

Healthy Recipe Substitutions

There are several ways to make the foods you love to eat healthier than before!

Try this when cooking potatoes---Rather than home fries in butter, layer sliced potatoes (with some onion slices) in a cast iron skillet coated with no stick spray. Brush tops lightly with vegetable oil. Sprinkle with paprika and freshly cracked pepper. Roast the potatoes in the skillet in a 425 degree oven for 20 to 30 minutes or until potatoes are brown on top.

Try this to remove FAT: To de-fat homemade broths, soups and stew, prepare the food ahead and chill it. Before reheating the food, lift off the hardened fat formed at the surface. Or, if you don't have the time to chill the food, float a few ice cubes on the surface of the warm liquid to harden the fat. Then remove the fat and discard.

When sautéing onion for flavoring stews, soups and sauces, use nonstick spray, water or stock.

When making a salad dressing, use equal parts water and vinegar and half as much oil. To make up for less intense flavor, add more mustard and herbs.

When making chocolate desserts, use 3 tablespoons of cocoa (if fat is needed to replace the fat in chocolate, add 1 tablespoon or less of vegetable oil) instead of 1 ounce of baking chocolate.

When making cakes and soft-drop cookies, use no more than 2 tablespoons of fat for each cup of flour.

When making muffins, quick breads, or biscuits, use no more than 1-2 tablespoons of fat for each cup of flour.

When making muffins or quick breads, use 3 ripe, very well mashed bananas instead of ½ cup butter or oil.

When baking or cooking, use 3 egg whites and 1 yolk instead of 2 whole eggs; use 2 egg whites instead of 1 whole egg.

When making pie crust, use only ½ cup margarine for every 2 cups of flour.

When you need sour cream, blend 1 cup lowfat cottage cheese with 1 tablespoon skim milk and 2 tablespoons lemon juice, substitute plain or nonfat/lowfat yogurt, or try some of the reduced fat sour cream substitutes.

When a recipe calls for butter, lard or shortening, choose margarine with liquid vegetable oil as the first ingredient listed on the label.

Information provided by the National Institute of Health