

# Cooking Corner Tips To Help You

## It Takes A Village To Cook Up Kitchen Savvy

(NAPSA)—Increasingly, people are finding that it doesn't have to take hours to cook delicious, healthy meals for their families. It's possible to make quick, nutritious creations all week long—and the Internet can help.

For example, a new, easy-to-use Web site not only provides a week's worth of dinner recipes (five main dishes and two desserts), but a corresponding shopping list so you can be sure to have all the necessary ingredients on hand. The site, [Cookingvillage.com](http://Cookingvillage.com), also offers hints on when and how to serve these delectable meals, as well as how to store leftovers.

### Hints for Healthier Cooking

According to the experts at [Cookingvillage.com](http://Cookingvillage.com), cooking healthier meals is simply a matter of acquiring new habits and using a few different ingredients. Here are a few tips:

- Use a nonstick skillet for pan-frying and you'll need to use very little fat.
- To remove fat from lean ground beef, brown the meat in a nonstick skillet, transfer to paper towels to drain, then return the meat to the pan.
- Use low-fat milk for cooking (and drinking). An extra benefit: It has slightly more calcium per cup than whole milk.

### Handy Time Savers

Using quick-to-make recipes isn't the only trick of the trade for getting delicious meals on the table in no time and with little fuss. Keep these strategies in mind when shopping and cooking—you'll have more time to enjoy at the table with your fam-



**Cookingvillage.com offers a premier destination for cooking enthusiasts, with news, recipes and more.**

ily, not in the kitchen:

- Save time and money by reading supermarket flyers before shopping so you can pick up specials for later use.
- For a quicker boil, cover a pot of pasta water with a lid.
- When it makes sense, double a recipe; refrigerate the extra for lunch later in the week or freeze for an instant dinner.
- Be sure to have frozen green beans, corn, peas, spinach and mixed vegetables on hand for quick and simple side dishes.

The functional, simple-to-use [Cookingvillage.com](http://Cookingvillage.com) site is considered the premier destination for cooking enthusiasts. It offers articles, recipes, nutrition information, money-saving tips, kitchen wisdom, a Kid's Corner and more. To learn more, visit the Web site at [www.cookingvillage.com](http://www.cookingvillage.com).