

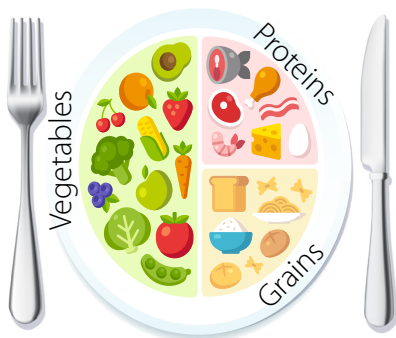


Options for Healthier Cooking

One of the best things you can do for yourself and your family is prepare and cook healthy meals. We can still enjoy many of our favorite meals with simply changing a few things to lower the amount of fat, sugar, and sodium in our food.

Here are some helpful tips to healthy cooking:

1. Marinate your proteins with herbs and spices for more flavor.
2. Trim the fat and remove all the skin of your meats like beef, chicken, or turkey before cooking.
3. Grill, bake, or broil your meats instead of frying them.
4. Drain off the fat after cooking your protein or blot it with a paper towel and rinse it in hot water.
5. Grill, roast, or steam vegetables instead of cooking them in butter or oil, and add herbs and spices like cumin, garlic, cilantro, and chile powder for more flavor.
6. Use olive oil when cooking, instead of other oils or lard.
7. Use corn *tortillas* or lettuce wraps, instead of flour *tortillas*.
8. Keep in mind portions on your plate. A healthy plate should always have more vegetables with lean proteins and grains.



For other examples of healthy plates, visit www.institute.org/health-care/services/diabetes-care/healthyplates.

Healthy cooking can better your lifestyle and prevent or delay type 2 diabetes. If you have concerns that you may be at risk for diabetes, talk with your doctor to get screened for prediabetes and have a blood sugar test done for type 2 diabetes. You can also be referred to a Lifestyle Change Program. Trained health coaches can provide more support on preparing and cooking healthy meals. Find out more information about a Lifestyle Change Program near you at www.cdc.gov/diabetes/prevention/lifestyle-program/lcp-details.html.

Try these recipes for flavorful meals!*

Huevos Rancheros Bowl (2 servings)

INGREDIENTS:

2 large eggs or ¼ cup of egg whites
 ½ cup cooked brown rice
 1 cup cooked warm, black beans
 1 small avocado, sliced
 1 lime
 Olive oil spray
 ¼ tsp. salt
 ¼ cup tomatillo green sauce (homemade or jarred)
 ¼ cup light or fat free sour cream
 ¼ cup crumbles queso fresco
 Fresh cilantro (for topping)

DIRECTIONS:

1. Spoon brown rice and black beans side by side into 2 bowls.
2. Top with avocado, season with salt and squeeze lime juice over everything.
3. Heat a large skillet over medium-low heat, spray with olive oil and cook eggs to your liking.
4. Top each bowl with egg, tomatillo green sauce, queso fresco and drizzle with sour cream. Finish with cilantro topping.



Grilled Steak Lettuce Tacos (4 servings)

INGREDIENTS:

For the Steak:

1 lb. thin sirloin steaks
 1 tsp. kosher salt
 1 tsp. ground cumin
 ½ tsp. garlic powder
 ⅛ tsp. dried oregano
 pinch fresh ground pepper
 8 lettuce leaves from 1 head (2 per taco)

For the Guacamole:

1 small avocado
 ¼ cup diced tomato
 2 tbsp. diced red onion
 2 tsp. lime juice
 2 tsp. chopped cilantro

For the Pico De Gallo:

½ cup diced tomato
 ¼ cup chopped onion
 1 tbsp. minced jalapeno
 1 tsp. lime juice

*Add Salt and pepper to taste to each mix.

DIRECTIONS:

1. Combine the salt, cumin, garlic powder, oregano and black pepper. Rub over the steak.
2. For the guacamole, mash the avocado in a small bowl with the tomato, red onion, cilantro, lime juice, salt, and pepper to taste. Set aside.
3. Combine the pico de gallo ingredients; set aside.
4. Heat a grill over high heat. Clean grates and spray with olive oil. Cook the steaks over high heat 2 to 3 minutes on each side, until the steak is cooked to your liking. Set aside on a cutting board to rest 5 minutes before slicing. Slice into thin strips.
5. To serve, fill each lettuce leaf with 1½ tbsp. of guacamole and top with steak and pico de gallo.



(*adopted from Skinny Taste recipes)