



# Healthy Cooking Cheat Sheet

If you want to cook healthy meals, here are a few important general techniques to get you started.

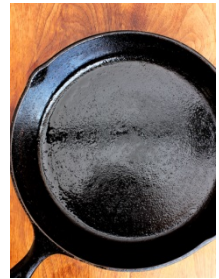
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## Cooking Dried Beans

1. Soak: Quick soak (reduces gas-causing sugars most) by covering beans with 2 inches of water and bring to a boil. Turn off heat and let soak for 1 hour. Drain and rinse.
2. Cook: Cover with at least 2 inches of water, cook over low heat, stir gently and occasionally. Takes 30-120 minutes, depending on type.
3. Leftovers can be frozen.

## Cleaning Cast Iron

1. After cooking: Wipe still-warm skillet with towel to remove excess food and oil. Rinse under hot water and scrub with a non-metal brush to remove food. Avoid soap. Sprinkle with kosher salt and scrub if necessary.
2. Dry thoroughly: Heat over medium-low until all moisture is gone.
3. Season: Coat with about ½ teaspoon of oil and rub over surface. Recommended oils: flaxseed, sunflower, soybean, canola.



## Food Safety

- Wash hands often, especially after handling raw meat/poultry/seafood/eggs
- Store raw meat/poultry/seafood in the bottom shelf of the fridge
- Invest in a thermometer to make sure safe temperatures are reached
- Refrigerate leftovers within two hours
- Wash produce before use



## Roasting Vegetables

1. Preheat oven to 425°F.
2. Peel/chop vegetables if necessary, toss with olive oil, salt and pepper, and cook according to chart

Vegetable	Minutes
Soft or thin (zucchini, bell peppers, asparagus, green beans)	10-20
Tomatoes	15-20
Crucifers (broccoli, cauliflower, Brussels sprouts)	15-25
Onions	30-45
Root (carrots, beets, potatoes)	30-45
Winter squash (butternut, acorn, spaghetti)	20-60



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## Making Soup

1. Base: onion, celery and carrot (mirepoix – aromatic vegetables that give subtle background flavor to soups, stews, braises; usually 2 parts onion to 1 part carrot and 1 part celery). Other aromatics: mushrooms, parsnips, leeks, peppers, tomatoes, garlic. Holy trinity (Louisiana dishes): bell pepper instead of carrot. Sweat with a little fat.
2. Spice: Pinch to teaspoon; cumin (earthy, most soups), Thai (fresh garlic and ginger, ground coriander), Indian (cumin, turmeric, fenugreek, garam masala), Mexican/Spanish (paprika)
3. Stock: homemade or store bought
4. Thicken (Optional): peeled medium potato, spoonful of flour before adding stock, handful of split red lentils
5. Main ingredient: Veggies
6. Blend (or not)
7. Garnish: green onion, chopped herbs, croutons, black pepper, drizzle of cream

**Sauté** – Cooking food quickly in minimal fat over relatively high heat.

1. Heat pan over medium heat until hot
2. Add fat, swirl to coat bottom of pan, 10-30 seconds
3. Add whatever you'd like to sauté, but don't crowd pan (single layer)
4. Toss and turn. For tender veggies or bite-sized meat – stir frequently but not constantly. For dense veggies – stir every few minutes so they don't fall apart. For portion-size meat, turn once per side to reduce sticking.



## Sharpening Knives

- Saves time and keeps you safe – dull knives slip.
- Test: try cutting a piece of paper
- Hack for small knives – use bottom of unglazed ceramic mug for small knives
- Honing – Do weekly. Doesn't sharpen, just keeps the knife straight.
- Wood cutting boards are best for not dulling knives, followed by plastic. Glass is too hard.
- Storage – keeps knives away from each other. Store in a block or magnetic strip.



## Vinaigrette

- 1 part vinegar (acid) + 3-4 parts oil
- Other seasonings – salt and pepper. Mustard- tangy. Miso- mellow, sweet-salty. Fresh herbs- brightness. Garlic/shallots-pungent
- Storage: Basic vinaigrette- countertop. Fresh ingredients- refrigerate up to 5 days.