

Methods for Healthy Cooking

How a food is cooked can make a difference in how healthy it is. Try some of the cooking methods below instead of deep-fat frying. Cooking with oils instead of butter or lard can be better for heart health.



Roast, Bake, or Broil:

Cooking foods, usually at high heat, in the oven.

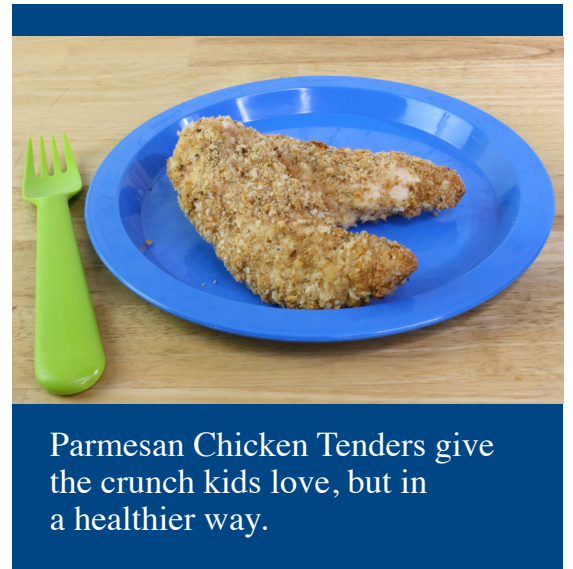


Sauté, Pan Fry, and Stir-Fry:

Cooking foods with a small amount of hot oil over medium or high heat.



Grill: Cooking foods by placing them on a pre-heated metal grill, or grill pan, with high heat coming from below the food.



Parmesan Chicken Tenders give the crunch kids love, but in a healthier way.

Foods that are deep-fat fried onsite cannot count toward a reimbursable meal in the Child and Adult Care Food Program (CACFP).

- Deep-fat frying means cooking by fully covering (submerging) food in hot oil or other fat.
- “Onsite” means at your child care center, family child care home, or your child care center’s central or satellite kitchen.



More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.



Which foods may be served as part of a reimbursable meal in the CACFP?



Food	Reimbursable?
Packaged par-fried or flash-fried foods purchased from a grocery store (such as par-fried frozen potatoes).	Yes, if heated onsite by baking, microwaving, or another method that is not deep-fat frying. Compare foods and choose those lower in saturated fats.
Fried food from a restaurant or vendor.	Yes, if reheated onsite by baking, microwaving, or another method that is not deep-fat frying. Try to switch to healthier options.
Pan-fried foods prepared at the child care center or family child care home.	Yes, the food is not covered with oil when pan-frying.
Fried foods prepared at a child care center's central kitchen.	No.
Stir-fried or sautéed foods prepared at the child care center or family child care home.	Yes, the food is not covered with oil when stir-frying or sautéing.

Try It Out!



Find these yummy recipes at:
<https://www.fns.usda.gov/tn/team-nutrition-recipes>.
 Circle the ones you plan to try.



Try: **Parmesan Chicken Tenders**



Try: **Baked Tilapia Fish Fillets**



Try: **Baked Tofu Bites**



Try: **Taco-Seasoned Stuffed Peppers**

