

Substitutes for Healthy Recipes

Try these substitutions for healthy recipes:

In place of:	Try:
Shortening, butter, or oils when browning meat	Non-stick pan sprays
Regular ground beef	Extra-lean ground beef or ground turkey
Oil or shortening for sautéed foods	Broth or water
Sour cream or mayonnaise in dips and salad dressings	Low-fat yogurt or reduced-fat mayonnaise
Margarine, butter, or sour cream on baked potato	Low-fat cottage cheese or parmesan cheese
Lots of meat in a casserole	Substitute extra vegetables for part of the meat
Whole milk	Low-fat milk, skim milk, or non-fat dry milk
White flour in muffins, quick breads, and desserts	Combination of whole wheat and white flour (try half whole wheat/half white flour)
A lot of sugar in muffins, quick breads, and desserts	Reduce sugar by one third to one half; add or increase other sweet ingredients in the recipe, such as bananas or applesauce. Add cinnamon and/or vanilla to enhance the sweetness of recipes.
A lot of butter, margarine, or oil in muffins, quick breads, and desserts	Extra bananas, applesauce, or similar moist ingredients may allow you to reduce the added fat by one third to one half.

References:

Rombauer, Irma S. and Marion Rombauer Becker. *Joy of Cooking*. New York: The Bobbs-Merrill Company, Inc., 1975; American Home Economics Association, *Handbook of Food Preparation*. Washington, D.C.: The American Home Economics Association, 1980.

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