

Apartment Cooking

Finally! You are now a junior AND you have a kitchen...what do you do?

1. Go to the grocery store.

Local food stores in the Villanova area include:

- Acme
- Giant
- Trader Joe's
- Whole Foods

2. Be a smart shopper.

- Read food labels to ensure you know what is in the food you buy.
- Check the ingredients.
 - Ingredients are listed from the largest quantity to the smallest.
- Shop by the unit price.
 - The total price may be misleading, especially when food items are packaged in different sizes.



3. Make time to cook.

Try new, healthy ways to prepare food:

➤ Roast	Cook proteins in the oven at 350°F. Try basting with liquids like tomato juice or lemon juice.
➤ Bake	Place food in covered cookware and cook with a little extra liquid.
➤ Braise or Stew	Cook food on the stove with more liquid than baking.
➤ Grill or Broil	Try a George Forman grill or panini press.
➤ Sauté	Cook in an open skillet on high heat—use non-stick spray or a little oil.
➤ Stir-fry	Put a tiny bit of oil in a wok or deep pan.
➤ Steam	Cook in a basket over simmering water.

4. Cut the fat, without losing the taste.

- Steam or bake vegetables so they retain nutrients.
- Use herbs and spices to add flavor.
- Use oil-based salad dressing.
- Add chopped vegetables to ground mea