

## CHANGING FROM OLD TO NEW!

*Courtesy Utah State Extension*

### ENJOY LOW FAT COOKING METHODS:

1. Bake, barbecue, boil, broil, poach or roast instead of frying.
2. Start with lean cuts of meat and trim the fat off carefully.
3. Remove the skin from poultry **before** cooking.
4. To brown meat, turn down the heat and cover the pot instead of adding oil. The juice from the meat will do the "browning".
5. When a recipe calls for vegetables sauteed in oil, try using water, wine, stock or broth.
6. Baste with wine, tomato juice or lemon juice instead of butter or meat drippings.
7. Use more herbs and spices, onion, garlic, lemon juice, vinegar or table wine in cooking. This will also help cut down on salt.
8. When cooking stews, soups, gravies or other dishes which contain fat in a liquid base, prepare it a day ahead of time and refrigerate. The hardened fat is easily spooned off the top before reheating. This also works for canned soup or broth.