



CS3

COOKING SKILLS AND FOOD

Sauté, Simmer & Steam

Time: 70 Minutes

Get ready to sauté, simmer or steam a delicious heart-healthy dish for your family. Take your cooking skills to the next level by learning these techniques as well as other food safety and kitchen equipment facts as you explore and taste what healthy food can do for you.

OBJECTIVES:

Define the terms sauté, simmer and steam.

Describe at least three kitchen tools and their use in healthy food preparation.

Prepare a delicious dish using multiple healthy cooking techniques.

SETUP

- Review resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up demo station with the necessary activity resources.
- Provide computer, internet access, and projector, if available.

INTRO (10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

DEMO (10 Minutes)

- Play video(s) or demonstrate content (see demo script).

ACTIVITY (20 Minutes)

- Participants will break into teams to divide and conquer a heart-healthy recipe that requires the use of different healthy cooking techniques.

RECAP (10 Minutes)

- Pass out the handout(s) and invite participants to taste their healthy dish while going through the handout(s) together.

GOAL SETTING/CLOSING (20 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimer before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® 20 By 20 Initiative. We are proud to be working together to help improve the health of all Americans.

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Sauté, Simmer & Steam Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- Video – [Sauté, Simmer and Steam](#)
- Article – [Common Terminology for Healthy Cooking](#)

Find these resources in this lesson

- Recipe – [Quick Chicken Chili*](#)
- Recipe – [Cauliflower Rice*](#)
- Recipe – [Cauliflower Mash**](#)
- Recipe – [Asparagus and Cherry Tomato Sauté*](#)
- Recipe – [Green Beans and Red Potatoes**](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Tables and chairs for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access and projector, if available

DEMO SUPPLIES

- 8-quart pot with lid
- 2-quart saucepan with lid
- 12-inch nonstick skillet
- Chef's knife with metal continuing through the handle
- Mixing bowls
- Measuring cups/spoons
- Electric burner
- Canola oil or cooking spray
- Bag of spinach (or other leafy vegetable)
- Steamer basket insert
- Bag of frozen vegetables
- Cups (for tasting)

ACTIVITY INGREDIENTS AND SUPPLIES***

- Cooking spray
- 1 pound boneless, skinless chicken breasts or tenderloins or 1 pound ground skinless white meat chicken or turkey
- 1 medium onion, chopped
- 1 medium bell pepper, chopped
- 3 medium garlic cloves, minced, or bottled minced garlic
- ½ teaspoon chili powder
- 2 15.5-ounce cans no-salt-added beans (mix or match pinto, red, kidney or navy), rinsed and drained
- 2 cups fat-free, low-sodium chicken broth
- 1 teaspoon cumin
- ½ teaspoon pepper
- 1 medium fresh jalapeño (optional)
- ½ cup fat-free sour cream (optional)
- Chopped fresh cilantro (optional)
- Cutting board
- Chef's knife
- Paring knife
- Measuring spoons
- Can opener
- Colander (will also need a sink to rinse and drain the beans)
- Large bowl (for mashing the beans)
- Fork
- Measuring cup
- Large pot
- Electric burner(s)
- Spoon for stirring (during cooking)
- Serving bowls

*Recipe serves 4 people; please multiply ingredients as necessary for your participants.

**Recipe serves 6 people; please multiply ingredients as necessary for your participants.

***Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.

Sauté, Simmer & Steam Demo Script

Use if video capabilities are unavailable.



SAY:

When you have the right tools, cooking at home comes easily. Stock your kitchen with the following and you'll be prepared to make your next meal at home.



You don't have to buy a whole set of matching cookware. You can pick and choose the best pan for the job from a variety of brands and types. Buy fewer, but buy the best you can afford.



Quality really counts, so choose sturdy pots and pans. Thin, cheap metals will warp, dent, and may burn both you and your food. Good pans can last for a lifetime of cooking.

Hold up 8-quart pot with lid, 2-quart saucepan with lid and 12-inch nonstick skillet.



SAY:

A good knife cuts food more quickly, easily and neatly with less chance of injury. Most professional-grade knives are high-carbon stainless steel; they don't rust or deteriorate.



Quality knives will have the metal continuing up through the handle. Like good pots and pans, they can last a lifetime.

Hold up the chef's knife and point to the metal continuing through the handle.



SAY:

You don't have to keep all your utensils in a drawer. Find an interesting straight-sided, wide-mouthed container to hold your utensils within easy reach on the countertop.



Try to avoid using metal utensils on non-stick cookware because they can damage the surface.

Hold up mixing bowls, measuring cups, and spoons.



SAY:

These tools will make cooking at home a breeze. No need to get the best of the best here, any brand or variety will get the job done!



Knowing common cooking terms can improve your healthy cooking skills and turn anyone into a home chef!



Our first cooking term today is **sauté**, which means to cook food quickly in a small amount of oil or cooking spray in a skillet or frying pan over direct heat.

Demo sautéing spinach in a skillet with a small amount of oil or cooking spray.



SAY:

Next we will practice **steaming**, which means 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. It's best to use a stainless steel or wire steamer basket for this. If you're short on time, consider purchasing a bag of frozen veggies that can be steamed in the microwave.

Demo steaming the frozen (slightly thawed) vegetables.



SAY:

Our last cooking term today is **simmer**, meaning to cook food in liquid over a very low boil. For simmering, the temperature should be low enough so that small bubbles begin to break the liquid's surface and form around the edge of the pot or skillet.



Learning the key tools and techniques to prepare healthy meals can set you up for success in the kitchen!

Divide cooked food into cups and invite participants to try sautéed spinach and steamed veggies.

Sauté, Simmer & Steam Activity Script

Divide participants into two teams to practice their sauté and simmer skills by making the Quick Chicken Chili recipe.

Invite group members to pick up their resources (recipe, ingredients and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)



SAY:

We'll all make Quick Chicken Chili to practice sautéing and simmering. Once you've finished cooking, divide the chili into bowls and share with everyone on the team.



You can also take home some recipes to use the cooking techniques we've talked about today.

- Cauliflower Rice (Sauté)
- Cauliflower Mash (Steam)
- Asparagus and Cherry Tomato Sauté
- Green Beans and Red Potatoes (Steam)



For the two cauliflower recipes, you'll discover that there are different ways to cook the same ingredient and create a wholesome side dish. Cauliflower is the perfect ingredient swap for rice or potatoes.

Makes 4 servings; 1½ cups per serving
Per serving: 344 Calories; 0.5 g Saturated Fat; 174 mg Sodium



This recipe is a yummy twist on traditional chili, switching in chicken for ground beef. It's easy to make in a hurry!

INGREDIENTS

- Cooking spray
- 1 pound boneless, skinless chicken breasts or tenderloins, all visible fat discarded, cut into bite-size pieces or 1 pound ground skinless white meat chicken or turkey
- 1 medium onion, finely chopped
- 1 medium bell pepper, chopped
- 3 medium garlic cloves, minced, or 1 teaspoon bottled minced garlic
- 1 medium fresh jalapeño, seeds and ribs discarded, minced (optional)
- ½ teaspoon chili powder
- 2 15.5-ounce cans no-salt-added beans (mix or match pinto, red, kidney or navy), rinsed and drained
- 2 cups fat-free, low-sodium chicken broth
- 1 teaspoon cumin
- ½ teaspoon pepper
- ½ cup fat-free sour cream (optional)
- Chopped fresh cilantro (optional)

DIRECTIONS

1. Lightly spray a large pot with cooking spray.
2. Sauté the chicken, onion, bell pepper, garlic, jalapeño and chili powder over medium heat for about 7 minutes, or until the chicken is no longer pink, stirring occasionally.
3. Put the beans in a large bowl. Lightly mash them using a fork.
4. Increase the heat to high. Stir the broth, cumin and pepper into the chicken mixture. Simmer for 10 minutes, stirring occasionally.
5. Spoon the chili into bowls. Top with a dollop of sour cream. Sprinkle with the cilantro.

Cook's Tip: When buying chicken, tenderloins are often less expensive than breasts. When you're cutting the chicken into bite-size pieces (as in this recipe), the cut makes no difference, so buy whatever is cheaper. Be sure to watch for specials or sales.

Makes 4 servings; 1 cup per serving
Per serving: 68 Calories; 0.5 g Saturated Fat; 192 mg Sodium



Riced cauliflower soaks up your favorite sauces and creates a nutrient-rich addition to any dish.

INGREDIENTS

- Cooking spray
- 1 head cauliflower
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup chopped, fresh parsley
or 2 teaspoons dried parsley

DIRECTIONS

1. Cut cauliflower into florets. In batches, add cauliflower to food processor (or blender) and gently pulse until cauliflower becomes the texture of rice. Be careful not to over pulse.
2. Coat large skillet with cooking spray. Heat over medium heat. Once the skillet is hot, add cauliflower, salt and pepper.
3. Sauté for 5 minutes or until cauliflower is tender, stirring occasionally.
4. Top with chopped parsley.

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Makes 6 servings; $\frac{3}{4}$ cup per serving
Per serving: 41 Calories; 0.5 g Saturated Fat; 71 mg Sodium



Steamed, mashed cauliflower is a healthy stand-in for mashed potatoes. In our recipe, the creamy texture and tangy flavor come from Greek yogurt and Parmesan cheese.

INGREDIENTS

- 1 medium head cauliflower, cut into florets (about 6-7 cups)
- 3 tablespoons Parmesan cheese
- $\frac{1}{4}$ cup fat-free, plain Greek yogurt
- $\frac{1}{2}$ teaspoon minced garlic
- Pepper (to taste)

DIRECTIONS

1. Cut the cauliflower into small florets. In a large pot filled with about 2 inches water, cook the cauliflower in a steamer basket for about 15 minutes, or until very tender. Drain well.
2. In a blender, food processor or with an immersion blender, puree the cauliflower with the yogurt, Parmesan cheese, and garlic until creamy (don't overmix). Sprinkle with pepper to taste.

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Asparagus and Cherry Tomato Sauté

Makes 4 servings; ½ cup per serving
Per serving: Calories 36; Saturated Fat 0.5 g; Sodium 65 mg



Asparagus is freshest in the springtime, but you can make this tasty vegetable dish year-round. Thaw frozen asparagus spears and chop them.

INGREDIENTS

- 1 teaspoon olive oil
- 1 teaspoon grated lemon zest
- ½ teaspoon dried oregano, crumbled
- ⅛ teaspoon pepper
- 8 ounces asparagus, trimmed and cut diagonally into ½-inch pieces
- ½ cup cherry tomatoes, halved
- 2 tablespoons crumbled low-fat feta cheese

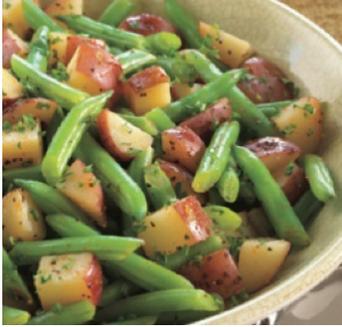
DIRECTIONS

1. In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Stir in the lemon zest, oregano, and pepper. Heat for 10 to 15 seconds to flavor the oil.
2. Stir in the asparagus. Cook for 2 to 3 minutes, or until tender-crisp, stirring occasionally. Stir in the tomatoes. Cook for 1 to 2 minutes, or until the tomatoes are tender and heated through. Stir in the feta. Serve immediately.

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Green Beans and Red Potatoes

Makes 6 servings; ½ cup per serving
Per serving: Calories 49; Saturated Fat 0.0 g; Sodium 129 mg



These popular vegetables steam well together. The crispness of the green beans contrasts with the tenderness of the potatoes.

INGREDIENTS

- 8 ounces green beans, trimmed and cut into 2-inch pieces
- 8 ounces red potatoes, cut into ½-inch cubes
- 2 tablespoons chopped fresh parsley
- 1 tablespoon plus 1½ teaspoons light tub margarine
- ¼ teaspoon salt
- ⅛ teaspoon pepper, or to taste
- ⅛ teaspoon paprika

DIRECTIONS

1. In a large saucepan, steam the green beans and potatoes for 8 minutes, or until the potatoes are tender. Drain well. Transfer to a medium serving bowl.
2. Add the remaining ingredients, stirring until the paprika is well combined.

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SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
