

HEALTHY COOKING WITH MEATS

HOW CAN I COOK MY MEATS SO THAT THEY ARE HEALTHIER FOR ME?

- Bake it in the oven instead of frying – it can still taste great!
- Grill it in a pan with vegetable oil – use a marinade from below
- Broil in a pan or boil it in a soup
- Try ground turkey in your recipes instead of ground beef
- Buy lean ground beef and pork loin – it has less fat
- Take the skin off your chicken and turkey **before** you cook it



HERE ARE SOME MARINADE RECIPES:

Lemon Pepper Marinade:

- ¼ cup lemon juice
- 1 tablespoon cooking oil
- ½ teaspoon black pepper
- ¼ cup of water
- ½ tsp fresh dill
- ½ tsp salt
- Pour over chicken and let it sit for 3 hours or overnight. Grill in a pan with cooking oil.

Barbecued Chicken Breasts:

- 2 and ½ pounds boneless, skinless chicken breasts
- 1 cup barbecue sauce
- 1 onion, peeled and sliced thin
- 1 green bell pepper, cut and sliced thin
- Rinse chicken and pat dry with paper towels. Pour sauce and vegetables over chicken. Put a sheet of foil over chicken and bake for 45 minutes at 350 degrees.

Easy Marinade for any meat:

- Cut meat into pieces and place in a shallow pan
- Pour Italian salad dressing over meat
- Refrigerate for 2 hours or longer until you cook
- Grill meat in a pan or on a grill

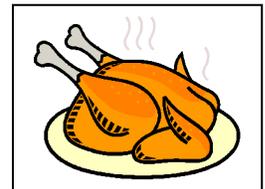
Easy Steak Marinade:

- ¼ cup steak sauce
- 2 tablespoons lime juice
- 2 tablespoons brown sugar
- ¼ tsp ground pepper
- Pour over beef and marinate overnight



Roast Turkey Breast:

- 1 turkey breast, 2 pounds
- Mrs. Dash seasoning
- Black Pepper
- Take the skin off the turkey. Rub turkey with Mrs. Dash and pepper. Bake at 325 Degrees for 1 to 1 ½ hours.



STILL LIKE YOUR FRIED FOODS? TRY THESE!

Crispy Oven-fried Chicken

1. Preheat the oven to 400°F then combine 1/3 cup of fine bread crumbs, 1 teaspoon Mrs. Dash, 1 teaspoon paprika and 1/2 teaspoon ground pepper in a large bowl.



2. Pat dry 4 skinless chicken pieces (two breast pieces and 2 drumsticks) with a paper towel, then brush with 3 tablespoons of olive or canola oil.



3. Roll each chicken piece in the bread crumb mixture, pressing to coat well.



4. Place the chicken pieces on a non-stick baking tray. BAKE for 1 hour without turning.



Oven Fried Potatoes

4 medium potatoes with skins
Non-fat Cooking Spray
1/8 tsp garlic powder
1/8 tsp onion powder
Salt and pepper to taste



Slice potatoes into strips or pieces.
Put all ingredients into a shallow pan and toss to mix. Spray with Non-fat Cooking Spray.
Bake at 325 degrees for 1 hour or until potatoes are soft.

Crispy Oven-friend Okra

2 cups cornmeal
1 teaspoon Mrs. Dash
1 teaspoon ground black pepper
1/2 teaspoon paprika
2 cups Skim Milk
1 lb. fresh okra or 1 16-oz. pkg. frozen okra, thawed



1. Preheat oven to 400F. Coat baking pan with cooking spray.
2. Combine cornmeal, Mrs. Dash, pepper and paprika in bowl.
3. Put 2 cups Fat free milk in a separate bowl. Allow okra to soak in milk for about 1 minute and then coat is seasoning.
4. Spread okra on prepared pan. Spray lightly with cooking spray. Roast 30 to 35 minutes, or until crisp and lightly browned, shaking pan occasionally. Remove from pan with spoon, and serve hot.

☺ **Remember: Anything you can fry can also be baked, and it is a healthier way to cook your meats!**