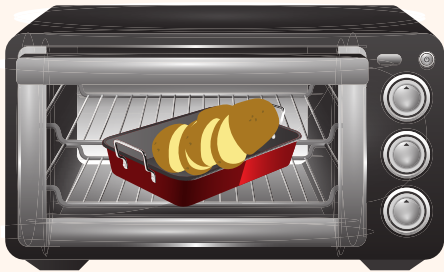
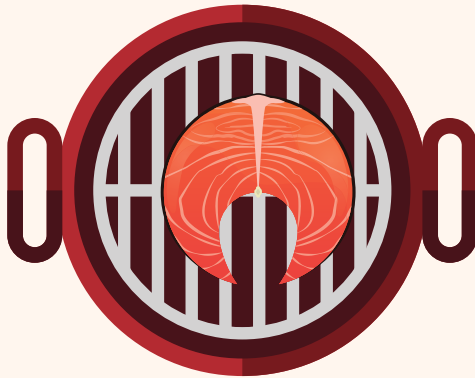


Cooking Methods



Baking



Grilling



Broiling

Choose healthy cooking methods instead of deep-frying



Roasting



Steaming



Sautéing