



Juicy Chef Words

- **Bear claw**: A chef skill where one curls up the fingers of the hand they are using to hold onto an ingredient they are cutting.
- **Dice**: To cut an ingredient into small cube-shaped pieces. Small dice is usually cut to ¼-inch pieces.
- **Garnish**: Ingredient used as a decoration or embellishment accompanying a prepared food or drink. It may add a boost of flavor.
- **Mise En Place**: A French term for having all your ingredients measured, cut, peeled, sliced, grated, etc. before you start cooking.
- **Sauté**: Cooking ingredients in a small amount of fat, like oil over relatively high heat.
- **Simmer**: To cook in liquid that is heated until small bubbles form throughout the mixture and rise to the surface and break at the top.



Kitchen Hacks

- **Garlic contains a compound called *allicin*, which supports immune health. Cut garlic and let it rest at least 10 minutes before adding to heat to get the most out of its health-promoting qualities.**
- **Cutting tomatoes to a small dice (or using diced canned tomatoes) will allow for the sauce to cook quicker.**
- **When making tomato sauce with out-of-season or canned tomatoes, use tomato paste for more depth of flavor.**
- **Homemade tomato sauce can be stored in the freezer for up to three months. Make a whole batch at once, and save some for later!**
- **Adding vegetables to your pizza is a great way to see if that vegetable is your yum.**



Nutrition Tidbits

- **Did you know that while we treat tomatoes as a vegetable, they are actually a fruit since they contain seeds?**
- **Tomatoes are a source of Vitamin C (healthy immune system, healthy skin), Vitamin K (healthy bones), and Vitamin A (healthy eyes)**
- **Tomatoes are a source of the antioxidant *lycopene* (potentially fights cancer and heart disease). Lycopene is what makes tomatoes and watermelons red-colored.**
- **Smaller tomatoes and deeply-red colored tomatoes contain more lycopene.**
- **Canned tomatoes and tomato paste are richer sources of lycopene compared to fresh tomatoes. They are also good ingredients to use when fresh tomatoes are no longer in-season.**