



Cooking/Preparation Methods...

[Below are Basic Healthy Cooking Tips that we found very helpful to many of our writers. For anything tailored to you specifically or if you have more in depth questions and need personal guidance, please check out our services at huelife.net/services. Follow us via Facebook, Twitter, YouTube and Instagram for regular Tumblr articles and images on interesting, inspirational health & fitness related topics.]

Baking:

350 degrees for 20 mins is always a good starting point for cooking food. This is generally how long it takes fish to bake. 30-40 mins for chicken breasts and lean pork (depending on the thickness) and varied for beef depending on desired temperature. (i.e. rare, med rare, med, med well and well.). Veggies that are great for baking include, sweet potatoes, Brussels sprouts, squash,

Pan Fried:

Break out the cooking shears, as this quick and easy method of cooking is great for cubed or sliced meats such as chicken breast, beef and lean boneless pork chops. Hey this method is also great for cooking veggies like green beans, broccoli, Brussels sprouts cut in half, squash, and spinach just to name a few! With all of the above, start with a drizzle of EVOO (extra virgin olive oil) in a non-stick pan on medium heat, season meat with desired herbs and low salt. Toss around with spatula til done.

Grilling:

We're city folk, so our favorite is the George Foreman grill. It's great for cooking all types of meats listed above. Follow instructions accordingly. Outdoor grilling can also be a healthy option for means listed above and can give a nice flavor to cooked foods in a low-caloric, low-fat way.

Boil:

Boiling is a great option for some veggies but the way we like to boil veggies so that they remain nice and crisp. The trick is to let the water come to a raging boil first, then turn off completely and place the raw veggies in for desired amount of time. The less time in the water; the crispier and healthier. Even meats like chicken, in recipes like chicken salad, do very well boiled.

Broil:

Broiling is really great for veggies after the initial minimal boiling method above is done – with lightly boiled veggies are great broiled briefly afterwards with seasoning. This method is great with Brussels Sprouts!

Sauté:

Kale, collards and broccoli can be boiled like in the process mentioned above and then sautéed. Yum! Other veggies like onions, mushrooms, peppers and squash can be sautéed without broiling first.

For a custom program or specific questions to suit your individual needs as well as rates, [please email us](#) and someone will get back to you in a timely manner.