

kitchen tips

1. If you are using any canned item and the recipe does NOT call for you to leave it undrained, DRAIN and RINSE your canned goods! Not only does this process leave your food tasting better, it washes off almost half of the sodium content!
2. Don't be afraid of canned chicken. I know it feels slimy and weird, but it is one of the safest forms of chicken you can eat due to strict canning laws.
3. By eating one vegetarian meal each week, a family of four can save over \$200 every year. Not only is that good for the budget, not eating meat every day is good for your health!
4. Reheat things in your microwave at 80%; it will still make your food hot in the middle, but plate won't burn your hand! You can change the wattage on most microwaves by putting in whatever time you need and before you press 'start', press 'cook power' and press '8' for 80%. Then, you can press 'start'.
5. If you need to test for doneness in a baked good or casserole, take a toothpick and poke it in the center. The toothpick should be clean when you pull it out.
6. When draining meat (ground beef) after cooking, don't pour the fat down the drain. Put a strainer over a small bowl and spoon the beef into the strainer to drain the fat. You can either throw the fat away after it solidifies or you can keep it in the refrigerator to cook with later. Meat fat, especially bacon fat, gives the other food you cook with a great flavor, though it isn't the most healthy.
7. If you ever get a cornbread mix in a box, simply mix some fresh or frozen corn kernels into the batter. Your corn bread will be 10 times as moist and it even adds a little more nutrition!
8. If a recipe ever calls for sour cream, use low fat sour cream. Low fat sour cream has the same flavor, minus the fat!