

Modify Ingredients in Recipes

Three Ways to Modify Ingredients

1. *Use less* of ingredients that contain fat, saturated fat, sodium, and sugar.
2. *Substitute* ingredients.
3. *Add new* ingredients.

All of the ingredients in a recipe add to the end product. You will need to look at each recipe to see where you can make changes. Only certain ingredients can be changed. Trial and error may be needed before you arrive at the recipe that works best.

1. *Use Less of These Ingredients.* These include:

- ☐ Oils, fats, such as butter, stick margarine, etc.
- ☐ Meats (e.g., cut ground meat by half in spaghetti sauce, lasagna, etc.)
- ☐ Cheese (e.g., put half of amount called for on pizza)
- ☐ Regular salad dressings
- ☐ Sugar (e.g., use up to half the amount called for in most recipes or use half regular sugar and half sugar substitute. See labels for correct amounts to use in place of sugar.)
- ☐ Salt and other seasonings with salt, such as garlic salt



Shish-Kabob uses vegetables as part of the entree, while using less meat.

2. *Substitute Ingredients*

Replace this:	With this:
Butter (1 cup) or Shortening (1 cup)	Soft Margarine ($\frac{1}{2}$ cup); Diet margarine* (1 cup); polyunsaturated and monounsaturated oils ($\frac{1}{2}$ cup)
Whole milk (1 cup)	Skim milk (1 cup); Skim milk powder ($\frac{1}{3}$ cup + water to make 1 cup); $\frac{1}{2}\%$ fat milk
Cream (1cup)	Evaporated skim milk (1 cup)
Sour cream (1 cup)	Non-fat yogurt** (1 cup)
Whole milk cheeses (1 oz.)	Low-fat and skim milk cheeses (1 oz.) or replace half of the cheese with tofu or $\frac{1}{2}$ oz. low-fat cheese and $\frac{1}{2}$ oz. tofu
Baking chocolate (1 oz.)	Cocoa powder (3 Tbsp.) + polyunsaturated oil ($1\frac{1}{2}$ Tbsp.)
Mayonnaise (1 Tbsp.)	Fat-free or reduced calorie mayonnaise and salad dressings (1 Tbsp.)
Canned, fried onions (1 can)	Bread crumbs ($\frac{1}{2}$ cup)
Greasing baking pan with fat	Non-stick pan, vegetable cooking spray
Bacon	Imitation bacon bits
High fat meats	Low-fat meats, ground sirloin or extra lean ground beef, ground turkey, or soy-based meat substitute
Regular pie crust	Crusts made with crushed graham crackers, gingersnaps, grapenuts cereal, etc.

Chart continued on next page

* Diet margarine's high water content may alter the texture of baked products. It works well, though, in sauces, as spreads, and for sauteing vegetables.

** When using yogurt for sour cream in heated sauces, mix 1 Tbsp. of cornstarch with 1 Tbsp. of the yogurt then add to the rest of the yogurt. Stir over medium heat until sauce thickens. This will prevent the yogurt from separating.

Substitute Ingredients (continued)

Replace this:	With this:
Monosodium glutamate (MSG) (a flavor enhancer)	Other seasonings without salt and garlic
White flour	½ white flour, ½ whole wheat flour. (Replacing more than half may require adding more liquid to the recipe.)
Oil-based marinades	¼ of the oil + ¾ of the remaining volume with fruit juice, wine, water or reduced sodium broth
White flour in muffins, pancakes, waffles	Part white flour plus rest as crushed oat bran cereal, oatmeal, wheat bran or germ
Sugar (in muffins, etc.)	Applesauce, bananas, or other crushed fruit
White rice and enriched pasta	Brown rice, whole grain or vegetable pastas



Use vegetable pastas for variety and color.

3. *Add New Ingredients.* Here are some examples:

- ☐ Vanilla and other flavor extracts. Adding vanilla or adding extra vanilla can make foods taste sweeter than they are.
- ☐ Vegetables to casseroles, stews, soups, etc. that are not in the original recipe. For example, add mushrooms and green pepper to lasagna and pizza and cut down on or don't use any meats.
- ☐ Spices and herbs to add or enhance flavor. For example:
 - Sprinkle dill weed or tarragon on baked or broiled fish along with the lemon juice the recipe may call for.
 - Put pumpkin pie spice on cooked winter squash.
 - Add fresh ripe fruit or mashed cooked vegetables to muffins and quick breads for added flavor, moistness, and nutrients.
- ☐ Garnish dishes with fresh fruit slices and cut-up vegetables.
- ☐ Add grains, pastas, starchy vegetables, (potatoes, etc.) legumes (beans, peas, lentils) to thicken soups.
- ☐ Practice with changing recipes. The savings in total fat, saturated fat, *trans* fat, sodium, sugar, and calories can be great.

Modify ingredients in the example below to lower fat, sugar, sodium, and calories.

Example: Boxed Macaroni and Cheese

<i>Directions</i>	<i>Changes?</i>
1. Stir macaroni into 8 cups boiling salted water (1½ tsp salt).	
2. Boil rapidly 7 to 10 minutes until macaroni is tender.	
3. Drain macaroni.	
4. Add ⅓ cup + 1 Tbsp. butter or margarine, ⅓ cup milk and contents of sauce packet.	
5. Stir until smooth and creamy over very low heat.	
Would you add any other ingredients?	

Pick one of your favorite recipes and modify ingredients to lower total fat, saturated fat, *trans* fat, sugar, sodium, and calories. Once you have experimented and perfected it, share it with others.

[illegible]

More Information

For recipes that are low in total fat, saturated fat, *trans* fat, sugar, salt, and calories, access these Web sites:

American Heart Association
www.heart.org/HEART
ORG
Search for “Nutrition
Center.”

National Heart, Lung, and
Blood Institute (NHLBI)
www.nhlbi.gov
Search for “Healthy
Recipes.”

NUTRITION.GOV
www.nutrition.gov Search
for “Healthy Eating.”

Good cookbooks include:

American Heart Association
Low-Salt Cookbook, 4th
edition: A Complete Guide
to Reducing Sodium and Fat
in Your Diet

Quick & Healthy Recipes
and Ideas, 3rd Edition;
Brenda J. Ponichtera, R.D.