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OCTOBER IS
Breast Cancer
Awareness Month
Perform self-breast exams
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Special points of interest:

- The 3 Worst Ways to Cook Veggies
- The Right Way to Deal with Cooking Grease

*If you have a water
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weekends or on
holidays, please call us
at 870.633.1571*



Arthur Hines 10/06

Richard Rice 10/08

Kendra Triggs 10/10

Jeffery Sims 10/10

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Alive With Pride

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The 3 Worst Ways to Cook Veggies (+Plus 3 Healthy Ways)

By Dave From PaleoHacks

Did you know that HOW you cook your vegetables has a HUGE impact on your health? If you cook veggies the wrong way, they lose a lot of the nutrients your body needs to stay healthy. You end up "short changing" yourself... just because of the way you prepare your food!

Boiling

1. Boiling is, hands down, the WORST way to cook your vegetables.

Why?

You can only boil at very high temperatures and this takes longer than cooking vegetables in other ways, leaving them exposed to vitamin and mineral damage.

The biggest issue with boiling: you have to submerge the vegetables in water.

Roasting

2. "Lot-fat" fanatics praise roasting as one of the healthiest ways to cook vegetables because it uses dry heat and avoids oils. You don't have to add water like you do with boiling, which makes it

easier to save vegetables' key minerals. That's definitely a plus. On the other hand, roasting is usually done at high heat for a good amount of time. This causes some of the vitamins in vegetables to break down. So the verdict on roasting: it's better than boiling vegetables, but it isn't the best way to save the most nutrients.

Microwaving

3. Microwaving vegetables exposes them to high heat for short periods of time. **This intense heat can make vegeta-**

The Right Way to Deal with Cooking Grease

When you cook a giant batch of bacon for Sunday breakfast, or roast a whole chicken for week-night dinners, you're going to end up with a pan full of cooking grease that needs to be dealt with. And the question looms: What do you do with it? What's the best way to get rid of all this grease?

In the moment, it probably feels like the easiest thing to do is

take that pan over to the sink and pour that grease down the drain. Don't tell me you haven't thought about it (or done it). Here's the thing: Under *no* circumstance should cooking grease or oil be poured down the kitchen sink. And no, don't think about flushing it down the toilet either.

While there might not be an immediate problem with do-

ing this, cooking grease can build up over time, and eventually block the drain completely. Or worst case scenario, it can damage local sewer systems, which may lead to a messy backup.

There's a better way to deal with kitchen grease. You might already be doing this, but if not, there's no time like the present to

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ble nutrients break down.

Plus, microwaves don't just destroy nutrients. The heat can leach toxins (like BPA) from microwavable containers into your food. Those toxins have been linked to digestion and autoimmune issues—even *cancer!*

The 3 Healthiest Ways to Cook Your Vegetables

1. Slow-Cooking

Slow-cooking vegetables is one of the gentler ways to prepare them, which makes it an excellent choice.

You don't have to leave veggies in the slow cooker for too long -- just throw them in for the last

The 3 Worst Ways to Cook Veggies (+Plus 3 Healthy Ways) cont.

hour. It's a great way to cook your vegetables without over-exposing them to heat.

2. Steaming

Steaming is an extremely gentle cooking method without a lot of water loss. This helps vegetables keep their nutrients.

Vitamin C is one of the easiest vitamins to destroy. But a 2006 study published in the journal *Food Additives & Contaminants* found that steaming broccoli didn't damage its vitamin C content.

Steaming is a simple way to cook without using fats. But this so-called health benefit could come back and haunt you...

Many vitamins in vegetables (vitamins A, D E, and K) are "fat soluble," which means your body absorbs them better with fat. So, if you eat steamed vegetables without adding fat, your body won't absorb those important nutrients!

3. Frying

Did you know that frying your vegetables is

actually one of the healthiest ways to cook them?

There isn't any water to drain, so you don't have to worry about losing vitamins and minerals that way.

Frying takes high heat, but it cooks vegetables in a short period of time. You throw them into a pan, cook them, and take them off before they lose nutrients.

The biggest issue with frying comes down to the oil you choose to fry with.

The Right Way to Deal with Cooking Grease cont.

get started.

Consider if it can be used again.

There are a number of fats, like bacon and duck fat, as well as cooking oil used for deep frying, like vegetable, canola, and peanut oil, that can all be used again. If you're cooking with one of these fats, go ahead and reserve it to be used again in the future. Bacon and duck fat should be stored in a sealed container. If you plan

to use it again right away it can be kept at room temperature; otherwise store it in the refrigerator or freezer. Store cooking oil for deep frying in a tightly sealed container, in a cool, dark place.

What if it can't be reused?

If the cooking grease can't be reused, here's how I deal with it: Once the oil or grease has cooled completely, pour it into an appropriate-sized container (I typi-

cally use an old mug or a small bowl) and place it in the fridge to firm up. Once solidified, scoop the grease into the trash, then wash the container. Another solution is pouring the cooled grease into a container that can be sealed, then placing the sealed container in the trash. One doesn't always have re-sealable containers that can get tossed, so this method doesn't work. But if it works for you, it's also a viable option.



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