

Low-Fat Cooking

Study Questions

1. What four health problems have been linked to fat intake?
2. Which country has the world's highest rate of obesity?
3. _____ is often used as a food preservative and as a flavor enhancer.
4. One gram of fat contains _____ calories.
5. Multiply the total fat grams by nine to determine the number of _____ that are obtained from fat in a given food.
6. You should limit your fat intake to _____% of the calories that you consume daily.
7. Cholesterol is a substance that is produced by our bodies. True or false?
8. The "good" cholesterol is _____, or high - _____.
9. The "bad" cholesterol is _____, or low-_____.
10. The safest fats to consume are _____ fats.
11. Which type of fat should you try to avoid?
12. All animal products and by-products contain saturated fat. True or false?
13. Saturated fats are _____ at room temperature.
14. Some plants produce cholesterol. True or false?
15. What type of process is generally used in the manufacturing of margarines?
16. Should you eliminate all fat from your cooking?
17. Fat is needed by the body for _____ growth, for _____ internal organs, and for storing _____.
18. How can you lower the amount of fat in an omelet?
19. Pancake syrup is high in fat. True or false?
20. Both butter and margarine are 100% fat. True or false?
21. Pasta is a good source of _____.
22. Tuna that is packed in spring water is a good source of _____.
23. Instead of using mayonnaise in tuna salad, use _____, instead.
24. How many servings of meat should you have each day?
25. A serving of meat weighs _____ ounces.
26. _____ meats have lower amounts of saturated fats than do _____ meats.
27. What important nutrient is present in red meats?
28. People who live in the Orient have low rates of _____, _____ disease, and blood _____.
29. What is the name of sugar that occurs naturally in fruits?
30. Too many empty calories are stored as _____.

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Study Question Answers

1. high blood pressure, heart disease, diabetes, cancers
2. the United States
3. Fat
4. nine
5. calories
6. 30
7. true
8. HDL/ density lipoprotein
9. LDL/ density lipoprotein
10. mono-unsaturated
11. saturated fat
12. true
13. solid
14. false
15. hydrogenation
16. no
17. cell/ cushioning/ vitamins
18. Don't use all of the egg yolks.
19. false
20. true
21. complex carbohydrates
22. protein
23. yogurt
24. two or three
25. three
26. White/ red
27. iron
28. obesity/ heart/ pressure
29. fructose
30. fat

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Low-Fat Cooking Recipes

Stir-Fry Vegetables

broccoli	carrots
mushrooms	green pepper
bean sprouts	red pepper
bok choy	small white onion
Chinese cabbage	3 tablespoons peanut oil
zucchini	2 cloves garlic (minced)
one 8-ounce can water chestnuts (sliced & drained)	

Chop mushrooms, broccoli, zucchini, carrots, Chinese cabbage, and bok choy in equal amounts.

Chop up whole onion and green and red peppers.

Heat Chinese wok on medium flame. Sauté garlic about 30 seconds, add onions and sauté about one minute, or until slightly translucent.

Add broccoli, zucchini, carrots, and peppers. Cook and stir frequently. You may need to add about 1/2 cup of water for moisture. Cook for 2-4 minutes, or until vegetables are slightly soft.

Push cooking vegetables up around the wok's edge, to create a space in the center of the wok. Place the remaining vegetables, except for the bean sprouts, in the center of the wok. (These vegetables do not take as long to cook as the other vegetables already in the wok.) Cook and stir, keeping in the center, on a medium flame for 1-2 minutes, or until tender.

Add a packaged Oriental sauce, or create your own mild sauce, like this one. If you prepare your own sauce, do so before preparing the vegetables.

Mild Oriental Sauce

1 tablespoon water
1 tablespoon low-sodium soy sauce
1 teaspoon cornstarch
1 tablespoon sherry
2 tablespoons sesame seeds

In small bowl, combine water with soy sauce, cornstarch, and sherry. Dissolve the cornstarch. (Double recipe if needed.)

Add bean sprouts to wok, then pour sauce evenly over vegetables. Cook and stir for 1 minute with sauce, then remove from heat.

Vegetables should be tender, yet a little crunchy. Serve over rice.

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Low-Fat Cooking: Recipes

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Low-Fat Cooking *Recipes*

Crispy Baked Fish

2 cups crushed crackers
1/4 teaspoon dry mustard
1 egg white
2 tablespoons low-fat milk
1 pound white fish of your choice

Preheat oven to 425 degrees F.

Stir dry mustard into finely crushed cracker crumbs.

Beat egg white and milk in bowl. Spread crumbs in shallow bowl.

Dip fish filets into the egg/milk mixture, then coat on all surfaces with cracker crumbs.

Bake on baking sheet for 15 minutes, or until coating is crisp. Serve with lemon wedges or with yogurt sauce.

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Low-Fat Cooking *Recipes*

Tasty Baked New Potatoes

5 new potatoes
2 1/2 tablespoons olive oil
1 teaspoon oregano
3 cloves garlic (minced)
1 teaspoon basil

Sauté oil, garlic, and basil over low heat.

Cut potatoes into bite-sized pieces and place into baking dish.

Coat potatoes with oil -spice mixture, then sprinkle oregano over coated potatoes.

Bake for 50 minutes, or until potatoes are tender.

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Low-Fat Cooking *Recipes*

Baked Apples

4 medium baking apples
2 tablespoons raisins
1 tablespoon honey
1/3 cup crushed pineapple, drained
1/4 teaspoon cinnamon; dash cinnamon
3 cups apple juice

Peel the top third of the apple. Remove core, leaving bottom intact, to be filled.

Mix pineapple, raisins, honey, and 1/4 teaspoon cinnamon. Spoon mixture into hollowed-out apples.

Place apples in baking dish. Sprinkle dash of cinnamon over each filled apple. Pour apple juice around apples to a depth of 1/2 inch.

Bake for 30 minutes. Baste with apple juice during baking, to keep apples moist.

Serve warm or chilled. Top with low-fat whipped topping or vanilla yogurt.

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Low-Fat Cooking Recipes

Pasta Primavera

2 cups pasta (your choice)	1/3 cup shredded carrots
2 tablespoons olive oil	1 clove garlic
1/2 cup chopped zucchini	1/2 teaspoon basil
1/2 cup broccoli florets	1/2 teaspoon oregano

Cook pasta as directed on the package.

Sauté garlic in olive oil, over a low flame, for about 30 seconds.

Add zucchini, broccoli, and carrots to oil and garlic. Add a bit of water for more moisture, if necessary. Add seasonings. Cover and cook for 5-10 minutes, or until vegetables are tender.

Toss vegetables with pasta; top with a sprinkling of parmesan cheese.

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Low-Fat Cooking Recipes

Tangy Tuna Salad

1 can tuna packed in spring water, drained	1/3 cup plain nonfat yogurt
1/4 cup chopped celery	1/2 tablespoon honey
1/4 cup chopped onion	1 teaspoon lemon juice
2 tablespoons chopped parsley	1 tablespoon mustard

Add vegetables to tuna.

Combine yogurt, honey, lemon juice, and mustard. Add to vegetables and tuna.

Spread on toast or crackers and serve.

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Low-Fat Cooking Recipes

Pineapple Rice

12 ounces chicken or vegetable broth	1/4 cup crushed pineapple, drained
3/4 cup long-grain, brown rice	1 tablespoon honey
1/3 cup chopped green pepper	1 tablespoon apple cider vinegar
1/4 cup chopped celery	1/2 cup green onion

Bring broth to a boil. Add rice; cover and reduce heat to a low flame. Cook until rice is tender.

Sauté green pepper and celery in 1 1/2 tablespoons of broth for about 5 minutes, over medium heat.

Add sautéed vegetables, pineapple, vinegar, and honey to rice. Heat mixture for 2 1/2 minutes over medium heat. Remove from heat and add green onions. Serve.

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Low-Fat Cooking Recipes

Nutritious Blueberry Muffins

1 cup whole wheat flour	1/3 cup brown sugar
1 cup enriched flour	2 egg whites
2 teaspoons baking powder	1 cup skim or low-fat milk
1/2 teaspoon salt (optional)	1 cup fresh blueberries
2 tablespoons corn oil	

Preheat oven to 400 degrees F. Coat muffin tin with non-stick cooking spray or use paper cups.

Combine flours, salt, and baking powder.

In separate bowl, combine oil, sugar, egg whites, and milk. Add liquid mixture to dry ingredients and mix together. Gently stir berries into the batter.

Spoon the batter into muffin tins. Bake for 15-18 minutes, or until slightly brown.

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Low-Fat Cooking Recipes

Multi-Grain Pancakes with Fruit

2/3 cup skim or low-fat milk	1/3 cup enriched flour
1/2 tablespoon margarine	1/3 cup whole wheat flour
1 egg white	1/2 teaspoon baking powder
1 cup berries (your choice)	1/8 teaspoon salt (optional)
1/3 cup rolled oats	1 tablespoon sugar

Add melted margarine to milk, egg white, and berries.

In separate bowl, mix flours, oats, sugar, salt, and baking powder.

Add the berry/milk mixture to the dry ingredients and stir gently.

Lightly coat griddle with non-stick spray. Cook on medium heat for one minute, until pancake bubbles, then flip over and cook until done.

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Low-Fat Cooking *Recipes*

Vegetable and Cheese Omelet

1 whole egg	1/4 cup tomatoes
1 egg white	1/3 cup shredded mozzarella cheese
splash of low-fat milk	1 tablespoon olive oil
1/4 cup mushrooms	1/4 green pepper

Heat pan over medium heat.

Sauté vegetables in oil until soft.

In a bowl, whip whole egg, egg white, and milk, until fluffy.

Remove vegetables from pan and begin cooking egg on low heat.

After about two minutes, add vegetables and shredded cheese. Season to taste. Cover and continue to cook until egg is firm and cheese is melted.

Slip spatula under half of firm omelette and fold over. Slide out of pan and onto plate.

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