



## 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

- **Canned beans cook faster than dry beans but remember to rinse them first to remove the liquid which can be very high in salt.**
- **Use liquid from a can of diced tomato in place of water in the recipe.**
- **Make your spice blends ahead of time.**
- **A little tomato paste goes a long way. Leftover tomato paste can be wrapped in plastic and frozen until you need it.**



## Nutrition Tidbits

- **Beans are a good source of protein we need to build muscles.**
- **Beans have more fiber (helps prevent heart disease, diabetes and helps us to go to the bathroom).**
- **Beans have less fat.**
- **Beans have lots of nutrients (vitamin B boosts your overall health, calcium which helps keep your bones strong, potassium which is good for your heart.)**
- **Bell peppers are a good source of vitamin C, thiamine, vitamin B6, beta carotene, and folic acid.**
- **Bell peppers are a good source of antioxidants (keeps you from getting sick).**
- **Red peppers have significantly higher levels of nutrients than green peppers. They also contain lycopene, a carotene that helps to protect against cancer and heart disease.**