

# How To Become a Leaner Cook

## (MODIFYING RECIPES TO REDUCE CHOLESTEROL & SATURATED FATS)

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Making wise food choices at the supermarket is one step towards a healthy diet. The next step is learning to prepare those foods in a healthy manner. How? By modifying a recipe.

There are two basic ways to modify a recipe: change a cooking technique or change an ingredient. Low fat cooking techniques include baking, broiling, poaching or steaming. You can further "de-fat" your food by using non-stick vegetable oil sprays to treat pans or grills. Also try using marinades and herbs to flavor meats, fish and poultry instead of high fat sauces and gravies.

Changing an ingredient is a little more complicated. Only certain ingredients can be changed without altering the basic nature of the recipe. Before you start, ask the following questions about your recipe:

- \* Are all the high fat ingredients essential?
- \* Are there nonfat or low fat versions of the ingredients available?
- \* Will the recipe work if some of the high fat ingredients are reduced or omitted?
- \* Can any other ingredient, i.e., sugar or salt, be reduced or eliminated to make the finished product healthier?

There are three ways to modify an ingredient: reduce it, eliminate it, or substitute a more acceptable ingredient. Paying attention to the source of fat in a recipe and making appropriate modifications is the key to keeping recipes light and nutritious.

Following are some categories of food and tips that can help lower fat, cholesterol, sodium and calories in your favorite recipes:

### ***INSTEAD OF***

### ***TRY***

Whole milk

Skim milk

Whole milk cheese

Low-fat cheeses

1 Medium whole egg

Egg substitute or 2 egg whites

1 cup heavy cream

1 cup evaporated skimmed milk or, if cream is to be beaten, try substituting 2 or 3 egg whites with a table-spoon of sugar for each white and beat until they hold stiff peaks. The meringue can then be folded into the recipe then be folded into the recipe just like whip cream

1 cup high-fat (creamy) yogurt, plain

1 cup non-fat yogurt, plain

1 cup sour cream

1 cup low fat or fat free sour cream or low fat yogurt

1 ounce baking chocolate

3 tablespoons cocoa powder

Sautéing in oil

Spray pan with spray vegetable oil or use a meat stock

Fat in quick breads, cakes and brownies

Substitute  $\frac{1}{2}$  or  $\frac{3}{4}$  or all fat with applesauce or other pureed fruit.

### A FEW TIPS:

1. Don't use oil in a recipe in which you are using a sugar substitute - does not give satisfactory texture.
2. For richer skim milk to use in recipes, add 1 tablespoon dry Butter Buds to 8 ounces skim milk.
3. To use margarine in a dough recipe that calls for butter, add 1 teaspoon extra flour per cup or the dough will be too soft.
4. When using non-fat yogurt for a cream sauce or in cooking, mix 1 tablespoon cornstarch with 1 tablespoon yogurt and stir into the rest of the yogurt. Stir over medium heat until thickened. This will prevent separation.
5. To stabilize yogurt in a chilled product, add 1 teaspoon unflavored gelatin dissolved in 2 tablespoons hot water.

### BUTTER / MARGARINE SUBSTITUTE:

#### BUTTER BUDS - 100% Natural Butter Flavor Granules

- 1 Tablespoon has 6 calories and no cholesterol
- 1 Packet (8 to a box) equals the flavor of a ¼ pound of butter (1 stick)
- Reconstitute to liquid by adding water. Substitute an equal amount for butter, margarine, or vegetable oil in a recipe.

<del>Liquid Butter Buds</del>	<del>Butter/Margarine</del>	<del>Vegetable Oil</del>
½ cup (1 packet) equals	8 tablespoons 1 stick ½ cup ¼ lb. 4 ounces	½ cup
¼ cup equals	4 tablespoons ½ stick ¼ cup 1/8 lb. 2 ounces	¼ cup
2 tablespoons equal	2 tablespoons	2 tablespoons
2 teaspoons equal	2 teaspoons	2 teaspoons

### EGG SUBSTITUTE:

#### EGGBEATERS - Made with egg whites with coloring and other ingredients

- ¼ cup equals 1 whole egg
- Use ¼ cup for 1 egg yolk, however if the recipe calls for more than 2 egg yolks, it may not turn out well.
- For cakes, 1/3 cup for each egg will give better volume
- If egg content is high (3-4) reduce liquid by 2 tablespoons to compensate for the liquid in eggbeaters.