

CREATIVE COOKING TECHNIQUES



MIX IT UP!

Try to change your cooking method and flavor profile each day of the week. For example, a week may look like:

Sunday: Soup Night

Monday: Sheet Pan Dinner

Tuesday: Sandwiches

Wednesday: Takeout

Thursday: Stir Fry Night

Friday: Grill Out

Saturday: Wildcard

DON'T FORGET FLAVOR

1. Use herbs for a nutrient burst:
 - a. Try fresh when possible - basil, oregano, parsley, chives
 - b. Remember dried are more potent - rosemary, thyme, marjoram
2. Keep a variety of seasonings on hand:
 - a. Opt for a few different family favorite flavor profiles - Mexican, Italian, Asian, etc.
 - b. Keep things simple when cooking in bulk and add extras later
3. Lean on your pantry:
 - a. Try a variety of vinegars to change the flavor
 - b. Garnish with pickled vegetables
 - c. Keep healthier condiments stocked
 - d. Utilize canned items - chilis, anchovies, tomato paste, coconut milk, nut and seed butters

HEALTHIER COOKING METHODS

Quicker Cooking:

- Grill/Broil
- Sautee
- Steam
- Stir-Fry
- Microwave

Slower Cooking

- Roast
- Bake
- Braise/Stew
- Simmer



Remember to keep things simple, make small changes, and don't be scared to try new things!

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