

Modifying Recipes

Use the following table as a reference guide to help you make healthier substitutions for common ingredients in everyday recipes. These substitute ingredients are lower in fat and/or calories than the original ingredients. Therefore, trying these substitutions will greatly reduce the calories and/or fat per serving. Many substitutions sacrifice little in the way of flavor. However, you will need to experiment a bit to see how much your taste buds will sacrifice in the name of calorie reduction.

- **Instead of:** 1 cup cream
Substitute: 1 cup evaporated skim milk
- **Instead of:** 1 cup butter, margarine or oil
Substitute: ½ cup apple butter or ½ cup prune puree + 1-2 Tbsp. Butter, margarine or oil (See recipe for prune puree below)
- **Instead of:** 1 egg
Substitute: 2 egg whites or ¼ cup egg substitute
- **Instead of:** Pastry dough
Substitute: Graham cracker crumb crust or phyllo dough
- **Instead of:** Butter, margarine or vegetable oil for sautéing
Substitute: Cooking spray, chicken broth, or a small amount of olive oil
- **Instead of:** Bacon
Substitute: Lean turkey bacon
- **Instead of:** Ground beef
Substitute: Extra lean ground beef or ground turkey breast
- **Instead of:** Sour cream
Substitute: Fat free sour-cream
- **Instead of:** 1 cup chocolate chips
Substitute: ¼ - ½ cup mini chocolate chips
- **Instead of:** 1 cup sugar
Substitute: ¾ cup sugar (this works with most everything except yeast breads)

- **Instead of:** 1 cup mayonnaise
Substitute: 1 cup reduced-fat or fat-free mayonnaise
- **Instead of:** 1 cup whole milk
Substitute: 1 cup skim milk
- **Instead of:** 1 cup cream cheese
Substitute: ½ cup ricotta cheese pureed with ½ cup fat-free cream cheese
- **Instead of:** Oil and vinegar dressing with 3 parts oil to 1 part vinegar
Substitute: 1 part olive oil + 1 part vinegar (preferably a flavored vinegar such as balsamic) + 1 part orange juice

Prune puree: Combine 1 1/3 cups (8 ounces) pitted prunes and six tablespoons hot water in processor or blender. Puree until smooth. Makes one cup. Many grocery stores now sell canned prune puree for baking. Check baby food aisles for prune puree also.