

eating well at home

Lighten up your meals



Consider challenging yourself this week to take a favorite recipe and “lighten it up.” Look at the table of ingredient substitutions below and see how they might work with your favorite recipe. Also look at the tips for cutting down on fat and calories during preparation. You might be surprised to find that you like the lighter version better.

IF THE RECIPE CALLS FOR:	USE THIS INSTEAD:	COMMENTS:
Ground beef	Ground turkey or chicken, or soy ground round	Spray pan with pan spray before browning; drain any fat from pan after browning. Soy ground round is already cooked.
Butter or margarine for baking	Applesauce; baby food prunes or carrots	You will need to experiment, but you can replace $\frac{1}{2}$ or more of the fat in the recipe and get a nutritional boost.
Butter to sauté vegetables	Pan spray; broth, wine, vegetable juice	Spray pan with pan spray; sauté in wine, broth or vegetable juice. Cover pan to “sweat” vegetables.
Cheese	Reduced-fat cheese	Use reduced-fat cheese, and reduce the total amount in the recipe if possible.
Cream (not for whipping)	Evaporated nonfat milk; fat-free half-and-half	Evaporated nonfat milk can be used in recipes and in coffee.
Eggs in baking	Egg whites or egg substitutes	Egg substitutes are 99% egg white; you can also use two egg whites to replace one whole egg in baking.
Mayonnaise	Nonfat mayonnaise	
Nuts	Use less	Reduce amount by half, and toast first to enhance flavor.
Pie crust	Graham-cracker crust	Traditional pie crust is very high in fat and saturated fat; graham crackers are whole grain.
Sour cream, cream cheese, cottage cheese	Use nonfat versions; plain nonfat yogurt can replace sour cream	Try whirling cottage cheese in the blender with a little lemon juice; it makes a smooth, creamy sour cream substitute.