



## Cooking without Oil

### Why Cook without Oil

There are several reasons to cook without oil. Removing oil from cooking can remove significant amounts of fat and calories from your daily intake. By removing oil you are also removing one of the more refined foods from your diet. Finally, by removing oil you will also save money—good oils are expensive. Give it a try.

**Sautéing** with no oil uses three principles

1. High heat
2. NO FAT
3. Rapid motion

### The Basics: Sautéing Onions

1. Heat pan until hot, use the water drop method to test. If the pan is hot enough a drop of water will bounce up as soon as it touches the pan.



A water drop on the hot pan

2. Add julienne onions to hot pan



Adding the onions

3. Cook the onions a little. Allow the color to form as the onions heat up and stick slightly to the pan. This color is flavor, by caramelizing the onions we are pulling the sugars and semi burning them to create that nice browning effect and flavor profile.



Browning in the bottom of the pan

4. Add a small amounts of low sodium vegetable stock to deglaze the pan and loosen the onions from the bottom of the pan.



Deglazing the pan

5. Stir to desired tenderness and color. Lower the heat by half and continue with your recipe or remove from heat and add to other dishes.

In this recipe we were adding them to escalloped potatoes with no oil or dairy. You can use caramelized onions as the base to lasagnas to allow easy removal from the pan and to add flavor.



Onions in the bottom of the casserole dish