



# The Be Fit Minute

By Emily Gelsomin, RD, LDN



## PLAN FOR SUCCESS IN THE KITCHEN

Do you have plans to make cooking a priority? Make it easier on yourself and stock some basics. While recipes will vary, here are some common items and terms you may encounter, as well as some resources to get you cooking.

### Dry Goods & Pantry Stock Items

White (or whole wheat) pasta	Whole wheat flour (or white whole wheat flour)	Brown rice
All-purpose flour	Breadcrumbs or panko	Oats
Canned beans	Canned tuna	Canned tomatoes
Soy sauce	Cider, wine, or distilled white vinegar	Chicken or vegetable broth or stock
Olive, canola, or peanut oil	Peanut butter	Walnuts, pecans, or almonds
Honey and/or maple syrup	Raisins	Dijon mustard

**Spices:** cinnamon, cumin, nutmeg, turmeric, cayenne pepper, red pepper flakes, kosher salt

### Perishable Stock Items

Onions	Garlic	Lemons	Frozen peas
Frozen broccoli	Frozen corn	Frozen spinach	Eggs
Greek yogurt	Parmesan cheese	Buttermilk (can be frozen)	Frozen shrimp

### Recommended Utensils

Rubber spatula	Metal spatula or turner	Tongs
Whisk	8-10 inch chef knife (or other utility knife)	Measuring cups and spoons
Zester	Peeler	Colander
Mixing bowls (2-3 different sizes)	Casserole dish	Saucepan with lid (large and medium-sized)
Baking sheet	Blender or food processor	Sauté pan, frying pan, or skillet (10-12 inches)

### **Common Cooking Terms**

**Boil:** Heat liquid until bubbles continuously break on the surface of the liquid and steam is visible.

**Broil:** Cook directly under a radiant heat source, only a few inches from the heating element (often done in an oven).

**Dredge:** Coat a food item in a dry mixture, such as flour or bread crumbs, prior to cooking.

**Fold:** Gently incorporate ingredients using a rubber spatula by cutting down into the mixture and scraping the bottom of the bowl and then proceeding up the side of the bowl in a circular motion. This process is continued by rotating the bowl until the mixture is fully combined.

**Roast:** Cook an item in an oven using dry heat without the aid of a liquid.

**Sauté:** Cook an item in a sauté pan or skillet in a moderate amount of fat.

**Simmer:** Cook an item in a liquid at a lower temperature than that of a boiling liquid; small bubbles will break on the surface of the liquid.

**Zest:** Remove the outer peel of a citrus fruit using a knife, zester, or vegetable peeler.

### Recipe Resources to Get Cooking:

[101cookbooks.com](http://101cookbooks.com)

[Cookinglight.com](http://Cookinglight.com)

[Eatingwell.com](http://Eatingwell.com)

*How to Cook Everything* (and *How to Cook Everything Vegetarian*) by Mark Bittman

*The America's Test Kitchen Healthy Family Cookbook* by America's Test Kitchen

*Real Simple Easy, Delicious Home Cooking: 250 Recipes for Every Season and Occasion* edited by Allie Lewis Clapp, Lygeia Grace, and Candy Gianetti

*The Vegetable Dishes I Can't Live Without* by Molly Katzen