

# Fit & Lean in 2014

## 6.2: Recipe Box Makeover

Many people have recipes passed down from family & friends - recipes that are family favourites but may not be the healthiest in their current format.

You don't have to remove it from your recipe box - just modify the recipe with a few simple changes and you can keep this recipe in your collection while still living a healthy lifestyle!

Let's look at some tips you can use to transform your old recipes into recipes you can continue to use on your path to becoming fit & lean!

### Reduce the amount of fat, sugar & salt.

Using these general guidelines, you can reduce these without sacrificing flavour:

To reduce fat in baked goods, use half the butter, shortening or oil and replace the other half with unsweetened applesauce, mashed banana or prune puree.

Reduce the amount of sugar by  $\frac{1}{3}$  to  $\frac{1}{2}$ . Instead, add spices like cinnamon, cloves, allspice and nutmeg or flavourings like vanilla or almond extract to boost sweetness.

Reduce salt by  $\frac{1}{2}$  in baked goods that don't require yeast. For main dishes, salads, soups and other foods, you can reduce the salt by  $\frac{1}{2}$  or eliminate it completely.

### Make a healthy substitution.

Healthy substitutions reduce fat, salt & sugar and can also boost nutritional content.

**Pasta** - use whole-wheat pasta instead of enriched pasta. You'll triple the fiber and reduce the number of calories.

**Milk** - prepare a dessert with skim milk instead of whole milk to save 66 calories and almost 8 grams of fat per cup.

**Meat** - when making casseroles, scale back on meat, poultry or fish and increase the amount of vegetables. You'll save on fat and gain vitamins, minerals and fiber.

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### Cut back some ingredients:

**Toppings** - eliminate items normally used out of habit or for appearance, such as frosting or whipped toppings, which are high in fat and calories.

**Condiments** - cut condiments, such as pickles, olives, butter, mayonnaise, syrup, jelly and mustard, which can have large amounts of salt, sugar, fat and calories. Use less soy sauce than a recipe calls for to decrease the amount of salt.

**Cheese** - if a recipe calls for 1 cup of shredded cheese, use 1/2 instead.

### Change cooking and prep techniques.

Healthy cooking techniques include braising, broiling, grilling, poaching, sautéing and steaming. If the directions call for basting in oil or drippings, use a small amount of fat-free broth instead. Use non-stick cookware to avoid having to use oil or butter in your pans when cooking.



*How do you alter your favorite recipes?*
