

## [HOW TO COOK HEALTHY](#)



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But even the home-baked varieties can be full of fat. For healthier cooking, try substituting applesauce for oil or butter. Swapping applesauce for oil will cut fat and cut calories, but it can also change the texture of your finished product. The substitution generally works best in muffins, bars or cake recipes.

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To reheat your healthy meal, simply grab a container from the refrigerator and pop it into the microwave. Cook on 70 percent power for one minute. Then, remove the container from the microwave and place the chicken on a plate. Heat the remaining ingredients on high for 2-3 more minutes.

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