



CS3



Sauté, Simmer & Steam Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- Video – [Sauté, Simmer and Steam](#)
- Article – [Common Terminology for Healthy Cooking](#)

Find these resources in this lesson

- Recipe – [Quick Chicken Chili*](#)
- Recipe – [Cauliflower Rice*](#)
- Recipe – [Cauliflower Mash**](#)
- Recipe – [Asparagus and Cherry Tomato Sauté*](#)
- Recipe – [Green Beans and Red Potatoes**](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Tables and chairs for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access and projector, if available

DEMO SUPPLIES

- 8-quart pot with lid
- 2-quart saucepan with lid
- 12-inch nonstick skillet
- Chef's knife with metal continuing through the handle
- Mixing bowls
- Measuring cups/spoons
- Electric burner
- Canola oil or cooking spray
- Bag of spinach (or other leafy vegetable)
- Steamer basket insert
- Bag of frozen vegetables
- Cups (for tasting)

ACTIVITY INGREDIENTS AND SUPPLIES***

- Cooking spray
- 1 pound boneless, skinless chicken breasts or tenderloins or 1 pound ground skinless white meat chicken or turkey
- 1 medium onion, chopped
- 1 medium bell pepper, chopped
- 3 medium garlic cloves, minced, or bottled minced garlic
- ½ teaspoon chili powder
- 2 15.5-ounce cans no-salt-added beans (mix or match pinto, red, kidney or navy), rinsed and drained
- 2 cups fat-free, low-sodium chicken broth
- 1 teaspoon cumin
- ½ teaspoon pepper
- 1 medium fresh jalapeño (optional)
- ½ cup fat-free sour cream (optional)
- Chopped fresh cilantro (optional)
- Cutting board
- Chef's knife
- Paring knife
- Measuring spoons
- Can opener
- Colander (will also need a sink to rinse and drain the beans)
- Large bowl (for mashing the beans)
- Fork
- Measuring cup
- Large pot
- Electric burner(s)
- Spoon for stirring (during cooking)
- Serving bowls

*Recipe serves 4 people; please multiply ingredients as necessary for your participants.
**Recipe serves 6 people; please multiply ingredients as necessary for your participants.
***Purchase appropriate number of supplies

Sauté, Simmer & Steam Demo Script

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SAY:

When you have the right tools, cooking at home comes easily. Stock your kitchen with the following and you'll be prepared to make your next meal at home.

You don't have to buy a whole set of matching cookware. You can pick and choose the best pan for the job from a variety of brands and types. Buy fewer, but buy the best you can afford.

Quality really counts, so choose sturdy pots and pans. Thin, cheap metals will warp, dent, and may burn both you and your food. Good pans can last for a lifetime of cooking.

Hold up 8-quart pot with lid, 2-quart saucepan with lid and 12-inch nonstick skillet.

SAY:

A good knife cuts food more quickly, easily and neatly with less chance of injury. Most professional-grade knives are high-carbon stainless steel; they don't rust or deteriorate.

Quality knives will have the metal continuing up through the handle. Like good pots and pans, they last a lifetime.

Hold up the chef's knife and point to the metal continuing through the handle.

SAY:

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Quick Chicken Chili

Makes 4 servings; 1½ cups per serving



Caulif over Rice

*Makes 4 servings; 1 cup per serving
Per serving: 68 Calories; 0.5 g Saturated Fat; 192 mg Sodium*

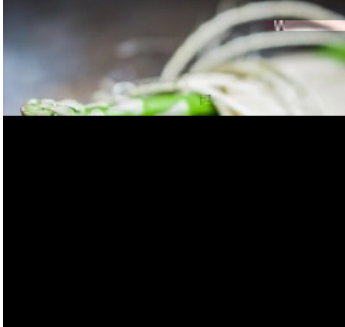


Riced cauliflower soaks up your favorite sauces and creates a nutrient-rich addition to any dish.



Asparagus and Cherry Tomato Sauté

Makes 4 servings; ½ cup per serving
Per serving: Calories 36; Saturated Fat 0.5 g; Sodium 65 mg



Asparagus is freshest in the springtime, but you can make this tasty vegetable dish year-round. Thaw frozen asparagus spears and chop them.

INGREDIENTS

- 1 teaspoon olive oil
- 1 teaspoon grated lemon zest
- ½ teaspoon dried oregano, crumbled
- ⅛ teaspoon pepper
- 8 ounces asparagus, trimmed and cut diagonally into ½-inch pieces
- ½ cup cherry tomatoes, halved
- 2 tablespoons crumbled low-fat feta cheese

DIRECTIONS

1. In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Stir in the lemon zest, oregano, and pepper. Heat for 10 to 15 seconds to flavor the oil.
2. Stir in the asparagus. Cook for 2 to 3 minutes, or until tender-crisp, stirring occasionally. Stir in the tomatoes. Cook for 1 to 2 minutes, or until the tomatoes are tender and heated through. Stir in the feta. Serve immediately.

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