

Spices of Life!

Heart Failure Awareness Week . February 14-20, 2016

Healthy Living with HF

Vinegar

Vinegar is named from vin aigre, which means "soured wine" in French. There are different vinegars.

Tips on Using Vinegar

- Make your own [vinegar based bbq sauce](#) to flavor and tenderize barbeque meat.
- Soak wild meat in a vinegar-water solution before cooking to lessen a gamey flavor.
- Add a tablespoon of vinegar to the cooking water when boiling meat to improve the flavor and texture.
- When making pasta, add 1 tablespoon of vinegar to the cooking water instead of salt to prevent sticking.

Try one of these vinegars in a recipe and bring zing to a dish!

Apple Cider Vinegar

- Use in a salad: just a dash of vinegar with olive oil, lemon Juice
- Over French Fries instead of ketchup
- With cooked beets
- Make homemade pickles (cucumbers, cauliflower, cabbage, carrots) using a simple solution of vinegar and sugar. Not low in sugar, but contains no salt.
- A southern tradition, vinegar is used in cooking collard greens, green beans, dry beans or cabbage.



American Association of Heart Failure Nurses

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Type Of Vinegar	Uses
Red Wine Vinegar	Tenderize meats and bring out the meat flavor by marinating them in a wine vinegar mixed with herbs. Marinate very tough pieces of meat overnight in the refrigerator
Balsamic Vinegar	Add balsamic vinegar to any tomato-based pasta sauce – it will lessen with cooking and add a rich flavor.
Balsamic Vinegar	A dash of balsamic vinegar with olive oil (+ herbs, + garlic powder) on top of your baked vegetables
Rice Vinegar	Cooking with vinegar makes for fluffier rice. Just add a teaspoon of apple cider or rice vinegar to the cooking water.
White distilled vinegar	Add a teaspoon of white distilled vinegar to the water when cooking vegetables.
White distilled vinegar	Add a teaspoon of white distilled vinegar to bring out the flavor and tenderize fish or seafood when it is added while cooking.