RECIPE MAKEOVER

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OBJECTIVES

- Healthy eating during the holidays
- Ways you can modify recipes to make them healthier
- Tips about healthy eating
Why do you think healthy eating during the holidays is important?
There are a number of reasons why it is important

- You will feel better

- You are less likely to gain weight you might not lose
  (Most Americans gain about a pound during the holiday season and the majority never lose it. These small weight gains add up over the years – increasing the risk of heart disease, diabetes and certain types of cancer)

- You will have more energy and not feel so sluggish
How many of you believe that if a recipe is healthy, it does not taste good?
THINK ABOUT

- Your favorite recipes….
- Do they call for heavy cream by the cupful?
- Butter by the stick?
SO....

- You stock your pantry with loads of healthy foods, but what do you do with them?

- And, how do you modify favorite family recipes so that they are more in line with your healthy-eating plan? (Substituting ingredients and making over a recipe may take some trial and error, but the result will make the effort worth it)

- You can lighten up your family’s favorite holiday recipes while still keeping that delicious flavor that you love....
1. Start by taking a look at the ingredients in the recipe and deciding which can be changed or modified to fit your nutritional goal, such as low fat, low sodium, or low sugar. (Some ingredients have functional properties within the recipe, so be careful what you change)

For example:

- **Green Bean Casserole**
  - Low – fat (1%) milk instead of whole milk
  - Low – fat cream of mushroom soup instead of regular
  - Bread crumbs and almonds instead of French fried onions
USE THESE STEPS TO HELP YOU MODIFY RECIPES

2. For easy substitutions, you can try substituting modified foods such as:
   - Egg substitutes vs. regular eggs
   - Reduced-fat cheese vs. regular cheese
   - Reduced-fat sour cream vs. regular sour cream
   - Sodium-reduced broth or soups vs. regular broths or soups
3. Think about the ingredient you are going to replace.

- If it is salt, that is what may give flavor to the dish, so be sure to replace it with some herbs and spices.
- To add a little more fiber and cut some fat, you can substitute whole-wheat noodles for egg noodles.

4. ***Decide which ingredients you can eliminate altogether without altering the flavor or appearance of the dish***
USE THESE STEPS TO HELP YOU MODIFY RECIPES

5. Decide what ingredients you can add to the recipe to add nutritional value such as:
   - Adding wheat germ to casseroles or
   - Shredded carrots to lasagna.

Both will go unnoticed, but will add extra nutrition to the dish.

6. ***Make changes to your recipe gradually. Just make one or two ingredient changes the first time you modify it to see what the results are. If those few changes work well, try a few more the next time***
## Tweak Your Recipes: Baking

<table>
<thead>
<tr>
<th>If your recipe calls for:</th>
<th>Try substituting:</th>
</tr>
</thead>
<tbody>
<tr>
<td>All-purpose flour</td>
<td>Whole-wheat flour for half of the called-for all-purpose flour in baked goods</td>
</tr>
<tr>
<td>Butter, shortening or oil in baked goods</td>
<td>Applesauce or prune puree for half of the called-for butter, shortening or oil</td>
</tr>
<tr>
<td>Butter, margarine, shortening or oil to prevent sticking</td>
<td>Cooking spray or nonstick pans</td>
</tr>
<tr>
<td>Eggs</td>
<td>Two egg whites or ¼ cup egg substitute for each whole egg</td>
</tr>
<tr>
<td>Evaporated milk</td>
<td>Evaporated skim milk</td>
</tr>
<tr>
<td>Fruit canned in heavy syrup</td>
<td>Fruit canned in its own juices or in water, or fresh fruit</td>
</tr>
<tr>
<td>Full-fat cream cheese</td>
<td>Fat-free or low-fat cream cheese or low-fat cottage cheese pureed until smooth</td>
</tr>
</tbody>
</table>
## Tweak Your Recipes: Baking

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<tr>
<td>Whole milk or 2%</td>
<td>Low-fat (1%) or fat-free milk (skim)</td>
</tr>
<tr>
<td>Sour cream</td>
<td>Low-fat plain yogurt</td>
</tr>
<tr>
<td>1oz. Unsweetened baking chocolate</td>
<td>3 Tbsp. dry cocoa + 2 tsp sugar + 1 tbsp oil</td>
</tr>
<tr>
<td>1 cup of chocolate chips</td>
<td>½ cup mini chocolate chips</td>
</tr>
<tr>
<td>Regular peanut butter</td>
<td>Reduced fat peanut butter</td>
</tr>
<tr>
<td>1 cup shredded coconut</td>
<td>½ cup toasted coconut + ½ tsp coconut extract</td>
</tr>
<tr>
<td>Whipping cream</td>
<td>Fat-free whipped topping or evaporated skim milk</td>
</tr>
<tr>
<td>Traditional pie crust</td>
<td>Graham cracker crust</td>
</tr>
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</table>
Baking Basics: Did you know?

- You can replace half of the sugar with SPLENDA (or other artificial sweetener)?

- This will cut the calories from sugar in half, saving you 48 calories per tablespoon of sugar you replace.
In most bakery recipes (muffins, cakes, cookies, coffee cakes, brownies, nut breads, etc.), you can substitute whole-wheat flour for half the white flour called for.

Compared to ¼ cup of white flour, each ¼ cup of whole-wheat flour adds 3.5 grams of fiber.

The extra fiber helps slow digestions and increase fullness!
Baking Basics: Did you know?

- In many bakery recipes, you can cut the fat ingredient (butter, margarine, shortening, or oil) in half.

- So, if a cake recipe calls for 1 cup of butter or margarine, you can usually use ½ cup instead.

- Remember to replace the missing fat with a similar amount of a moist, but healthful ingredient (fat-free sour cream, orange juice, low-fat yogurt, or applesauce).
ALERT!!!!!!!

- Be careful when cutting back on the amount of sugar and fat in recipes, if you are not substituting some other ingredient.
- Reducing sugar will often affect the texture or the volume of the food.
- Reducing fat can make baked goods tough or dry, or they may not rise properly.
- Fat also carries flavor and helps lubricate foods so they don't stick to the pan.
<table>
<thead>
<tr>
<th>If your recipe calls for:</th>
<th>Try substituting:</th>
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<tbody>
<tr>
<td>Bacon</td>
<td>Canadian bacon, turkey bacon, smoked turkey</td>
</tr>
<tr>
<td>Creamed soups</td>
<td>Fat-free milk-based</td>
</tr>
<tr>
<td>Dry bread crumbs</td>
<td>Rolled oats or crushed bran cereal</td>
</tr>
<tr>
<td>Eggs</td>
<td>Two egg whites or ¼ cup egg substitute for each whole egg</td>
</tr>
<tr>
<td>Enriched pasta</td>
<td>Whole-wheat pasta</td>
</tr>
<tr>
<td>Ground beef</td>
<td>Extra-lean or lean ground beef, chicken or turkey breast</td>
</tr>
<tr>
<td>Salad dressing</td>
<td>Fat-free or reduced-calorie dressing or flavored vinegars</td>
</tr>
<tr>
<td>White rice</td>
<td>Brown rice or wild rice</td>
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</tbody>
</table>
**Tweak your recipes: Cooking**

<table>
<thead>
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<th>If your recipe calls for:</th>
<th>Try substituting:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cottage cheese &amp; Ricotta cheese</td>
<td>Low-fat or non-fat</td>
</tr>
<tr>
<td>Regular cheese</td>
<td>Low-fat or non-fat</td>
</tr>
<tr>
<td>Mayonnaise &amp; salad dressing</td>
<td>Light or non-fat</td>
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</table>
Cooking Basics: Meat... Did You Know?

When looking at recipes, reducing fat can be done in a variety of ways:

- Choose extra lean burger or ground turkey vs. regular hamburger (it’s cheaper too….)
- For chicken, use white meat vs. dark meat.
- Buy boneless, skinless, chicken breasts.
- Turkey can be substituted for chicken (Ground turkey is cheaper than chicken).
- Trim as much fat as possible off of pork before you cook it.
- Convert to turkey bacon vs. regular bacon.
THE RULES OF “NORMAL EATING”

- Eat when you are hungry or have a craving
- Choose foods you believe will satisfy you
- Stay connected to your body and eat with awareness and enjoyment
- Stop eating when you are full

STAY CONNECTED TO YOUR POUCH

- Breathe
- Chew well
- Pause and enjoy
- Look up from your plate
- Your fork is not an extension of your arm. Set it down!
- You don’t care what’s on someone else’s plate