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Flavor Up!

Try these flavor-enhancing techniques
for great-tasting meals this summer
and all year round.

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In this *Diabetes Forecast* special section, I share my three favorite cooking techniques: stir-frying, roasting, and grilling, all of which are guaranteed to bring out the full flavor of everything you cook. I also offer ideas for making delectable, easy-to-prepare sauces, another way to ensure great flavor in every bite of your home cooking.

Often, when we think of one-pot meals, we think of casseroles. But stir-fries are a lighter and often healthier one-pan option. They are quick to prepare and feature a variety of deep, rich flavors from Asian ingredients, such as ginger, sesame oil, and soy sauce.

Roasting, although often associated with winter cooking, can be a flavor aid throughout the year. The high oven temperatures of roasting almost make the technique a flavor in its own right. Intense dry heat produces very moist foods and brings out all the natural sugar in

your ingredients. Roasting also crisps up the exterior of foods quickly, while allowing the interior to continue cooking slowly, thus preventing overcooked, dried-out servings.

And what would the summer months be without grilling? Think of your grill as an outdoor oven; practically anything you can cook in an oven can also be prepared on a grill. The key to great grilling flavor is to get a lightly charred exterior crust to protect the tender, juicy interior of your foods.

Finally, three sauce recipes starting on page 87 work well with these cooking techniques and offer additional options for ramping up the flavor to transform your meals from ho-hum to yum-yum.

So put down the salt shaker, set aside the sugar bowl, and stash away the butter dish. The techniques described here offer healthier options for creating zesty, satisfying, and delicious meals. ▲



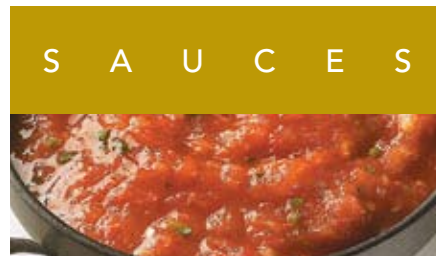
63 Snappy Stir-Frying Easy to prepare and speedy to cook, stir-fries offer versatility and great flavor.



71 Revved-Up Roasting Turn up the heat to seal in juices and release your food's natural flavors.



77 Great Grilling For intensely flavored, super-simple meals, fire up the barbecue—and your imagination.



87 Saucy Sauces Use these delicious blends to add a little something extra to everything you cook.

91 Chef's Choice Here are four fabulous flavor enhancers.

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