

Expanding Cooking Ideas & Skills

These resources make it easier to be confident in the kitchen preparing healthful foods.

WHAT TO INCLUDE ...



Vegetables:

Aim for variety!

- ✓ **Dark Green**
- ✓ **Other Green**
- ✓ **Deep Orange**
- ✓ **Red and Purple**
- ✓ **Cruciferous**
(broccoli family)
- ✓ **Starchy**
- ✓ **Mushrooms & more**

HOW TO PREPARE IT ...

Videos

- [Roasted Root Vegetables](#) by University of Illinois Extension
- [Easy Leafy Green Sauté](#) from Cornell University Wellness
- [How to Peel, Cut & Roast Butternut Squash](#) - Regan Jones, RDN
- [Sheet Pan Roasted Vegetables & Cannelini Beans](#), from the American Institute for Cancer Research (AICR) and dietitian Sharon Palmer.
- How to cook [Boy Choy](#), [Brussels Sprouts](#), and [Kale](#): three videos from Cooking Light sharing delicious, easy how-to's.
- [Easy Summer Salads](#): a playlist of demos from Eating Well
- [Oven Roasted Chili](#), from the registered dietitian nutritionist known as Snack Girl
- [How to Make Low-Sodium Minestrone Soup](#) (veggie-loaded!) from Toronto Rehab Foundation's Cardiac College

Tip sheets

- Oldways' "[12 Great Ways to Use](#)" series can help expand vegetable variety. Check tip sheets on cauliflower, beets, cabbage, kale, bell peppers and more.



Whole Grains:

- ✓ **Cooked whole grains**
 - ◆ Brown rice ◆ Bulgur
 - ◆ Barley ◆ Farro
 - ◆ Quinoa ◆ Sorghum
- ✓ **Whole-grain pasta, bread, cereal**

Videos

- [Whole Grains](#): Nutrition Facts from Penn State Extension shares a good overview of whole grain options.
- [How to Cook Quinoa](#) from Cooking Light, and the [Quinoa](#) segment of Wegmans "super foods" series

Tip sheets

- [A-Z Guide to Cooking with Whole Grains](#) from Oldways Whole Grains Council provides 8 pages of tips for using a wide range of grains.
- [Cook and Enjoy More Whole Grains](#) from the Whole Grains Council includes a handy chart with amounts of water and cooking times for many types of whole grains.



Legumes:

✓ Pulses

- ◆ Dry beans ◆ Chickpeas
- ◆ Lentils ◆ Dry peas

✓ Soyfoods

Videos

- [How to Cook Lentils](#) (1:16), [Lentil Varieties](#): What are the Differences (1:22) & [Lentils 101](#) (10:36, with tips for using lentils and lentil puree in soups, stews and more) from Lentils.org. [Sneaky Lentils](#) shows how to include lentils in dishes where it may go unnoticed while providing great texture and nutrition.
- [Colorful Lentil Soup](#) from the American Institute for Cancer Research (AICR)
- [Choosing Soy Protein](#), from Toronto Rehab Foundation's Cardiac College, showing different kinds of soy foods and how you might use them

Tip sheets

- [Canned beans.org](#) recipes for snacks, main dishes, and sides
- Oldways' "[12 Great Ways to Use](#)" series Canned Beans, Lentils
- [Choosing Soy Protein](#), a brief tip sheet on choosing & using tofu, tempeh and edamame from Toronto Rehab Foundation's Cardiac College



Seafood

✓ Fresh

✓ Frozen

(start with plain, unbreaded)

✓ Canned

Videos

- [Cook It Frozen Cooking Techniques](#) (how to cook frozen seafood without thawing - on the stovetop, in the oven, on the grill or with an Instant Pot) from Alaska Seafood
- [Fish Tacos](#) (using catfish or any white fish) - Seafood Nutrition Partnership
- [Italian Tuna Salad](#) - Seafood Nutrition Partnership
- [Pan-Fried Salmon](#) with Tomato Couscous and Vegetables - Super-quick meal by chef Jamie Oliver

Tip Sheets

- The [Ultimate Guide to Cooking Seafood](#), [10 Tips to Get Seafood on Your Plate](#), and [The Ultimate Guide to Buying Seafood](#), all from the Seafood Nutrition Partnership
- Oldways' "[12 Great Ways to Use](#)" series tips on salmon, shrimp, canned tuna & canned sardines