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.
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.
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.