

## UN-FRIED FRENCH FRIES

Serves 4

*These look almost as good as they taste. The Cajun spice lends a bright red hue to the crunchy surface, while the soft inside is snowy white. At half a gram of fat per serving (versus 16 grams for the same amount of the fried variety), you can munch away guiltlessly.*

5 large baking potatoes (about 2 3/4 pounds total)  
Vegetable oil cooking spray  
2 large egg whites  
1 tablespoon Cajun Spice

Preheat oven to 400 degrees. Slice each potato lengthwise into 1/4-inch ovals, then slice each oval lengthwise into matchsticks. Coat a baking sheet with 3 sprays of the vegetable oil. Combine the egg whites and Cajun spice in a bowl. Add the matchstick potatoes and mix to coat.

Pour the coated potatoes onto the prepared baking sheet and spread them out into a single layer, leaving a little space between. Place the baking sheet on the bottom shelf of the oven. Bake for 40 to 45 minutes, until the fries are crispy, turning them every 6 to 8 minutes with a spatula so they brown evenly. Serve immediately.

**Per serving:** 266 calories, 1g fat

From the Book *In the Kitchen with Rosie* by Rosie Daley. © 1994 by Rosie Daley. Reprinted with the permission of Alfred A. Knopf, Inc.

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# SHOP & COOK & DINE

# Lean



# SHOP SMART, SHOP *Lean*

It's simple. When you stock your kitchen with lowfat foods, you're more likely to eat lowfat meals!

## 2 Keys to Shopping LEAN

- 1 Make a shopping list that includes lowfat items.
- 2 Read the food label and choose lowfat foods with 3 grams of fat or less per 100 calories.

## In the MEAT

Department Choose:

- ▶ Lean beef and pork cuts with the words ROUND or LOIN (Top ROUND, SirLOIN, TenderLOIN).
- ▶ Poultry, like chicken or turkey. Remove the skin prior to baking or grilling.
- ▶ Lean ground meat like SIRLOIN or TURKEY BREAST that contains less than 10% fat.
- ▶ Unbreaded fresh or frozen fish and seafood.
- ▶ Lunch meats that are at least 95% fat-free.



## In the DAIRY Section Choose:

- ▶ 1% lowfat or nonfat milk.
- ▶ Lowfat or nonfat yogurt.
- ▶ Reduced fat or nonfat cheese, sour cream, and cream cheese.

## In the PRODUCE Section Choose:

- ▶ Lots of fruits and vegetables. Remember to eat five servings of fruits and vegetables a day!

## UP & DOWN

the Aisles Choose:

- ▶ Graham crackers, pretzels, rice cakes, lowfat microwave popcorn, or fat-free crackers for snacks.
- ▶ Lots of dried beans, grains, pastas, and rice.
- ▶ Lowfat or nonfat mayonnaise and salad dressings.
- ▶ Canned fish packed in water.
- ▶ Frozen vegetables without sauce or cheese.
- ▶ Lowfat ice cream, nonfat or lowfat frozen yogurt.

# COOK SMART, COOK *Lean*

Now that your shelves are full of lowfat groceries, it's time to fix a lowfat meal!

## 2 Keys to Cooking LEAN

- 1 Cut the butter, margarine, and oil (fat) in recipes by using lowfat ingredients instead.
- 2 Cook lowfat by broiling, microwaving, poaching, roasting, steaming, or stir-frying, using little or no oil.

## When You're BAKING

- ▶ When making cakes, cookies, or muffins, substitute 1/2 the amount of butter or oil with nonfat sour cream or yogurt, fruit juice, or fruit puree (like applesauce).

## When You're COOKING MEAT

- ▶ Trim the fat from the edges.
- ▶ Take the skin off chicken and turkey.

## When You're SAUTEING

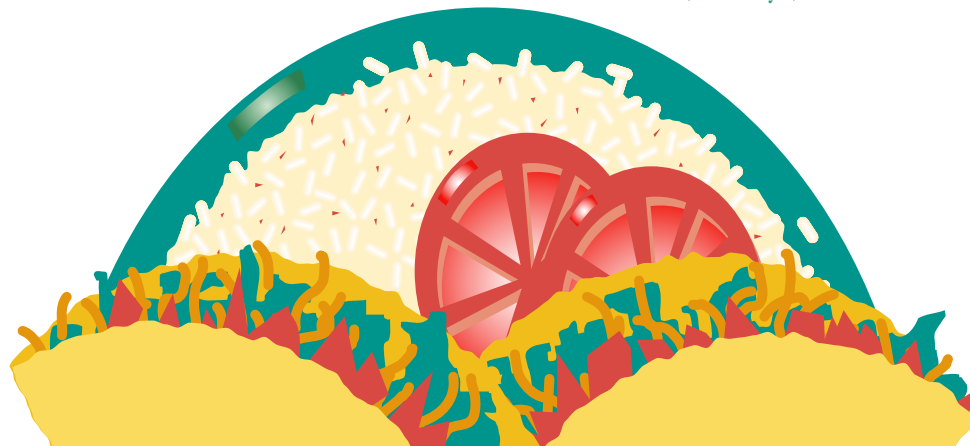
- ▶ When sautéing vegetables, use low-sodium chicken, beef, or vegetable broth; fruit juices; flavored vinegars; wine; or water instead of butter, margarine, or oil.

## When You're USING MIXES

- ▶ You can still have a great dish and cut the butter or margarine in half when you use most noodle, pancake, rice, or stuffing mixes.

## When You're SERVING

- ▶ Don't overdo it when it comes time to eat. Serve each person about 3 ounces of chicken, fish, meat, seafood, or turkey. That's about the size of a deck of cards.
- ▶ Fill up the rest of the plate with rice or pasta and vegetables.



# DINE SMART, DINE *Lean*

Now more than ever, it's easy to eat healthy when you're eating out!

## 3 Keys to Dining LEAN

- 1 Ask questions. How are menu items prepared?
- 2 Take control of your order. Ask for what you want.
- 3 Eat with a friend and share an order!

## Your Best BETS

### Chinese:

- ▶ Hot and sour or wonton soup.
- ▶ Steamed dishes (dumplings, fish, rice, seafood).
- ▶ Stir-fried dishes. Ask the cook to use only a little oil, or better yet, broth instead of oil.

### Fast Food:

- ▶ Grilled chicken breast sandwiches without mayonnaise or special sauce. Ask for barbecue sauce, ketchup, or mustard instead.
- ▶ Frozen yogurt or milkshakes that are listed as lowfat or nonfat.
- ▶ Side salad with lowfat or nonfat dressing.

### Italian:

- ▶ Thick-crust pizza with lots of vegetables and leaner meats like Canadian bacon, chicken, or ham.
- ▶ Pastas with tomato- or wine-based sauces (cacciatore, marinara, marsala).
- ▶ Grilled chicken, fish, or veal.

### Japanese:

- ▶ Shabu-shabu (vegetables and meats boiled in broth).
- ▶ Yakitori (broiled chicken).
- ▶ Yosonabe (seafood and vegetable stew).

### Mexican:

- ▶ Fajitas.
- ▶ Soft tacos and burritos.
- ▶ Corn tortillas instead of flour.