Stir in 3 Tbsp lemon juice + 1 tsp grated lemon peel. Pour butter mixture over cooked rice and stir to coat; sprinkle with fresh chopped parsley.

## 7 Ways {crock pot meals}

1. Place 4 boneless, skinless chicken thighs into bottom of slow cooker. In a separate bowl, mix 4 oz can green chilies + 2 cloves minced garlic + 1 diced onion + 2 15 oz cans diced tomatoes + 4 oz chicken broth + 1 tsp cumin + salt + pepper, pour over chicken. Cook on high for 3 hours. Once chicken is tender, shred using 2 forks. Add additional chicken broth, if needed. Just before serving, stir in 4 corn tortillas, sliced into strips and fresh cilantro. Serve in soup bowls, topping each with shredded cheese + diced avocado + squeeze of fresh lime.
2. Place 1 pound loin steak, cut in cubes + 1 can condensed mushroom soup + 1 Tbsp Worcestershire sauce + ½ cup water into slow cooker. Cook on Low setting for 8 hours (or High setting for about 5 hours). Stir in 8 oz light sour cream just before serving and plate over hot cooked rice.
3. Add 3 pounds boneless, skinless chicken breasts to bottom of slow cooker. Top chicken with 2 chopped onions + 1 pound sliced mushrooms + 2 cloves minced garlic + ¼ cup flour + 1 cup chicken broth + 2 Tbsp tomato paste + 1 can diced tomatoes (drained) + salt + pepper, to taste. Cover and cook on Low 7-9 hours or on High 4-5 hours. Sprinkle with fresh torn basil and serve over egg noodles, sprinkle with Parmesan cheese.
4. Place 2 pounds pork tenderloin in bottom of crock pot. Cover with 1 jar of green salsa (Verde) + 1 can roasted tomatoes + 1 can chopped green chilies + 1 chopped onion. Cook on low until pork easily forks apart 7-9 hours. Serve pork as tacos inside flour tortillas with shredded cheese + sliced avocado + chopped tomatoes + shredded lettuce + sour cream. Garnish with fresh chopped cilantro.
5. Into slow cooker, add 2 cans vegetable broth + 18 oz can crushed tomatoes (undrained) + 1 ½ cups chopped carrots + 3 chopped zucchini + 1 chopped yellow bell pepper + 3 sliced green onions + 2 finely chopped garlic cloves + 2 cups shredded cabbage + 2 tsp dried marjoram + 1 tsp salt + ¼ tsp pepper. Cover and cook on low heat 6-8 hours. Stir in 1 cup uncooked instant rice. Cover and cook on low heat for 15 minutes or until rice is tender. Garnish with freshly chopped basil.
6. Mix 1 pound boneless, skinless chicken breast (cut into 1-inch cubes) + 3 small white or sweet potatoes (peeled and cut into 1-inch cubes) + 1 large chopped onion + 2 cans diced tomatoes (undrained) + 14 ½ oz chicken broth + 1 tsp dried oregano + ½ tsp ground cumin. Cover and cook on low for 6-9 hours. Stir in 1 ½ cups frozen corn, cover and cook on high heat for 30 minutes.
7. [Dessert] Spray inside of slow cooker with cooking spray. Pour 20 oz jar cherry pie filling into cooker. In bowl, beat 1 cup all-purpose flour + ¼ cup sugar + ¼ cup melted butter + ½ cup fat free milk + 1 tsp baking powder + ½ tsp almond extract + ¼ tsp salt. Spread mixture over pie filling. Cover and cook on high 1-2 hrs. or until toothpick inserted in center comes out clean.

## 7 Ways {lentils}

**Start with fresh, canned, or ready to eat steamed lentils. Serve as your main meal vegetarian dish or as a side to a protein.**

**Note:** Brown lentils are most commonly found canned or steamed; green lentils take the longest to cook but hold their shape well, they are best for salads and cold dishes; red lentils will get mushy when cooked and are great for curries or as a thickener for soups.

1. To a heated soup pot, add 2 Tbsp olive oil + 1 cup each chopped onions + carrots + 1 tsp salt. Cook until onions are soft. Add 1 Tbsp minced fresh ginger + 2 cloves minced garlic + 1 Tbsp curry powder + 1 tsp each ground cumin + coriander. Add 1 ½ cups rinsed red lentils + 3 cups chicken/vegetable stock + 2 bay leaves. Bring to boil; simmer 10 minutes. Add 1 head chopped cauliflower (add more broth if needed, stir gently). Cover, simmer 20-25 minutes, stirring occasionally. Season with salt. Stir in juice of 1 lime + fresh chopped cilantro. Remove bay leaves before serving.
2. Whisk together 2 ½ Tbsp lemon juice + 2 Tbsp fresh chopped dill + 1 tsp Dijon mustard + salt + pepper in a large bowl. Gradually whisk in 2½ Tbsp olive oil. Add ½ cup each chopped red bell pepper + diced cucumber + ¼ cup finely chopped red onion + 1 ½ cups cooked brown/green lentils + 1 can salmon, drained & flaked (or 1 cup flaked cooked salmon). Gently toss to combine.
3. Sauté 1 Tbsp olive oil + 1 cup chopped carrots + 1 diced red onion + salt + pepper in large skillet for 15 minutes. Stir in 3 cloves minced garlic + 1 ½ tsp cumin. Add 1 cup cooked brown/green lentils + 1 cup cooked wheat berries (or brown rice) + 1 bunch red/rainbow chard (or any greens) to skillet. Cover, simmer until greens are wilted. Stir in 3 Tbsp lemon juice.
4. Toss 1 head chopped cauliflower with 1-2 Tbsp olive oil + salt + pepper, roast at 425 for 30 minutes. In a large bowl, mix cooked cauliflower + 1 cup cooked couscous or brown rice + 1 cup cooked red lentils + ¼ cup chopped fresh parsley. In another bowl, whisk 3 Tbsp lemon juice + 1 clove minced garlic + 1 tsp salt + ½ tsp pepper + 1 tsp honey/agave. Slowly whisk in ½ cup olive oil. Pour dressing over lentils and rice, toss gently to combine. Serve warm sprinkled with feta cheese or toasted pine nuts.
5. Whisk together ½ cup olive oil + ½ cup red wine vinegar + 1 Tbsp cumin + 2 tsp chili powder + 2 minced garlic cloves + ¼ tsp cinnamon + 1 tsp salt. Mix half of dressing with 1 lb. cooked red lentils. Heat 2 Tbsp olive oil in large skillet over high heat. Add 1 large chopped onion, sauté 5 minutes. Add 4 sliced skinless, boneless chicken breasts to pan, cook 3 minutes, then add 1 tsp salt + 1 Tbsp cumin + 2 tsp chili powder + ¼ tsp cinnamon to pan; sauté until chicken is cooked through. Spoon lentils onto plate and cover with sliced chicken and remaining dressing. Top with chopped parsley.

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6. In a medium skillet, heat 2 Tbsp of canola oil. Add 1 finely chopped onion + 3 garlic cloves minced + 3 finely chopped carrots, cook until carrots begin to soften. Stir in 2 tsp cumin + ¼ tsp cayenne pepper and remove from heat. In a large bowl, combine the onion/carrot mixture + 1 ½ cup cooked red lentils + ¾ cup almond flour + 2 Tbsp chopped parsley + 2 beaten eggs + salt + pepper. Form mixture into burgers. Line a baking sheet with foil. Spray the foil and brush tops of burgers with olive oil. Broil 3-4 minutes on one side, flip burgers and brush with oil, broil for 3-4 minutes more. Serve with plain yogurt mixed with a dash of lemon juice + 1 minced garlic + chopped parsley.
7. Combine 2 cups cooked black lentils + ¼ cup feta cheese + 2 chopped scallions + handful sliced cherry tomatoes, Toss gently with balsamic vinaigrette + salt + pepper to taste.

## 7 Ways {vegetable side dishes}

**Serve one of these delicious sides with any of your main meal entrees.**

1. Cut 1 pound carrots into ½ inch strips, microwave or steam until soft. In bowl, combine 2 Tbsp red wine vinegar + 1 Tbsp olive oil + 1 Tbsp finely chopped garlic + salt. Mix carrots with dressing, sprinkle with freshly chopped parsley. Serve cold.
2. Boil 1 pound peeled and chopped baking potatoes with 1 tsp salt until tender. Drain and return to pot over low heat. Add 1 cup milk + 4 oz softened goat cheese, mash until smooth. Season with salt + pepper + 2 sliced scallions or chives.
3. Trim and slice in half 1 pound Brussels sprouts. Add to large bowl. Season with salt + pepper + 2 Tbsp olive oil. Roast at 450 on prepared baking sheet about 20 minutes or until browned and tender. Transfer to serving bowl, top with fresh lemon juice.
4. Remove seeds and ribs from 4 red bell peppers; slice lengthwise into ½ inch strips. Sauté peppers in 2 Tbsp olive oil until softened, about 15 minutes. Add ½ cup sliced Kalamata olives into pan. Stir to combine. Season with salt + pepper and cook 5 minutes more.
5. In a small bowl, mix together ¼ cup grated Parmesan cheese + ¼ cup bread crumbs + 2 Tbsp olive oil + salt + pepper. Arrange 1-2 pounds asparagus onto prepared baking sheet, drizzle with olive oil + salt + pepper. Top with breading mixture and bake at 425 for about 20 minutes. Drizzle with fresh lemon juice.
6. In a small skillet or toaster oven, toast ⅓ cup chopped walnuts, set aside. To a large pot of boiling salted water, add 1 pound green beans, and cook until crisp-tender, about 6 minutes. Drain and return beans to pan. Add 1 Tbsp butter + salt + pepper + ½ of the walnuts. Mix to combine. Transfer to serving plate and sprinkle with remaining nuts.
7. In a large skillet, combine 1 pound sugar snap peas (strings removed) + ¼ cup water + salt, bring to boil until water evaporates. Add 2 tsp butter + ¼ tsp oregano and continue to cook until peas are crisp-tender.

## 7 Ways {salad side dish}

**Serve up these delicious side dish salads with any of your dinner meals. Many of them are bean-based and can serve as both your veggie and your starch side!**

1. Combine 2 Tbsp fresh lemon juice + 2 tsp olive oil + 1 crushed garlic clove + ½ tsp basil + salt + pepper in a small bowl, mix well with a whisk. Combine 1 can green beans + 1 ½ cups sliced cherry tomatoes and toss with the vinaigrette. Add 2 Tbsp pine nuts just before serving.
2. Combine chopped romaine lettuce + ½ cup pinto beans + ½ cup frozen corn + ½ diced avocado + sliced red onion + chopped fresh cilantro in a bowl and mix with your favorite light vinaigrette dressing.
3. Combine ½ can black beans (rinsed and drained) + 2 Tbsp vinaigrette + ½ tsp ground cumin + salt + pepper. Stir in ½ cup roasted corn + 1 oz diced smoked mozzarella, + handful of halved cherry tomatoes + chopped avocado + sliced red onion + chopped fresh cilantro.
4. Cook 1 cup barley or wheat berries according to package directions. Drain in colander and rinse with cold water until cooled (or use leftovers of any grain or rice). Combine 1 can rinsed/drained black beans + 1 pint halved cherry tomatoes + ½ cup chopped green bell pepper + 2 oz cubed Monterey Jack cheese with jalapeño peppers + ⅓ cup lemon juice + 2 Tbsp olive oil + 1 tsp salt + chopped fresh cilantro. Add barley to black bean mixture; toss gently.
5. Combine baby spinach + ½ can drained mandarin oranges + ¾ cup drained/rinsed black beans + ½ can chopped hearts of palm in a large bowl. Drizzle with vinaigrette, toss gently to coat.
6. Thaw 10 oz package frozen lima beans. Transfer to bowl. Stir in 1 ½ Tbsp olive oil + 1 tsp lemon zest + 1 Tbsp lemon juice + salt + pepper. Sprinkle with freshly shaved parmesan cheese.
7. In a large bowl, combine 1 pound shredded carrots + 1-2 Tbsp rice vinegar + 1 Tbsp sesame oil + 1 inch piece grated fresh ginger + 2 Tbsp sesame seeds; toss to combine.



## 7 Ways {snacks}

***Snacks are an important part of a healthy lifestyle and are essential for all-day energy. I always recommend creating a snack with protein and produce whenever possible. Below are some of the many possibilities!***

### **Produce + Protein Snacks:**

1. Sliced apple + 1 oz nuts (almonds, walnuts, cashews, pistachios, etc.)
2. Celery sticks + peanut or almond butter + 2 Tbsp raisins
3. Blueberries + low-fat cottage cheese or low-fat Greek yogurt
4. Cut-up vegetables + hummus
5. Melon cubes sprinkled with 1 Tbsp unsweetened coconut flakes + 1 oz cheese
6. Cucumber and tomato slices + canned tuna (use light mayo or vinaigrette dressing)
7. Sliced pear + hard-boiled egg

### **On the Go Snacks:**

1. 6 oz fruited Greek Yogurt
2. 1 cup high fiber dry cereal + ½ oz nuts
3. 8 oz organic low fat milk + 1 oz almonds
4. 1.5 oz trail mix
5. 1 slice whole wheat bread + 1 Tbsp peanut butter
6. Energy Bar
7. Baby carrots + 1 oz pistachios

## Magazines, Blogs, Websites & Cooking Shows

Magazines
Cooking Light
Eating Well
EveryDay Food
Experience...Life
Fitness
Food and Wine
Health
Prevention
Rachel Ray Everyday
Real Simple
Shape
The Food Network Magazine
Weight Watchers
Women's/Men's Health

## Websites & Food Blogs

<http://www.foodconfidence.com>

<http://www.inspiredrd.com>

<http://www.chowandchatter.com>

<http://www.101cookbooks.com>

<http://www.mangotomato.com>

<http://blog.foodnetwork.com/healthyeats>

<http://smittenkitchen.com>

<http://www.foodblogga.blogspot.com>

<http://prouditaliancook.blogspot.com>

<http://www.chowmama.com>

<http://pinchmysalt.com>

<http://www.thenaptimechef.com>

<http://simplyrecipes.com>

<http://www.cookinglight.com>

<http://www.eatingwell.com>

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<http://www.thekitchn.com>

<http://www.simplebites.net>

<http://www.eastewart.com>

<http://www.pbs.org/food/blogs/fresh-tastes>

<http://www.fannetasticfood.com>

<http://nourishedkitchen.com/>

<http://www.weeklygreens.com/>

*Feeding Kids*

<http://www.julienegrin.com>

<http://www.twopeasandtheirpod.com>

<http://onehungrymama.com>

<http://gastrokid.com>

<http://www.weelicious.com>

<http://www.wholesometoddlerfood.com>

<http://foodwithkidappeal.blogspot.com>

<http://www.cheekykitchen.com>

<http://www.thenaptimechef.com>

<http://www.simplebites.net>

<http://www.superhealthykids.com>

## Cooking Shows

5 Ingredient Fix with Claire Robinson (Food Network)

Giada At Home (Food Network)

Healthy Appetite with Ellie Krieger (Food Network)

\$10 Dinners with (Food Network)

Quick Fix Meals with Robin Miller (Food Network)

Everyday Food (PBS)

## How to Freeze & Thaw Food

Cooking in bulk and freezing for later is a smart way to plan for a no-hassle meal when you need it most, requiring little prep time.

When deciding to freeze a recipe, choose ingredients that will freeze and reheat well. Soups, stews, and chili, casseroles, lasagna, meatloaf, stocks/broths, tomato and pasta sauce stand up well to freezing. Don't stop at just dinner though; baked goods like cookies, cookie dough, pancakes and breads freeze perfectly well, too!

**Below is a step-by step how-to guide for freezing food:**

### **Step 1: Chill**

Putting hot or warm food directly into the freezer can raise the freezer temperature, causing other foods to thaw and then refreeze, which alters their taste and texture. After cooking, cool the dish in the fridge in a wide, uncovered container. Or, for super-fast cooling, transfer the dish into a metal bowl and place the metal bowl inside a larger bowl filled with ice and water until the dish is no longer hot. Place in the fridge until ready to freeze.

***Note:** If your dish contains large amounts of oil or fat, you'll find that the fat will rise to the surface of the dish after cooling. Skim this fat off before freezing to lengthen the shelf-life in the freezer.*

### **Step 2: Store**

Remove the food from the fridge and transfer to a freezer-safe container. If using freezer bags, place food in single, double or family size servings into a moisture proof, zip lock bag and wrap tightly, removing all air from the bag before sealing. Label the bag with a permanent marker, noting the date that you froze it and the contents. The best containers and wraps for freezing food should be airtight when sealed, moisture and vapor resistant, durable and able to withstand freezing temperatures. They should not absorb oil, grease, or water and they should be easy to seal, label, and stack.

For wrapping meats, use freezer wrap. Common types of freezer wrap are freezer paper, freezer cellophane, and freezer aluminum foil. Only paper made especially for freezing should be used. Wax paper, plastic wrap, and heavy-duty aluminum foil are not recommended. Re-wrap bulk meat and chicken from the grocery store in an appropriate freezer wrap before freezing. Freezer tape can be used to seal food and for making the package more airtight.

**Do not** freeze foods using wax paper, paper cartons, plastic cartons, cardboard ice cream and/or milk cartons, or any container that may crack, or that has a poorly fitting lid.

### **Step 3: Freeze**

You want the food to freeze as quick as possible once hitting the freezer. The quicker it freezes the better it will look and taste when thawed. The fastest way to freeze cooled food is to arrange bags or containers in a single layer with enough room for air to circulate around them. Most cooked dishes will keep for two to three months in the freezer. Keep your freezer temperature at 0° or below.

If previously cooked foods are thawed in the refrigerator, you can refreeze the unused portion. Freeze leftovers within 3-4 days and do not refreeze foods left outside the refrigerator longer than 2 hours, or 1 hour in temperatures above 90 °F.

### **Step 4: Thaw**

There are several ways to thaw or defrost food from your freezer. You can place the food in the fridge overnight, you can use the defrost setting of the microwave, or you can run under cool water. It is never recommended to thaw food at room temperature.

If using the cool water method (works great for shrimp, scallops and other delicate foods), place the frozen food in its container (if possible) into a large plastic bag, close tightly, and immerse that bag into the cold water. Check the water frequently to be sure it stays cold and does not come in contact with the food. Cook immediately after thawing.

When using the microwave to defrost, remove the packaging and place food on a plate. Most microwave ovens have a defrost option. If yours does not, you can defrost at 50% power, turning food over several times and/or stirring throughout heating. Once the food is defrosted, you want to cook it immediately, as some areas of the food may become very warm and begin to cook during microwaving. Once defrosted, don't let the food sit at room temperature or put it back in the refrigerator.

**Note:** *Once food is thawed in the refrigerator, it is safe to refreeze without cooking, although there may be some loss of quality due to moisture loss when thawing. It is also safe to freeze cooked foods or thawed meats that were previously frozen.*

## Ingredient Substitutions

Most of the "7 Ways" recipes include common, frequently used ingredients, but when food substitutions are necessary it's important to know when and how to substitute correctly. I substitute ingredients all the time to make a recipe lower in fat or higher in fiber and you can, too!

Once you start collecting recipes on your own, you will likely come across an ingredient you either don't have stocked, is less healthy, or that you just don't like. When this happens, remember that in addition to taste, factors like moisture level and texture can make a big difference in the final outcome.

Use **Table 1** to make successful substitutions that yield similar taste and flavor as the original ingredient.

Use **Table 2** to make foods healthier (lower in fat and sugar; higher in fiber, etc.).



## Table 1: Ingredient Substitutions

Ingredient	Substitution	Ingredient
<b>All-Purpose Flour</b>	1 cup	1 ½ cups bread crumbs; 1 cup and 2 Tbsp cake flour; 1 cup corn meal; ⅝ cup potato flour; ⅞ cup rice flour; 1 cup almond flour
<b>Allspice</b>	1 tsp	½ tsp cinnamon + ½ tsp ground cloves
<b>Apple pie spice</b>	1 tsp	½ tsp cinnamon + ¼ tsp nutmeg + ⅛ tsp cardamom
<b>Arrowroot, as thickener</b>	1 Tbsp	2 Tbsp all-purpose flour; 1 Tbsp cornstarch
<b>Baking powder</b>	1 tsp	¼ tsp baking soda + ½ tsp cream of tartar + ¼ tsp cornstarch; ¼ tsp baking soda + ⅝ tsp cream of tartar
<b>Bread crumbs</b>	¼ cup	1 slice bread; ¼ cup cracker crumbs; ⅓ cup rolled oats; ¼ cup almond meal
<b>Brown Sugar</b>	1 cup	1 cup granulated sugar; 1 cup granulated sugar + ¼ cup molasses
<b>Butter</b>	¼ cup	3 Tbsp oil
<b>Buttermilk</b>	1 cup	1 cup (minus 1 Tbsp) regular milk + 1 Tbsp vinegar/lemon juice (let stand 5 minutes); 1 cup regular milk + 1 ½ tsp cream of tartar;
<b>Cake Flour</b>	1 cup	1 cup plain yogurt
<b>Chili Sauce</b>	1 cup	1 cup minus 2 Tbsp all-purpose flour
<b>Chives</b>	1 Tbsp (chopped)	1 cup tomato sauce + ¼ cup brown sugar + 2 Tbsp vinegar + ¼ tsp cinnamon
<b>Chocolate (unsweetened)</b>	1 oz	1 Tbsp chopped scallions (green part only)
<b>Chocolate (semisweet)</b>	1 oz	3 Tbsp cocoa + 1 Tbsp butter or fat; 3 Tbsp carob powder + 2 Tbsp water
<b>Confectioner's or Powdered Sugar</b>	1 cup	1 oz unsweetened chocolate + 3 tsp sugar
<b>Cornstarch</b>	1 Tbsp	¾ cup granulated sugar (for uses other than baking)
<b>Corn syrup</b>	1 cup	2 Tbsp all-purpose flour; 2 Tbsp tapioca; 1 Tbsp arrowroot
<b>Cream of tartar</b>	½ tsp	1 cup granulated sugar + ¼ cup water; 1 cup honey
<b>Eggs</b>	1 egg	1 ½ tsp lemon juice or vinegar
		½ tsp baking powder + 1 Tbsp vinegar + 1 Tbsp water (in baking); 1 tsp baking powder + 1 ½ Tbsp water + 1 ½ Tbsp oil; 1 tsp baking powder + 1 Tbsp water + 1 Tbsp vinegar

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Ingredient	Substitution	Ingredient
<b>Garlic</b>	1 clove, small	1/8 tsp garlic powder or instant minced garlic; 1 tsp garlic salt (reduce salt in recipe)
<b>Half &amp; Half</b>	1 cup	1 1/2 Tbsp butter + 1 cup (minus 2 Tbsp) milk; 1 cup evaporated milk
<b>Heavy Cream</b>	1 cup	1/3 cup butter + 3/4 cup milk (will not whip)
<b>Herbs, fresh</b>	1 Tbsp	1 tsp dried herb
<b>Honey</b>	1 cup	1 1/4 cup sugar + 1/4 cup liquid (can use liquid asked for in recipe or water)
<b>Italian seasoning</b>	1 tsp	1/4 tsp basil + 2/3 tsp dried parsley + pinch oregano
<b>Ketchup</b>	1 cup	1 cup tomato sauce + 1/2 cup sugar + 2 Tbsp vinegar
<b>Lemon juice</b>	1 tsp	1/2 tsp vinegar
<b>Lemon grass</b>	1 Tbsp	1 Tbsp lemon peel
<b>Maple syrup</b>	2 cups	Bring 2 cups sugar + 1 cup water to boil, then add 1/2 tsp maple flavoring
<b>Mayonnaise</b>	1 cup	1 cup plain Greek yogurt, sour cream or cottage cheese pureed in blender
<b>Milk, Skim</b>	1 cup	1/3 cup instant nonfat dry milk + 1 cup (minus 2 Tbsp) water
<b>Milk, Whole</b>	1 cup	1/2 cup evaporated milk + 1/2 cup water; 1 cup soy or almond milk; 1 cup water + 1 1/2 tsp butter (for use in baking)
<b>Molasses</b>	1 cup	3/4 cup sugar + 1 1/4 tsp cream of tartar (increase liquid in recipe by 5 Tbsp)
<b>Mustard, dry</b>	1 tsp	1 Tbsp prepared mustard; 1/2 tsp mustard seeds
<b>Nuts</b>	1 cup	1 cup rolled oats, toasted (for use in baking)
<b>Oil (for sautéing)</b>	1/4 cup	1/4 cup melted margarine, butter, shortening or lard
<b>Onion</b>	1 small	1 1/3 tsp onion salt; 1-2 Tbsp instant minced onion; 1 tsp onion powder
<b>Onion powder</b>	1 tsp	1/4 cup fresh onion, minced
<b>Parsley, fresh</b>	1 Tbsp	1 tsp parsley flakes
<b>Pastry Flour</b>	1 cup	1 cup minus 2 Tbsp all-purpose or bread flour
<b>Pimento</b>	2 Tbsp, chopped	3 Tbsp fresh red bell pepper
<b>Pumpkin pie spice</b>	1 tsp	1/2 tsp cinnamon + 1/4 tsp ginger + 1/8 tsp allspice + 1/8 tsp nutmeg
<b>Shortening, melted</b>	1 cup	1 cup vegetable oil
<b>Sweetened Condensed Milk</b>	1 cup	Mix 1 cup (+ 2 Tbsp) powdered milk + 1/2 cup warm water + 3/4 cup sugar until sugar dissolves
<b>Sugar</b>	1 cup	1 cup firmly packed brown sugar; 1 1/3 cup confectioner's sugar (not for baking); 1 cup corn syrup (reduce liquid in recipe by 1/4 cup); 1 cup (less 3 Tbsp) honey (reduce liquid in recipe by 3 Tbsp for every cup of honey used); 3/4 - 1 cup maple syrup (reduce liquid in recipe by 3 Tbsp); 1 cup molasses + 1/2 tsp baking soda
<b>Tomatoes, fresh</b>	2 cups, chopped	1 16-oz can chopped tomatoes, drained

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Ingredient	Substitution	Ingredient
<b>Tomatoes, canned</b>	1 cup	Simmer 1 ½ cups diced tomatoes for 10 minutes
<b>Tomato juice</b>	1 cup	½ cup tomato sauce + ½ cup water
<b>Tomato sauce</b>	2 cups	¾ cup tomato paste + 1 cup water
<b>Tomato soup</b>	10 oz. can	1 cup tomato sauce + ¼ cup water
<b>Vanilla bean</b>	½ bean	1 Tbsp vanilla extract
<b>Whipped cream</b>	1 cup	½ cup chilled evaporated milk + ¼ tsp lemon juice (whip until stiff)
<b>Worcestershire sauce</b>	1 tsp	1 tsp bottled steak sauce
<b>Yogurt</b>	1 cup	1 cup buttermilk; 1 cup cottage cheese, blend until smooth; 1 cup sour cream

## Table 2: Ingredient Substitutions for Healthier Recipes

Ingredient	Substitution
<b>Bacon</b>	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto, bacon bits
<b>Bread crumbs</b>	Rolled oats or crushed bran cereal; almond flour
<b>Butter, margarine, shortening or oil in baked goods</b>	Applesauce or prune puree for half of the butter, shortening or oil
<b>Cream</b>	Fat-free half-and-half, evaporated skim milk
<b>Cream cheese</b>	Fat-free or low-fat cream cheese, Neufchatel
<b>Coconut Milk</b>	Light coconut milk
<b>Eggs</b>	Two egg whites or ¼ cup egg substitute for each whole egg; or ¼ cup applesauce; or 1 Tbsp ground flax seed + 3 Tbsp water; ½ mashed banana + ¼ tsp baking powder
<b>Flour, all-purpose</b>	<b>To increase fiber:</b> Substitute whole-wheat flour for ½ the all-purpose flour in recipe; or use 1 ½ cups rolled oats or 1 ¼ cups rye flour.
<b>Ground beef</b>	>90% lean ground beef or ground turkey breast
<b>Mayonnaise</b>	Light mayonnaise; plain low fat Greek yogurt, light sour cream or low fat cottage cheese (pureed in blender)
<b>Milk, evaporated</b>	Evaporated skim milk
<b>Milk, whole</b>	1 - 2% milk, almond milk, soy milk
<b>Oil (as used in marinades, dressings or to sauté)</b>	Water, vinegar, chicken broth
<b>Pasta, enriched (white)</b>	Whole-wheat pasta
<b>Rice, white</b>	Brown rice, wild rice, quinoa, wheat berries, barley
<b>Sour cream</b>	Light sour cream, plain low-fat Greek yogurt
<b>Sugar</b>	Vanilla extract, cinnamon, applesauce
<b>Table salt</b>	Salt-free seasoning mixes or herb blends

## Terms to Know When Cooking

*Following a recipe can be daunting when you're not sure what specific cooking terms mean. Knowing when to slice, mince, or chop can make a difference in the outcome of a dish. Use this list as a guide when reading my "7 Ways" recipes and you'll be one step closer to confident cooking!*

**Al Dente:** An Italian term used when cooking pastas that means tender, yet firm to the bite.

**Baste:** To moisten meat or other foods while cooking; used to add flavor and prevent drying out. Includes marinades, fat drippings, and sauces.

**Blanch:** To cook food in boiling water until about 80% doneness. Great for vegetables; also used to remove outer covering or skin from nuts and fruits.

**Boil:** To cook in water or liquid until surface is agitated and rolling (may also read "rolling boil").

**Braise:** To cook covered, at low temperature, in a small amount of liquid in order to produce a thick sauce.

**Bread:** To coat the surface of a food with flour or breadcrumbs before cooking or frying.

**Broil:** To cook with heat from above.

**Chop:** To divide into small pieces with a knife.

**Coat:** To cover the surface of a food with another substance.

**Cube:** A cube-shaped cut about ½ - 1 inch thick. To cube is to cut into cubes.

**Dice:** A cube-shaped that is smaller than a cube, about ¼ inch.

**Dredge:** To sprinkle or coat lightly with a substance, usually flour, cornmeal, or almond meal.

**Drizzle:** To pour liquid into thin streams.

**Dust:** To sprinkle a fine substance such as sugar or flour gently on a food surface.

**Fine Dice:** A cube-shaped cut about 1/8 inch in size.

**Grate:** To shred food into small pieces using a grater.

**Grill:** To cook on a grate or grill pan with heat coming from below.

**Grind:** To reduce food to fine particles by cutting, crushing, or grinding.

**Hull:** To remove the outer covering from fruits, nuts or seeds.

**Julienne:** To cut meat or vegetables into thin stick-shaped pieces (usually  $\frac{1}{8}$  x  $\frac{1}{8}$  x  $1\frac{1}{2}$  - 2 inches).

**Mash:** To crush, beat or squeeze food into a soft state using a fork or masher.

**Matchstick Cut:** A long thin cut, usually  $\frac{1}{4}$  x  $\frac{1}{4}$  x 3 inches.

**Mince:** To cut food into very fine pieces using a knife, food grinder, blender or food processor; also refers to garlic, usually from a garlic mincer.

**Parboil:** To simmer in liquid to 50% doneness.

**Pare:** To cut off the outside covering, as in potatoes, apples, etc.

**Peel:** To strip of the outer covering, as in fruit.

**Poach:** To cook submerged in liquid at temperatures between 160° -180° F. Bubbles appear on the bottom of the pan.

**Pot Roast:** Refers to cooking larger cuts of meat by braising.

**Puree:** To mash a cooked product to a fine pulp, usually by forcing it through a sieve or putting it into a blender.

**Reduce:** To boil or simmer a liquid until it reaches a smaller volume through evaporation. A liquid that's been reduced has a greater concentration of flavor and may become thicker; refers mainly to sauces.

**Roast:** To cook by heated air, usually in an oven. Roasting nearly always refers to meats.

**Roll:** To pass a product through a powdery substance; to dredge.

**Scald:** To bring just to boiling, usually for milk or to rinse with boiling water.

**Score:** To make shallow or deep cuts in a decorative pattern with the point of a knife. Food is scored so that it will cook evenly.

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**Seal or Sear:** To expose the surface of meat to extreme heat in a hot pan or oven for the purpose of browning before cooking at a lower temperature; enhances flavor.

**Shred:** To cut into very fine strips or pieces.

**Sift:** To shake through a fine sieve.

**Simmer:** To cook submerged in liquid just below a boil, at temperatures near 180°F. A simmering liquid has bubbles floating slowly from the bottom but the surface is quiet.

**Slice:** To cut into even slices, usually across the grain.

**Snip:** To cut food (chives for example) into small uniform lengths using kitchen shears.

**Strain:** To separate liquids from solids by passing through a sieve or cheesecloth.

**Strips:** Cut into long, narrow pieces.