



Cooking Oil

3 Prep and cooking tips

- Oils are fats that are generally liquid at room temperature and come from plant sources and some animal sources. Examples of cooking oils include avocado oil, canola oil, grapeseed oil, peanut oil, and vegetable oil. These oils could be used in many cooking techniques including, sautéing, frying, roasting, and baking.
- For deep frying, pan frying, and sauteing, choose an oil with a higher smoke point such canola oil, peanut oil, or vegetable oil.
- For a tasty and expensive salad dressing mix 4 cloves of minced garlic, a pinch of ground black pepper, ½ teaspoon salt, ¼ cup extra virgin olive oil, and 1/3 cup fresh lemon juice to dress your salad.

2 Shopping and storage

- When shopping for cooking oil, consider the flavor of the oil. If you want your food to taste like the oil it's cooked in, choose an oil with a strong flavor, such as olive oil. If you want a milder flavored oil, opt for canola oil.
- Oil should be stored in a cool, dark place, such as a pantry or cupboard. Oils should never be stored in the refrigerator, as this can cause them to spoil. Oils that are stored in a cool, dark place will stay fresh for up to a year.

1 Nutrition Fact:

- Oils such as avocado, canola, olive, and peanut oil are made monounsaturated and polyunsaturated fats. These two types of fat are considered beneficial because they can improve blood cholesterol levels and help with inflammation.

Go! Scan the QR code to learn more:

