



Cooking 101

These Tweet ideas coordinate well with resources we've featured in this ONE Toolkit. Once you've posted the corresponding resource on your website, you can include a link, with your own URL, in your Tweet.

Hashtag: #cooking101

Link to Bring on the Heat!

Heat is a key element in cooking, affecting taste and texture of your food.

Knowing how to use heat is a key to good cooking.

Heat is the secret to good cooking.

Is all heat created equal? Learn more about wet and dry heat methods.

Is there a difference between roasting and baking?

How many ways can you cook a goose?

Link to The Chef's Knife: Your Edge in the Kitchen

Holding your chef's knife properly makes food prep easier and safer.

From tip to butt, use your chef's knife to its best advantage.

Wash, don't soak your chef's knife for a longer life.

Slicing, dicing, mincing is easy with a little skill and a good chef's knife.

Link to Tips for Five Fixes for Common Cooking Mishaps

Hit the pasta sweet spot – al dente. Use plenty of water and keep it boiling.

The less you mash your potatoes, the fluffier they'll be.

Did your mashed taters turn to glue? Here's why.

A watery sauce can be thickened easily with flour and water.

Not all food mishaps are disasters. Here are five that can be rescued.

Link to Secrets of a Well-Stocked Pantry

Cooks know that a well-stocked pantry makes mealtime more manageable.

Get dinner on the table quicker and easier with a well-stocked pantry.

Canned beans are a staple for everyone's pantry.

Extend your meals with canned beans; they add flavor, texture and fiber.

Last minute meals are a breeze with a well-stocked pantry.

Nuts and seeds add crunch to salads, vegetables or stir-fries.

Link to Freezing Food Guide

Cut food waste by freezing leftovers.

Keep your freezer clean to prevent off-tastes and odors from invading your food.

Freezing leftovers reduces food waste and saves money, too.

Ever wonder how long foods can safely be frozen? Check out this freezer guide to learn more.

Uh oh. What is *that* in the back of the freezer? Check these tips for safely freezing your foods.



[Link to Ice Cube Tray Tricks](#)

You ice cube tray can work double duty. Our clever tips help save time and money.

Ice cube trays: Not just for water anymore.

Ice cube trays freeze most anything; these ideas are just a few ways to use them.

Don't throw out that leftover tomato paste! Freeze it into cubes instead.

[Link to The Benefits of Cooking with Kids](#)

Kids who help in the kitchen eat healthier and learn basic cooking skills, too.

Knowing how to cook is a skill kids will use throughout their lifetime.

Get closer to your food and your kids – cook together in the kitchen.

Kids in the kitchen use math, science & reading skills while creating something delicious!

[Link to Top Tools for Cooking with Kids](#)

Your child + a few kitchen tools = happy memories.

A jelly roll pan makes a self-contained workspace for kids in the kitchen.

Not just for desserts: use cookie cutters to shape sandwiches or French toast.

Kids love fun food shapes. Use cookie cutters to make sandwiches or French toast.

[Link to Soup's On](#)

A bowlful of soulful soup – good any day of the week

Soup's on! Always a welcoming call to the table.

Creating your own homemade soup is easy and oh so satisfying.

For lunch, dinner or snack, soup has a place at the table

Through centuries & across cultures, soup has nourished both body and soul.

Lower the sodium, raise the flavor, with easy homemade soups

[Link to Pecan-Crusted Catfish](#)

Pecans add a healthy crunch to catfish.

Baked catfish breaded w/pecans gives you the texture of fried fish without the calories.

Deep fried catfish has a healthier sibling with this pecan-coated fish recipe

[Link to Mediterranean Pita Pizza](#)

Whole grain pita bread makes fun and nutritious pizza.

Pita pizza is versatile, fun and healthy.

Short on time for prepping dinner? Try this pita pizza idea – it's quick, easy and healthy.

[Link to Scrambled Up Snack Tacos](#)

Tacos are versatile, as this recipe shows!

Tacos for lunch, dinner or as a snack. Try this version with eggs, cheese and beans.

Beans and eggs are perfect partners for tacos.

Taco surprise! Combine scrambled eggs with beans and cheese.