

# **Healthy Cooking for Beginners**



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# Chapter 1

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## Healthy Cooking Basics

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This concept gives examples of some ingredient swaps to make recipes healthier.

For those looking to transition to a healthier way of eating it can be daunting to think about limited cooking options. The good news is that many tried-and-true recipes can easily be tweaked to make them healthier and free of animal products- all it takes is a few simple ingredient swaps.

Here is an easy ingredient swap guide:

Instead of butter use Earth Balance Buttery Spread- vegan butter that tastes amazing!

Instead of eggs use Ener-G egg replacer or ¼ cup of applesauce per egg.

Instead of all-purpose flour use whole wheat flour or *whole grain spelt flour*- this adds fiber and vitamins.

Instead of white sugar use coconut sugar or maple syrup.

Instead of hamburgers try sweet potato burgers piled high on a bun with all the classic toppings.

Finally, if you simply can't stay away from cheese try goat cheese, it is tolerated much better by the body.



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# Chapter

# 2

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## How to Make Skillet Sweet Potato Hash

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This task provides a recipe for Skillet Sweet Potato Hash.

Recipe and pictures from [My New Roots](#). This hash is good for breakfast or brunch.

**Figure 1: Sweet Potato Skillet Hash**



**1.** Gather ingredients.

1 Tbsp. coconut oil 1 tsp. ground cumin 1 tsp. ground coriander ½ tsp. chili flakes, plus more for garnish a few generous pinches sea salt 2 medium onions, sliced 3 medium sweet potatoes, scrubbed and cut into cubes ½ cup – ¾ cup water or vegetable broth eggs, as many as you'd like ½ cup cilantro, roughly chopped

**2.** Heat the coconut oil in a cast iron skillet over medium heat.

**3.** Add the cumin, coriander, and chili flakes to the heated oil and cook until fragrant.

4. Add the onions and salt and stir to coat with the spices. Reduce heat to medium low and cook 20-30 minutes until caramelized, stirring occasionally.
5. Add the sweet potatoes and toss to mix with onions and spices.
6. Add water or vegetable broth and cover. Let the potatoes steam for 15 minutes undisturbed. After 15 minutes have passed check the potatoes and if they are not soft recover and cook checking again at 5 minutes intervals until they are done.
7. Make divots in the sweet potatoes and crack the eggs into the well. Recover the pan and let the eggs steam until the whites are cooked but the yolk is still runny.
8. Serve sprinkled with cilantro.



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# Chapter

# 3

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## How to Make Southwestern Chopped Salad with Cilantro Dressing

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This task gives instructions to make a salad that would make an excellent lunch or dinner alongside some cilantro-lime rice.

Recipe and photos from [The Garden Grazer](#)

1. Gather ingredients.

For the salad: Large head of romaine 15 oz. can black beans, rinsed and drained 1 large orange bell pepper 1 pint cherry tomatoes 2 cups corn 5 green onions Optional: avocado For the dressing: 1 cup loosely packed cilantro, stems removed and roughly chopped 1/2 avocado (or 1/2 cup plain vegan yogurt) 2 Tbsp. fresh lime juice (about 1/2 lime), more to taste 1-2 garlic cloves 1/4 cup olive oil 1 1/2 tsp. white wine vinegar 1/8 tsp. salt Recommended: agave/honey, cumin

**Figure 2: Ingredients for dressing, salad, and combined salad**



2. Make dressing and set aside.
3. Chop romain, bell pepper, and tomatoes.
4. Combine salad ingredients in a large bowl.

5. Drizzle salad with dressing and stir to combine.

