

Sensational Cooking Substitutions

You can easily increase nutrition and trim the fat in many of your favorite recipes by using these healthier choices:

Instead of...

1 cup of cream

Cream to thicken soups

Butter or margarine on bread

Stick margarine

2 oz. mild cheddar cheese

High-fat sauces over meat/poultry

Wine

White rice

Bread crumbs

Meat/poultry for stir-fry

Ground meat

Try...

1 cup of evaporated milk

Pureed potatoes or vegetables

Olive oil to dip your bread in

Small amount of olive oil, canola oil, or broth

1 oz. reduced-fat sharp or extra-sharp cheddar cheese

Vegetable purees (blend steamed broccoli, sautéed onion, garlic, salt, and pepper) or fruit salsa

Broth or apple juice

Brown rice, bulgur, kasha, quinoa, whole wheat couscous

Toasted wheat germ or whole wheat bread crumbs

Extra-firm tofu or more vegetables

Ground turkey breast, crumbled tofu, tempeh, textured vegetable protein (soy crumbles), beans, or less meat plus finely chopped vegetables

