

COOKING DURING COVID

Non-essential businesses are closed, and to avoid contact with others, most residents are cooking at home more consistently.

Cooking doesn't have to be complicated, and you can always substitute based on what you have available in your refrigerator, freezer, or pantry. Here are a few of our favorite healthy cooking resources and recipes to accommodate your needs.

RESOURCES

Healthy Recipes & Tips:

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

Recipes by Eating Pattern:

<https://www.skinnytaste.com/recipe-index/>

Learning to cook:

<https://www.cooksmarts.com/goals/learn-to-cook/>

Low Carb Recipes:

<https://www.dietdoctor.com/low-carb/recipes>

Vegan/Vegetarian:

<https://www.loveandlemons.com/>

COOKING TIPS

- **Be flexible:** Sub fresh for frozen or canned vegetables, and don't be afraid to swap your sides based on what you have available.
- **Plan it out:** Make meals in bulk and repurpose your protein or sides to limit food waste and prevent COVID cooking burnout!
- **Balance Your meals:** Be flexible, but try to include 3 parts per meal;
 - **Protein:** fish, poultry, beef, pork, dairy, seeds, tofu, beans, tempeh
 - **Fat:** Avocado, olive oil, nuts, seeds, nut butters, salmon, cheese
 - **Fiber:** Greens, veggies, legumes, berries, nuts, seeds, starchy veg
- **Choose Healthy Cooking Methods:** Get creative, try to bake, sauté, slow cook, instant pot, grill, roast, broil, poach or sous vide!
- **Try Veggie Substitutes:** Cauliflower rice, zucchini noodles, portobello mushroom pizza or lettuce wraps are a great way to sub a starch for a vegetable if you're trying to add more antioxidants.
- **Lower the sugar:** Cane sugar, brown sugar, agave, honey, maple syrup, molasses, corn syrup, rice syrup, are a few names for sugar.
- **Reduce the sodium:** Choose low sodium canned goods, rinse before use, skip the salt shaker & look out for packaged snacks.

