

Jr. Chef Club - Level II

NEWS PARENTS CAN USE

Lesson 7

Cooking for Heart Health

Chicken "Toes"

Making Your Own Fast Food

Today Jr. Chefs learned how to make smart choices at fast food restaurants. They also learned how to make healthier versions of fast food at home. Jr. Chefs made lower fat "French fries" — the Oven Fries were a big hit. We encourage you to make the Oven-Baked Chicken Toes (similar to chicken nuggets) at home. The recipe is on the back of this newsletter and kids love them!

Made at home in the oven instead of the deep-fat fryer, you can still enjoy favorite foods while getting only a fraction of the fat. Too much of the wrong kinds of fat can lead to health problems.

Jr. Chefs learned about more cooking methods that will keep hearts healthy. Techniques such as broiling, grilling, steaming, sautéing and poaching all use little or no fat.



Information provided by Washington State University Extension's *Food Sense*. This material funded in part by USDA-Food Stamp Program, state and local government agencies. *Basic Food* assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service office. Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.



Know Your Fats and Oils

For the first time, oils have earned a place on the food guide. MyPyramid uses a thin, yellow triangle to show healthful oils.

Oils are a type of fat. Oils provide vitamin E and special fats the body cannot make. These special fats are called essential fatty acids—Omega 3 fats are one example. Healthful oils are found in vegetable oils and oil-rich foods such as nuts, seeds, fish, olives, avocados and flaxseed. It's a good idea to eat some oil-rich foods each day.

Other types of fat are less healthy. Saturated fat and trans-fats both clog arteries that can lead to heart disease or strokes. Keep these to a minimum.

Saturated fats are found in meats, full-fat milk and milk products, plus in tropical oils such as palm kernel or coconut oil. Trans-fats are abundant in processed foods such as crackers, bakery goods, chips and fried fast foods.

Eat as little saturated and trans-fats as possible.

Crunchy Oven-Baked Chicken Toes

Makes 4 servings

½ pounds chicken breast tenders

1 cup cornflake cereal

1 cup whole-wheat bread crumbs

2 tablespoons brown sugar

1 teaspoon salt

½ teaspoon black pepper

½ teaspoon allspice

3 tablespoons vegetable oil

1/3 cup all-purpose flour

2 eggs

1. Preheat oven to 375° F.
2. Make breading mixture: pour corn flakes into a pie pan or large shallow dish and crush between your fingers. Mix in bread crumbs, brown sugar, salt, pepper, and allspice.
3. Drizzle vegetable oil evenly over the breading mixture and stir.
4. Put flour and beaten eggs into separate bowls. Dip the chicken in the flour, then the eggs, and then the breading.
5. Arrange chicken on a nonstick baking sheet.
6. Place chicken in oven and cook for about 15 minutes, until crisp and brown.

Reprinted with permission from *Cooking Rocks* by Rachael Ray, published by Lake Isle Press, 2004.

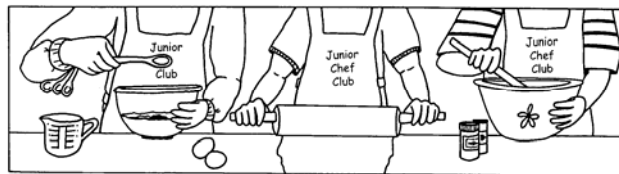


Butter or Margarine?

Consumers often wonder which of these two to choose for heart health. It's true that butter has saturated fat, but many margarines have trans-fats that are even more harmful.

Because of this, new margarines have hit the market in the past few years. Now there are margarines that state the following on the label: "Contains zero grams trans-fatty acids per serving." Choose margarines with this statement on the label to keep your arteries in good shape.

Studies show that children as young as age 7 have the beginnings of clogged arteries. To keep your child's arteries in tip top shape, feed your family healthy oils each day and limit saturated and trans-fats.



Just Do It!

- Ask your Jr. Chef to help you pick out the healthiest oils at the grocery store (canola or olive oil).
- Make an oven "fried" food with your Jr. Chef.
- Ask your Jr. Chef how to make informed choices at fast food eateries.