



My Heart. My Life.™

Microwave Asparagus

To keep asparagus fresh longer, cut the ends off the stems and wrap the bottom of the bunch with a damp paper towel. Use within 3 or 4 days.

One pound of asparagus will serve four

Wash asparagus and cut off the tough ends, usually about the bottom 2 inches. Thin asparagus does not need to be peeled. Asparagus with thick stems should be peeled because the skin is usually tough and stringy. Remove the skin from the bottom of the stems (about 3 inches) with a vegetable peeler. It is best to cook asparagus whole.

Put asparagus into a microwave-safe dish. Add 2 tablespoons of low-sodium broth or water. Add pepper or other seasoning if desired. Cover and microwave on high for about 5 minutes.

Course 2: Cooking Basics

The enclosed information, recipes and instructions are provided to you to help you learn to cook healthy at home. Please follow safe, responsible practices and use caution when cooking. By using the information provided in this Kit, you acknowledge that there are inherent risks in cooking, including but not limited to the risk of allergic reaction to foods and personal injury. YOU UNDERSTAND AND AGREE THAT YOUR USE OF THE ENCLOSED INFORMATION, RECIPES AND INSTRUCTIONS IS AT YOUR SOLE RISK. Further, you agree on behalf of yourself and your heirs, beneficiaries and estate, not to hold the American Heart Association, Inc. and its sponsors, officers, agents, employees ("Released Parties") responsible for any accidents and loss or damage to your property & person, and you release and discharge the Released Parties from all damages, actions, claims and liabilities of any nature, specifically including, but not limited to, damages, actions, claims and liabilities arising from or related cooking at home.

A Healthy Start to Home Cooking



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Glossary of Cooking Terms

To broil or to boil, that is the question! Knowing common cooking terms can help turn anyone into a home chef!

Bake - To cook in the oven. When you bake, food cooks slowly with gentle heat, causing the natural moisture to evaporate slowly and enhancing flavor.

Basting - To brush or spoon liquid over meat during roasting, this adds flavor and prevents drying out.

Beat - To smooth a mixture by briskly whipping or stirring it up with a spoon, fork, wire whisk, rotary beater or electric mixer.

Blanch - To boil briefly. After 30 seconds in boiling water, plunge the fruit or vegetable into ice water to stop the cooking – great for green beans, asparagus, and broccoli.

Blend - To mix two or more ingredients together to make sure they are equally distributed throughout the mixture.

Boil - To cook food in heated water or other liquid, like stocks, that is bubbling vigorously.

Broil - To cook food directly under the heat source.

Broth or Stock - A flavorful liquid made by gently cooking meat, seafood or vegetables (and/or their by-products, such as bones and trimming) often with herbs, in liquid (usually water).

Brown - A quick sauté, pan/oven broiling, or grilling method, done either at the beginning or end of meal preparation, often to enhance flavor, texture or eye appeal.

Chop - To cut into irregular pieces.

Coat - To evenly cover food with flour, crumbs or a batter.

Combine - To blend two or more ingredients into a single mixture.

Dash - A measure approximately equal to 1/16 teaspoon.

Dice - To cut into small cubes.

Marinate - To coat or immerse foods in a liquid or dry rub, to tenderize and add flavor before cooking and eating.

Mash - To beat or press a food to remove lumps and make a smooth mixture.

Mince - To chop food into tiny irregular pieces.

Mix - To beat or stir two or more foods together until they are thoroughly combined.

Puree - To mash or sieve food into a thick liquid.

Reduce - To cook liquids down so that some of the water evaporates.

Roast - To cook uncovered in the oven.

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Sauté - To cook food quickly in a small amount of oil in a skillet or frying pan over direct heat.

Season - To enhance the flavor of foods by adding ingredients like: salt, pepper, oregano, basil, cinnamon and a variety of other herbs, spices, condiments and vinegars.

Shred - To cut or tear into long narrow strips, either by hand or by using a grater or food processor.

Simmer - A very low boil that cooks food in a liquid at a low enough temperature so that small bubbles begin to break the surface.

Steam - To cook over boiling water in a covered pan, this method keeps foods' shape, texture and nutritional value intact better than methods such as boiling. Best to use a wire basket for this.

Stir-Fry - The fast frying of small pieces of meat and vegetables over very high heat with continual and rapid stirring.

Toss - To thoroughly combine several ingredients by mixing lightly.

Vinaigrette - Refers to any sauce made with vinegar, oil and seasonings.

Whisk - To mix or fluff by beating; also refers to the utensil used for this action.

Zest - The thin, brightly colored outer part of the rind of citrus fruits. They contain volatile oils used as a flavoring.

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Safe Temperatures for Meat and Poultry

Is it done yet? An instant-read food thermometer is your best defense against food-borne illnesses. Use it toward the end of the cooking time, but before the food is expected to be “done.”

Make sure to place it in the thickest part of the food and that it's not touching the bone and check the temperature in several places to make sure the food is evenly heated.

Be sure to clean your food thermometer before and after every use with hot, soapy water.

Steaks & Roasts	145°F
Fish	145°F
Pork	160°F
Ground Beef	160°F
Chicken Breasts	165°F
Whole Poultry	165°F

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