

CUTTING BACK ON FAT AND CALORIES IN RECIPES

INSTEAD OF:	USE:
1 cup heavy cream	1 cup evaporated skim milk OR 1 cup 1% milk and 1 T cornstarch
1 cup sour cream	1 cup plain yogurt OR 1 cup fat free sour cream OR 1 cup pureed fat free cottage cheese and 1 T lemon juice
_ cup oil (for baking)	_ cup applesauce and _ cup buttermilk OR _ cup applesauce OR _ cup baby prunes
_ cup oil (for marinades and salad dressing)	_ cup defatted chicken broth OR _ cup unsweetened pineapple juice
2 T oil (for sautéing)	2 T defatted broth OR 2 T dry wine
_ margarine or butter (for baking)	_ cup applesauce OR _ cup applesauce and _ cup buttermilk OR _ cup baby food prunes
8 ounces cream cheese	8 ounces light cream cheese OR 8 ounces fat-free ricotta cheese
1 pound ground beef (80% lean)	1 pound lean ground beef (95% lean) OR 1 pound ground turkey breast OR 1 pound ground chicken breast OR 1 pound ground pork tenderloin
1 whole egg	2 egg whites
1 ounce unsweetened chocolate	3 T unsweetened cocoa powder
Single pie crust	3 sheets phyllo dough
1 cup chocolate chips	_ cup mini chocolate chips OR _ cup chocolate chips
1 cup chopped nuts	_ cup chopped nuts, toasted

1. In baking, use 3 ripe blended bananas instead of _ cup butter or oil.
2. In baking, use 3 Tablespoons of cocoa instead of 1 ounce of baking chocolate.
3. Steam vegetables or sauté in vegetable, chicken, or beef stock instead of cooking in oil.
4. Prepare soups ahead and chill in refrigerator. Skim off hardened fat before reheating.
5. Float ice cubes on the surface of a warm liquid to harden the fat and remove.
6. Use an oil spray of canola or olive oil instead of other fats. It decreases the oil portion.
7. Use skim or 1% milk instead of whole milk.
8. Instead of using ham hocks and fatback, use smoked turkey breast.