

Cooking Techniques

- **Stir-Fry:** Heat oil in large skillet, add diced or sliced ingredients (protein first, then veggies, then sauce. Stir frequently until done.)
Use for all meats, veggies, tofu.
- **Roast:** Season, add oil if recipe calls for. Roast in oven at 350°F
Use for whole roasts, potatoes, veggies.
- **Steam:** Place 1-2" water in bottom of steamer, turn burner to high. Place veggies in top of steamer, cover & steam 10 minutes or until cooked tender. *Use for all veggies, potatoes.*
- **Broil:** Pre-heat broiler or oven on broil setting. Line broil pan (metal pan) with aluminum foil, spray lightly with pan spray. Place item to be broiled on aluminum foil, place under broiler. Turn after 5 minutes of cooking. Cook until item reaches safe food temperature or desired degree of doneness, depending on item.
Great for chicken breasts, chops, fish, steak.
- **Grill:** Season & marinate, use outdoor grill, or use a made-for-indoor use grill.
Great for chicken breasts, fish, burgers, chops, steaks, veggies, fruits - even pizza.
- **Bake:** Pre-heat oven, spray cooking pan, unless using oil to coat.
Use for fish, chicken breasts, casseroles.

