

Cook It Quick.

Written by Wauneta Breeze
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The University of Nebraska-Lincoln Extension, offers a free monthly electronic newsletter and website called Cook It Quick. Cook It Quick's goal is to make you "hungry for healthy food" by offering tips and delicious, quick-to-prepare, inexpensive recipes. Preparing these recipes and using the tips will help you increase consumption of fruits and vegetables, whole grains, and low-fat dairy products. At the same time, you will reduce sodium, solid fats, and calories. Food safety tips are included, reports, the author of Cook It Quick, Alice Henneman.

The Cook It Quick website is: <http://food.unl.edu/web/fnh/cook-it-quick-recipes> and offers good research based information about cooking, nutrition and food safety. There are quick links to popular Cook It Quick articles on ingredient substitutions, interpreting can sizes, how to reduce a recipe size, what to toss or keep when cleaning your kitchen cupboard, how to cook many different foods, and choosing kitchen tools. In the Features section there are links to different food blogs and newsletters.

From this website you can sign up to receive an e-mail notification when a new Cook It Quick newsletter becomes available. The February newsletter highlights quick healthy snacks, making homemade brownies from scratch in the same amount of time as a boxed mix, a cooking for One or Two checklist, 10 recipes for quick healthy foods, and a short article on how to tell if your freezer has been working while you were gone.

The final section of this website highlights Cook It Quick Tips. Currently there are tips on the advance preparation of foods, Cook It Quick in Action for recipe and meal ideas, Cooking

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School for basic how-to's, Finding Time when your Plate is too Full, Kitchen Helpers, and Cook It Quick . . . and Safe, a collection of all kinds of food safety tips.

Check out the website and see if you can find just the right recipe to fix for supper tonight.

For more information on the Cook It Quick electronic newsletter contact your local UN-L Extension office. UNL Extension is committed to helping Nebraskans know how—and know now.