



CS10

COOKING SKILLS AND FOOD

Double-Duty Meals

Time: 70 Minutes

Cooking enough of a basic ingredient (poultry, meats, vegetables or beans) at one time to use for two meals helps save time and money. You will learn tips to use for food safety as you transform leftovers into a brand-new meal. Working more efficiently in the kitchen grants you time to enjoy a sit-down meal. With our extra-busy lives, a small amount of advance prep leads to big rewards when you cook once, eat twice!

OBJECTIVES:

Explain three ideas for cooking double-duty ingredients.

List three benefits of creating leftovers.

Describe two tips for safe food storage.

SETUP

- Review the resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up the stations for participants with the necessary activity supplies.
- Provide computer, internet access, and projector, if available.

INTRO (10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

DEMO (10 Minutes)

- Demonstrate content (see demo script) or play video(s).

ACTIVITY (20 Minutes)

- Participants will prepare the second recipe in a double-duty pair (Sesame Chicken and Vegetable Stir-Fry).

RECAP (10 Minutes)

- Pass out the handout(s) and go through them together.

GOAL SETTING/CLOSING (20 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimer before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® Initiative. We are proud to be working together to help improve the health of all Americans.

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Double-Duty Meals Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- Video – [Double-Duty Meals](#)
- Video – [How to Avoid Freezer Burn](#)
- Article – [Food Safety – How to Store and How Long to Keep Leftovers](#)
- Infographic – [Keep It Fresh](#)

Find these resources in this lesson

- Recipe – [Sesame Chicken and Vegetable Stir-Fry](#)
- Recipe – [Maple-Glazed Chicken](#)
- Handout – [Keep It Fresh Infographic](#)
- Handout – [Heart-Healthy Essentials for Meal Prep Infographic](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Computer, internet access, and projector, if available

ACTIVITY INGREDIENTS* AND SUPPLIES**

- 1/3 cup fat-free, low-sodium chicken broth
- 2 teaspoons cornstarch
- 2 teaspoons soy sauce (lowest sodium available)
- 1 teaspoon grated peeled gingerroot
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon toasted sesame oil
- 1 small garlic clove, minced
- 1 teaspoon canola or corn oil
- 4 to 5 ounces broccoli florets, broken into bite-size pieces
- 2 medium carrots, cut diagonally into 1/8-inch slices
- 1 8-ounce can sliced water chestnuts, drained
- 1 cup sliced green cabbage, cut into slices 1/4- to 1/2-inch wide
- 3 ounces snow peas, trimmed
- 2 medium green onions, sliced
- 12 ounces cooked chicken tenders from [Maple-Glazed Chicken](#), cut into bite-size pieces
- 1/2 cup canned mandarin oranges in juice, drained
- 1/2 teaspoon toasted sesame oil
- 1 teaspoon sesame seeds
- Small bowl
- Whisk
- Electric burner
- Large nonstick skillet or wok
- Large spoon (for stirring during cooking)
- Plates
- Forks

*Recipe serves 4 people; please multiply ingredients as necessary for your participants.

**Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.

Double-Duty Meals Demo Script



SAY:

We all want to eat a healthier diet and serve healthier meals to our families. But sometimes, getting those healthy meals ready can seem like a lot of work and extra time in the kitchen, especially if you are starting from scratch for meal after meal. With hectic schedules nowadays, it is a challenge to carve out cooking time.



Today you are going to learn two strategies to help you make the most of your cooking time. The primary one is cook once, eat twice. You can create what we call double-duty meals. What does that mean? Cook once, eat twice refers to food preparation techniques that maximize the results of the time you spend in the kitchen. You concentrate your prep, cooking and cleanup efforts and cook multiple meals at the same time. Welcome to a whole new way of cooking!



The first strategy is to cook enough of a basic ingredient to use in two recipes and cover two meals. Let's talk about some examples.



With chicken:

1. Bake 8 chicken breasts seasoned with a blend of southwestern spices (cumin, chili powder, oregano and salt).
2. Serve 4 for dinner over brown rice, garnished with chopped fresh cilantro and a squeeze of fresh lime juice.
3. Cool and refrigerate 4 in an airtight container for use in a chicken enchilada casserole later in the week.



With a turkey breast:

1. Roast a 2½-pound turkey breast rubbed with olive oil, garlic and crushed rosemary.
2. Slice and serve half the turkey for dinner with a gravy made from the pan juices and mashed potatoes and peas as side dishes.

3. Cool and refrigerate half the turkey in an airtight container for use in a turkey tetrazzini casserole later in the week.



With black beans:

1. Cook 1 ⅓ cups dried black beans (will equal about 4 cups cooked beans).
2. Use about half the beans – 15 ounces – to make bean and vegetable patties (process with 15 ounces red kidney beans, shredded carrots, thinly sliced green onions, bread crumbs, chili powder, garlic powder and salt).
3. Use the remaining 15 ounces black beans to make a nutritious black bean soup or make a dip (process with chopped green bell pepper, tomato salsa, fresh lime juice, garlic, chili powder and cumin).



With quinoa (a whole grain):

1. Cook 1 cup dried quinoa to make 4 cups of cooked quinoa. Cooked quinoa freezes well (use airtight freezer bags). To reheat, add a few teaspoons of water before microwaving. Or, let the frozen quinoa defrost in the refrigerator for a day if you are making a cold dish.
2. Use ½ cup to make your breakfast cereal. Stir in dried fruit or chopped nuts. Top with fresh fruit. Drizzle with fat-free half-and-half or almond milk.
3. Use 1 cup of the remaining quinoa to make veggie burgers. Mix together with one 15.5-ounce can low-sodium cannellini beans, 1 chopped avocado, 1 egg and spices to taste (garlic powder, paprika, chili powder, cumin and pepper). Bake for 30 minutes at 375°F. Serve on whole-grain buns.

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Double-Duty Meals Demo Script (continued)

With vegetables:

1. Grill 10 cups mixed vegetable pieces (carrots, zucchini, button mushrooms, eggplant, red onion or red bell pepper).
2. Transfer 2 cups of the cooked vegetables to an airtight container to use within 2 days to make grilled vegetable paninis. Spoon the vegetables onto a whole-grain ciabatta roll; sprinkle shredded part-skim mozzarella and pour a simple vinaigrette over the vegetables before grilling.
3. For dinner, stir together the remaining 8 cups grilled vegetables with 15 ounces chickpeas and 2½ cups cooked bulgur. Dress with a simple vinaigrette to make a grilled vegetable and bulgur salad.

With an eye-of-round roast:

1. Roast a 2-pound eye-of-round roast seasoned with an herb rub (rosemary, garlic, sage, lemon zest, salt and pepper).
2. Slice half the beef (12 ounces) to serve for dinner with corn and steamed broccoli.
3. Cool and refrigerate half the beef (12 ounces) in an airtight container. Thinly slice and serve it over mixed baby greens with a balsamic and Dijon mustard dressing later in the week.

With pork tenderloins:

1. Roast two 1-pound pork tenderloins marinated in an Asian-style marinade (rice vinegar, soy sauce, orange juice, garlic and red pepper flakes).
2. Slice and serve half the pork (12 ounces) with the pan juices and a garnish of toasted sesame seeds for dinner. Serve green beans drizzled with sesame oil on the side.

3. Cool and refrigerate half the cooked, sliced pork (12 ounces) in an airtight container to use in making fried rice (finely chop the pork and stir it together with brown rice, peas and carrots) later in the week.



SAY:

A second strategy is to double or triple a recipe. Create leftovers intentionally so you can freeze them for a future meal.



- Creating leftovers works well with soups, stews, pasta dishes and casseroles.



- If you have a slow cooker, use it to help you prepare these meals and save even more time.



- You will get dinner on the table faster if you have a healthy, frozen meal to reheat when you arrive home. You may not be as apt to eat unhealthy snacks or default to unhealthy meal choices.



- Creating leftovers saves you money because you can buy proteins on sale and produce in season.



- Dishes often develop a deeper, more balanced flavor when they're frozen and reheated.




- You will find it useful to have frozen meals to share with family, friends or those in need.


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Double-Duty Meals Demo Script (continued)


SAY: Tips for Storage and Food Safety


 Now, I would like to discuss some tips to help you practice safe food storage.


 • **Make sure your freezer** is set at 0°F and your refrigerator is set at 40°F or below.


-  • **After making a dish**, divide out the food you want to store.
- Divide food into portions you can realistically see you or your family consuming at one time. Place them in airtight containers.
 - Cut meat into pieces that can be frozen and reheated safely. Wrap items such as bread in several layers of plastic wrap to prevent freezer burn.
 - Be sure to cool all cooked foods before wrapping or placing into airtight containers.


 • Label your frozen food with a strip of freezer tape or a freezer label. Write the name of the dish and the date on the tape or label. That way, you always know what's in there and how long it has been in the freezer!


 • **Properly portioning leftovers** avoids unnecessary reheating and refrigerating of food. Changes in temperature and the middle-ground between properly heated and properly chilled — between 40°F (4°C) and 140°F (60°C) — make food susceptible to spoiling and bacteria growth.


 • **Refrigerate your food as soon as possible** and always within 2 hours. When the temperature is above 90°F, food shouldn't be left out for more than 1 hour.

 • **Leftovers will keep up to four or five days** in the refrigerator and up to six months in the freezer.

 • **Reheat leftovers** thoroughly to a safe internal temperature of 165°F (74°C).

 • **If you are in doubt** about the safety of the food you are about to eat, it is best to throw it away.

 • **Store meat and poultry in the meat compartment** or the coldest part of your refrigerator, which is usually at the back.

 • **Store dairy products in the coldest part** of your refrigerator at 40°F or lower. Milk shouldn't be stored on the door for convenience; this area of the refrigerator is the warmest spot. Put milk back into the fridge as soon as you use it. Smell and (if needed) taste dairy products before you use them to be sure they haven't soured.

Double-Duty Meals Activity Script

Divide participants into two teams to prepare the Sesame Chicken and Vegetable Stir-Fry.

Invite group members to pick up their resources (recipe, ingredients and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)



SAY:

We are going to make Sesame Chicken and Vegetable Stir-Fry. It's one of a pair of double-duty recipes. You'll use 12 ounces of cooked chicken from Maple-Glazed Chicken, which has been prepared in advance.



You'll be able to take copies of both recipes home with you. Once everyone has finished making the stir-fry, we'll enjoy it together.

Sesame Chicken and Vegetable Stir-Fry

Makes 4 servings; 1½ cups per serving
Per serving: 240 Calories; 1.0 g Saturated Fat; 242 mg Sodium



Goodbye, take-out! This Asian-influenced dish, which uses the reserved chicken from Maple-Glazed Chicken, is loaded with vegetables and flavor. And, in the time it takes for fast food to be prepared and delivered to your home, you could be whipping up this healthier version in your own kitchen.

INGREDIENTS

- ⅓ cup fat-free, low-sodium chicken broth
- 2 teaspoons cornstarch
- 2 teaspoons soy sauce (lowest sodium available)
- 1 teaspoon grated peeled gingerroot
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon toasted sesame oil
- 1 small garlic clove, minced

Stir-Fry:

- 1 teaspoon canola or corn oil
- 4 to 5 ounces broccoli florets, broken into bite-size pieces
- 2 medium carrots, cut diagonally into ⅛-inch slices
- 1 8-ounce can sliced water chestnuts, drained
- 1 cup sliced green cabbage, cut into slices ¼- to ½-inch wide
- 3 ounces snow peas, trimmed
- 2 medium green onions, sliced
- 12 ounces cooked chicken from **Maple-Glazed Chicken**, cut into bite-size pieces
- ½ cup canned mandarin oranges in juice, drained
- ½ teaspoon toasted sesame oil
- 1 teaspoon sesame seeds

DIRECTIONS

1. In a small bowl, whisk together all the sauce ingredients.
2. In a large nonstick skillet or wok, heat the canola oil over medium-high heat, swirling to coat the bottom. Cook the broccoli and carrots for 3 minutes, stirring frequently.
3. Stir in the water chestnuts, cabbage, snow peas, and green onions. Cook for 3 minutes, stirring occasionally.
4. Stir in the chicken and sauce. Cook for 4 minutes, or until the chicken is heated through and the sauce has thickened, stirring frequently. Remove from the heat.
5. Stir in the mandarin oranges and sesame oil. Sprinkle with the sesame seeds.

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Makes 4 servings; 3 ounces chicken (plus 12 ounces chicken reserved)
Per serving: 186 Calories; 0.5 g Saturated Fat; 136 mg Sodium



Making your own tangy, low-salt glaze is an easy, heart-healthy alternative to using bottled brands, which tend to be high in sodium. The reserved marinated and glazed chicken can be used as the base for **Sesame Chicken and Vegetable Stir-Fry**.

INGREDIENTS

- ⅔ cup pure maple syrup
- ⅓ cup plain rice vinegar
- 2 tablespoons finely grated onion
- 2 tablespoons chili sauce
- 2 teaspoons Worcestershire sauce (lowest sodium available)
- 2 large garlic cloves, minced
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon grated peeled gingerroot

- 2 pounds chicken tenders, all visible fat discarded
- 1 teaspoon olive oil and 1 teaspoon olive oil, divided use
- ½ teaspoon cornstarch
- ½ teaspoon pepper

DIRECTIONS

1. In a large shallow glass dish, stir together the marinade ingredients. Set aside ⅓ cup for the glaze. Add the chicken to the remaining marinade, turning to coat. Cover both the reserved glaze and the chicken in the marinade and refrigerate separately for 1 to 12 hours, turning the chicken occasionally. Discard the marinade.
2. In a large nonstick skillet or wok, heat the oil over medium-high heat, swirling to coat the bottom. Place half the chicken in a single layer in the skillet, being careful not to crowd the pieces. Cook for 8 to 9 minutes, or until the chicken is no longer pink in the center, turning over once halfway through. Let cool slightly. Transfer to an airtight container. Cover and refrigerate for use within three to four days in **Sesame Chicken and Vegetable Stir-Fry**. Repeat the cooking process with the remaining oil and remaining chicken.
3. Meanwhile, stir the cornstarch into the reserved ⅓ cup glaze. Once the second batch of chicken is no longer pink in the center, stir in the glaze mixture to coat the chicken. Cook for 2 to 3 minutes, or until the glaze has thickened, stirring constantly. Sprinkle with the pepper.

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KEEP IT/FRESH

Stretch your produce and dollars by knowing how to store fresh fruits and vegetables.



1/PANTRY

Pack away in a cool, dark place like your pantry or cellar:

ONIONS, GARLIC & SHALLOTS

SWEET POTATOES, POTATOES, & YAMS

HARD SQUASH

(Winter, Acorn, Spaghetti, Butternut)

WATERMELON

The American Heart Association recommends 4 servings of fruit and 5 servings of vegetables per day.

2/COUNTERTOP

Store loose and away from sunlight, heat and moisture:

BANANAS

CITRUS FRUIT

Store lemons, limes, oranges and grapefruit loose or in a mesh bag. Refrigerate for longer storage.

STONE FRUIT

Ripen avocados, apricots, nectarines, peaches and plums in a paper bag, then move to the fridge where they'll last a few more days.

TOMATOES

3/REFRIGERATOR

Store in plastic bags with holes in your produce drawer, unless noted:

APPLES & PEARS

BEETS & TURNIPS

Remove greens and keep loose in the crisper drawer.

BERRIES, CHERRIES & GRAPES

Keep dry in covered containers or plastic bags.

BROCCOLI & CAULIFLOWER

CARROTS & PARSNIPS

Remove greens.

CELERY

CORN

Store inside their husks.

CUCUMBERS, EGGPLANT & PEPPERS

Store on the upper shelf, which is the warmer part of the fridge.

FRESH HERBS

Except basil. Keep stems moist and wrap loosely in plastic.

GREEN BEANS

LETTUCE & LEAFY GREENS

Wash, spin or pat dry, wrap loosely in a dish towel or paper towels and place in a plastic bag in vegetable drawer. Keep stems moist.

MELONS

MUSHROOMS

Keep dry and unwashed in store container or paper bag.

PEAS

ZUCCHINI & SUMMER/YELLOW SQUASH

KEEP THEM APART:

- Fruits like apples, bananas and pears give off ethylene gas, which can make other produce ripen and rot faster.
- Store vegetables and fruits separately.
- Keep apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce.



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Healthy for Good™

Heart-Healthy Essentials for Meal Prep

For hassle-free healthy meal prep, be prepared with a stocked pantry.
Having some basic ingredients in your cabinets, refrigerator and freezer saves you time and worry on busy weeknights and even on weekends when you don't have time to grocery shop.



Cabinets & Pantry

- ✓ **“Dinner builder” items:** canned or dried beans, such as kidney, pinto, black, butter and navy; canned or pouched tuna, salmon and chicken; spaghetti sauce
- ✓ **Canned vegetables:** for easy side dishes and adding to soups and sauces
- ✓ **Whole grains:** brown rice, oats, couscous, bulgur and quinoa; whole-grain pastas, breads and tortillas (store extra bread and tortillas in the freezer); whole-grain flour or cornmeal for baking
- ✓ **Cooking oils:** nontropical vegetable oils, such as olive, canola and corn
- ✓ **Nuts, seeds and nut butters:** for stir-fries and garnishes (and satisfying snacks)
- ✓ **Broths:** fat-free, low-sodium chicken, vegetable and beef — for making soups
- ✓ **Dried herbs and spices:** keep a variety on hand and buy or create salt-free seasoning blends



Refrigerator & Freezer

- ✓ **Proteins:** Unbreaded fish fillets, skinless chicken breasts, extra-lean or lean meats; tofu
- ✓ **Dairy products:** low-fat and fat-free milk, yogurt and cheese
- ✓ **Soft margarine:** made with nonhydrogenated vegetable oil and containing no trans fat
- ✓ **Frozen vegetables and fruits:** choose a wide variety (lots of colors) without salty sauces and sugary syrups



Compare Nutrition Labels

- ✓ **Choose products with the lowest amounts** of sodium, added sugars and saturated fat, and no trans fat
- ✓ **Look for the Heart-Check mark** to easily identify foods that can be part of your heart-healthy eating plan



For more tips, visit heart.org/healthyforgood.

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SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
