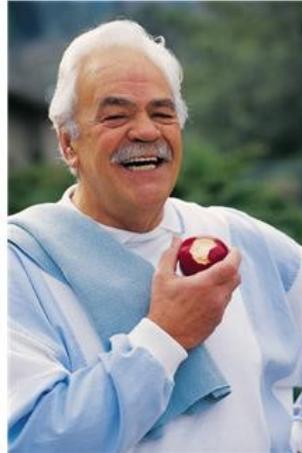


NHB HEALTH PROMOTION

Recipe Makeover Tips and Resources

Or “Go Play with your Food”!



How to eat what you like and still be able
to reach your healthier goals!



Updated: 10 Jan 2012



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Recipe Makeover Basics

Getting Started

Making a few easy substitutions and using healthful cooking techniques can help you rejuvenate your favorite family recipes. There is no single way to change a recipe, but making small changes here and there can make big differences nutritionally.



It is helpful to have the correct utensils. A good quality set of nonstick skillet, baking pans, and saucepans will let you sauté and bake without having to add extra fat.

Your options are to use less of one ingredient, use a different ingredient altogether, take an ingredient out completely, or add a new ingredient. Substituting ingredients and making over a recipe can take some trial and error, but the result will make the effort worth it.

Use these steps to help you modify recipes:

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 easy substitutions, you can try substituting modified foods such as egg substitutes, reduced-fat cheese, reduced-fat sour cream, and sodium-reduced broth or soups.

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 (see tips on pg 11). To add a little more fiber and cut some fat, you can substitute whole -wheat (or healthier blend) noodles for egg noodles.

Decide which ingredients you can eliminate altogether without altering the flavor or appearance of the dish.

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.

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.

Modifying the method in which you prepare the dish can make big changes. Simple changes such as skimming the fat that collects on stew, rinsing ground meat after browning it, skipping the salt and oil in cooking water, or oven-baking chicken instead of frying it can all make big changes to fat and sodium content.

NOTE: Be careful when cutting back on the amount of sugar and fat in recipes, if you are not substituting another ingredient. Reducing sugar can 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.



Cooking Methods

Cooking Methods

The way you prepare your meal can make a big difference in the total fat, saturated fat, and cholesterol content. With simple changes to your cooking methods, you can cook leaner and still have great-tasting dishes. When deciding on a healthier cooking method, it is essential to understand key cooking methods and what they mean. See chart on next page ⇨

Most lower-fat cooking methods include braising, broiling, grilling, pan-broiling, poaching, roasting, sautéing in water, simmering, steaming, stewing, and stir-frying. That is literally **every way to cook except frying or sautéing in oil!**



Method	Definition
Braise	to simmer in a covered pot over low heat in a small amount of liquid such as water, broth, or fruit juice.
Broil	to cook with direct heat, usually under a heating element in the oven.
Fry	to cook food directly in hot oil.
Grill	to cook with direct heat over hot coals.
Pan-broil	to cook uncovered in a preheated, nonstick skillet without added oil or water.
Poach	to cook gently in liquid, just below the boiling point when the liquid is just beginning to show movement.
Roast	to cook with dry heat in the oven.
Sauté	to cook quickly in a small amount of fat or water, stirring often so the food browns evenly.
Simmer	to cook slowly in liquid, just below boiling; usually done after reducing heat from a boil.
Steam	to cook with steam heat over (not in) boiling water.
Stew	to cook in enough liquid to cover food, such as water, broth, or stock, for a long period of time in a tightly covered pot over low heat.
Stir-fry	to cook small pieces of meat, poultry, fish, tofu, and/or vegetables in a very small amount of oil over very high heat, stirring often as it cooks.

Healthy Grilling

Grilling is a great way to cook low-fat, because you don't need to add any fat. Grilling does have a downside. Recent research has indicated that potential substances that can cause cancer are present in grilled foods. Fat that drips from the food onto the flames tends to create smoke that contains polycyclic aromatic hydrocarbons. These chemicals can be potential carcinogens as well as the blackened parts of meat. This does not mean you will get cancer or you should stop grilling. It is, however, always a smart idea to reduce your exposure to carcinogens. If you love to grill, follow these tips to help reduce your risk of exposure to possible carcinogens:

- To reduce grilling time, microwave or cook foods first that take a long time to cook on a grill. For example, cook ribs on low heat in the slow cooker or oven until cooked and then just put on the grill to baste with your favorite sauce.
- Use low or medium heat on the grill to avoid flames that shoot up and char the meat.
- Use leaner cuts of meat and marinades with little fat to avoid fat dripping on to the coals and causing flare-ups, smoke, and charring.
- Add glazes, sauces, or marinades only during the last few minutes on the grill; the sugar in the sauce causes flare-ups and increases smoke.
- Avoid eating the blackened parts of meat or other grilled foods.



Baking

Making changes in recipes for baked goods can be a bit challenging because the rules for low-fat baking are completely different from those for traditional full-fat baking. Reduced- and low-fat batters are more sensitive to over mixing, over baking, ingredient substitutions, improper measuring and oven temperatures. Plus, when you change the amount of one ingredient, often other ingredients need to be adjusted as well.

Butter, margarine and vegetable shortening add moistness and flavor to baked goods and give them a tender texture. In traditional baking, fat is creamed with sugar to form tiny air cells in the batter, which gives the baked goods a fine light texture. When the fat is removed or reduced in a recipe, the end product may lack flavor and be tough and full of tunnels. That is why many lighter recipes call for small amounts of butter. Not only does it add rich flavor, but it aids in the creaming process, which helps to leaven the batter, making it lighter and more able to rise.



- Fruit purees work well to replace some of the fat in many recipes. Applesauce is one widely used fat substitute that does not alter the color or flavor of a baked good. Pureed canned pears also have a mild flavor that won't interfere with the taste of the finished product. Prune purees—mainly because of their dark color—are the choice for fat replacement in chocolate recipes.
- When reducing the fat in a recipe, try using half the amount of fat called for and replacing the other half with a fat substitute. For example: to replace 1/2 cup butter in a recipe, try 1/4 cup butter plus 1/4 cup fruit puree
- Try using low-gluten flours like whole wheat pastry flour and oat flour in your lo-fat baking. Fat interferes with gluten formation making the baked good more tender. If you have less fat you may want to try these low-gluten flours as a replacement for all-

purpose flour and accomplish adding more nutrition in the process!

- If trying to add more fiber and nutrients, try changing the flour called for with at least 1/2 whole wheat pastry flour and the remaining all purpose flour.
- Minimize mixing. Stirring batter excessively develops gluten and toughens baked goods. Stir only enough to mix well.
- Avoid over baking. Reduced-fat baked goods tend to bake faster than those made with fat. They can become dry. You try lowering the oven temperature 25° and check for doneness a few minutes early.

Fat helps baked goods rise. You may need additional leavening if you have reduced the fat in a recipe.

- Baking soda is preferred if there is an acidic ingredient like buttermilk, sour cream or fruit puree in the recipe. Start by adding 1/4 teaspoon baking soda for each half cup of acidic ingredient.
- If there is no acidic ingredient, add some extra baking powder for lightness, starting with 3/4 teaspoon. But be careful. Too much additional leavening can leave a bitter aftertaste.
- Another way to add lightness is to whip egg whites in the recipe to soft peaks and gently fold them into the prepared batter.
- Consider making apple, peach, or berry cobblers instead of a traditional pie; the dough used to make the cobbler is much lower in fat!

Just remember, success in lower-fat and lower-sugar baking comes from trial and error, so don't be afraid to experiment.



Time Savers

Time-Saving Cooking Guidelines

There are several ways to save time in the kitchen.

- Plan your meals: This is important on so many levels.
 1. Saves money - you only buy what you need (hopefully!), AND you can plan around sales.
 2. Helps avoid temptations - "Nothings ready, I'll just get fast food"
 3. Others know what to cook if you are not home (if they are willing!)
- Bulk Cooking: This is designed chiefly for main dishes. Cooking meals ahead, either leave them whole or portion them out, then place in freezer bags or airtight containers, and freeze them. When you need a meal, it is as simple as taking it out of the freezer. Many foods freeze perfectly, especially soups, stews, spaghetti sauces, and chili. Let the food cool before you place it in the freezer, and be sure your freezer temperature is properly regulated (0 degrees or lower). Be careful not to stuff the freezer so air has room to circulate. Freezing individual portion sizes helps with lunches and can spread meals even further. (not to mention prevent us from getting seconds!)
- Double cooking: If you are in a cooking mood, make a double batch of whatever meal you are making and freeze it for later.

Always remember to label your containers with contents and a date. Stews and casseroles will generally keep for up to three months. Sauces will keep even longer. If you store frozen foods longer, they will generally be safe to eat,



Spices

Using Herbs and Spices

Using herbs and spices offers a flavor advantage as you work on making your recipes healthful.



It is best to store dry herbs and spices in tightly covered containers and keep them in a cool, dry, dark place. Avoid storing them in the refrigerator, near a window, or above the stove. The atmosphere in some of these areas can destroy the flavor.

Most whole herbs and spices retain their flavor for about one year. Dried and ground versions are best when used within six months. Before adding dried herbs to your recipe or dish, crush them between the palms of your hands to release their flavor

1 teaspoon of dried herb can be substituted for 1 tablespoon of chopped fresh herb.

Whether you are using fresh or dry seasonings, be sure to use them carefully—a little can go a long way. You can experiment with all types of combinations of herbs and spices to make up your own blends.

Flavors become more concentrated, the longer the seasoning mixture is on the food. In recipes that require a long cooking time, such as soups, stews, and sauces, add herbs and spices toward the end of cooking so their flavor won't cook out.

Herbs such as basil, bay leaf, oregano, or rosemary add distinctive flavors and color to meat, vegetables, and salads. Spices such as cinnamon, ginger, and nutmeg enhance the sweet taste of foods. Seasoning blends such as chili powder and curry powder provide complex flavors.



Fats

- When recipes call for butter, consider replacing with oil like canola or olive oil which are both low in saturated fat.
 - If you want to keep the creamy, thickness of soup, try replacing high fat cream with pureed cooked rice.
 - Replace cooking oil with vegetable spray or 1 to 2 tablespoons of defatted broth, water, or juice when sautéing.
 - For sour cream, substitute low-fat or nonfat sour cream, low-fat yogurt, or blend 1 cup low-fat cottage cheese with 1 tablespoon skim milk and 2 tablespoons lemon juice.
 - For mayonnaise, substitute reduced-fat or fat-free versions, or use low-fat or fat-free plain yogurt.
 - Because reduced-fat margarines are diluted with water, they should not be substituted for their full-fat counterparts one-to-one. To compensate for the extra water, substitute three-quarters as much of the light product for the full-fat margarine.
 - For fat in baked goods such as pumpkin bread, banana bread, or brownies, use an equivalent amount of applesauce, pureed prunes or low-fat mayonnaise as a substitute for most (or even all!) of the oil.
 - If the recipe calls for nuts or coconut, reduce the amount and try toasting to enhance the flavor. This will give them a stronger flavor so you can use less of them.
 - If the recipe calls for baking chocolate, try cocoa instead. Replace one ounce of baking chocolate with 3 tablespoons cocoa powder plus 1 tablespoon vegetable oil.
 - Replace the desired amount of butter, margarine or other solid shortening with half as much fat substitute. For instance, if you omit 1/2 cup butter from a recipe, replace it with 1/4 cup fruit puree. If the recipe calls for oil, substitute three-fourths as much puree. Mix up the batter. If it seems too dry, add a little more fruit puree.
- 1 tablespoon of fat equals about 120 calories

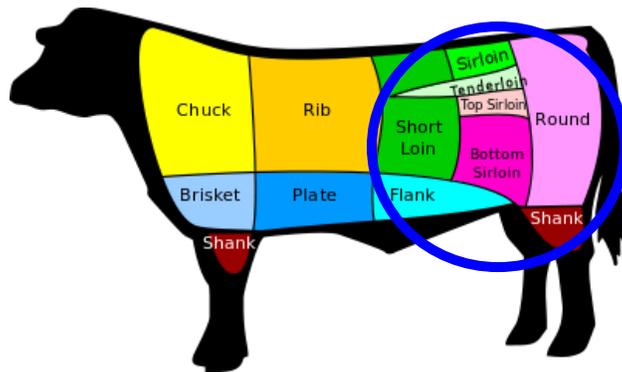
Fats: Milk and Cheese

- Pick cheese that's rich in flavor: Reducing the amount of cheese in a recipe is an easy way to cut calories and fat. Choosing a cheese with bolder flavor like sharp Cheddar or Feta over regular Cheddar helps a smaller amount have more impact in the recipe.
- Fat-free cheese may not melt as smoothly as its full-fat counterparts. One option is to use finely shredded cheese. Low-fat cheese usually melts well, and it still cuts some fat from your recipe. Lightly spraying cooking oil on the foods will help the non-fat cheese melt better.
- For sauces and soups, try tossing cheese with a small amount of flour or cornstarch before melting it.
- Replace ricotta cheese with a lower-fat version or with 1 percent cottage cheese
- Use nonfat condensed milk when a recipe calls for condensed milk, or use skim milk in place of whole milk.
- Use equal portions of non-fat evaporated milk as a substitute for heavy cream.
- Replace up to half of the butter in your recipe with half as much low-fat or nonfat plain yogurt. Not only does this decrease the fat, but it also helps create tender products.



Meat

- Pick a leaner cut of meat: Loin, round, flank and fish are best bets
- Swap out ground beef for lean ground turkey breast.
- Replace a quarter to a half of the ground meat in casseroles or sauces with cooked brown rice, bulgur, couscous, dried beans, or tofu
- Trim all visible fat and skin from meat before cooking.



Veggies

- Rinse canned vegetables - Rinsing canned or marinated vegetables (like tomatoes or artichokes) can cut down sodium by up to 35%.
- Use pureed cooked vegetables instead of cream, egg yolks, or roux to thicken sauces and soups.



Grains

- Try cooking rice, couscous, and other grains with herbs, low sodium broth or juice. Don't rinse rice when it is done cooking because you will wash away some of the vitamins, especially B vitamins.
- Include whole, unrefined grains: Using whole-wheat pastry flour in place of some (or all) of the all-purpose flour in baked goods increases fiber. One cup of whole-wheat pastry flour has 12 grams of fiber while 1 cup of all-purpose flour has just 3 grams. Once the flour is added, minimize mixing, as stirring will develop the gluten and toughen the baked good.
- Reach for the applesauce: Use applesauce in place of all or most of the fat in cookies, bars, cakes, or brownies — they're every bit as moist and delicious as those made with tons of butter.
- Substitute graham-cracker crusts for the traditional flour crusts on pies



Sugar

Sugar provides sweetness and flavor and aids in the browning of baked goods. Plus, sugar (white or brown) is integral to the creaming process, which incorporates air into the batter and makes the texture of the baked good lighter and more tender.

- Non-Baked Items: scale down by at least 25 percent. For example, instead of 1 cup of sugar, use $\frac{3}{4}$ cup.
- Try adding a pinch of cinnamon, nutmeg, or allspice to increase the sweetness without adding extra calories.
- For filled cookies, use chopped dates or 100 percent fruit spread rather than jelly.
- Instead of spreading frosting on brownies or cakes, sprinkle powdered sugar on top, or use a low-fat or fat-free whipped topping as frosting.
- Baked Goods: try reducing it 50% and add a sugar replacement to make up for half of that. .

Sweeteners

- Aspartame breaks down and loses much of its sweetness when heated.
- Many bakers have good results with baking splenda - which is a mix of sugar and splenda.



Moist Fudgy Brownies

Nutrition Facts: One brownie equals 307 calories, 31 g carbohydrate, 4 g protein, 21 g fat, (10 g saturated fat), 75 mg cholesterol, 118 mg sodium. Not appropriate for people with diabetes to eat.

Ingredients

2 cups (12 ounces) semisweet chocolate chips
1 cup butter, cubed
4 eggs
1 cup sugar
1 teaspoon Spice Islands® pure vanilla extract
1-1/4 cups all-purpose flour
1 cup chopped pecans
1 teaspoon confectioners' sugar

Directions

In a microwave, melt chocolate chips and butter; stir until smooth. Cool slightly. In a large bowl, beat eggs and sugar. Stir in vanilla and chocolate mixture. Gradually add flour and mix well. Stir in nuts.

Pour into a greased 13-in. x 9-in. baking pan. Bake at 350° for 25-30 minutes or until a toothpick inserted near the center comes out clean (do not over bake). Cool on a wire rack. Sprinkle with confectioners' sugar. Yield: 1-1/2 dozen.

Now healthy it up: While replacing the cup of butter originally called for with 1/4 cup of butter, 1/4 cup of canola oil and 2 jars of prune baby food, you retain the fudgy texture of the original brownies with only a fraction of the fat.

Also, by substituting baking cocoa for some of the chocolate chips, reducing the number of eggs and lowering the amount of nuts, you can further lower the amount of fat..

Makeover Moist Fudgy Brownies

Nutrition Facts: One brownie equals 221 calories, 31 g carbohydrate, 3 g protein, 11 g fat (4 g saturated fat), 31 mg cholesterol, 86 mg sodium. **Diabetic Exchanges:** 2 starch, 1-1/2 fat.

Ingredients

1-1/4 cups semisweet chocolate chips
1/4 cup butter, cubed
2 eggs
3/4 cup sugar
1/2 cup packed brown sugar
2 jars (2-1/2 ounces each) prune baby food
1/4 cup canola oil
2 teaspoons vanilla extract
1 cup all-purpose flour
1/2 cup baking cocoa
1/4 teaspoon baking soda
1/4 teaspoon salt
1/3 cup chopped pecans, toasted
1 teaspoon confectioners' sugar



Directions

In a microwave, melt chocolate chips and butter; stir until smooth. In a large bowl, combine the eggs, sugars, baby food, oil, vanilla and chocolate mixture. Combine the flour, cocoa, baking soda and salt. Add to the chocolate mixture; mix well. Stir in nuts.

Spread into a 13-in. x 9-in. baking pan coated with cooking spray. Bake at 350° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Sprinkle with confectioners' sugar. Yield: 1-1/2 dozen.

By making these overall changes, you can cut calories by more than a quarter, fat by nearly half and saturated fat and cholesterol by about 60%. The makeover brownies are still rich and moist and full of the chocolaty goodness of the original recipe

Makeover Meatloaf

The addition of richly flavored dried mushrooms and the whole-grain goodness of bulgur increases the vitamins and minerals and decreases the saturated fat of this meatloaf. The loaf is free-form, rather than baked in a loaf pan, which means more delicious, browned crust. This recipe is large enough to feed a big group or, even better, have leftovers for a cold sandwich the next day.

10 servings | Active Time: 40 minutes | Total Time: 1 3/4 hours

Ingredients

- 1 cup dried mushrooms, such as shiitake, porcini or chanterelle
- 1 cup bulgur, (see Ingredient Note)
- 1 cup boiling water
- 2 teaspoons extra-virgin olive oil
- 1 small onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 1 tablespoon Worcestershire sauce
- 1 15-ounce can diced tomatoes, drained
- 1/2 cup nonfat evaporated milk
- 1/2 cup ketchup
- 1 large egg
- 2 large egg whites
- 1 1/2 pounds 90%-lean ground beef
- 1 cup fine dry breadcrumbs
- 1/4 cup chopped fresh parsley
- 2 teaspoons dried thyme
- 1/2 teaspoon salt



Found at: www.eatingwell.com/recipes/meatloaf.html



Preparation

Place mushrooms in a small bowl and cover with warm water; let stand for 30 minutes. Combine bulgur with the boiling water in another small bowl and let soak until the bulgur is tender and the water has been absorbed, about 30 minutes. Remove the mushrooms from the liquid; trim stems and coarsely chop caps.

Preheat oven to 350°F. Coat a baking sheet with cooking spray.

Heat oil in a small skillet over medium-low heat and add onion, celery and garlic. Cook, stirring occasionally, until the vegetables are softened, 5 to 7 minutes. Add Worcestershire and cook for 3 minutes, scraping the pan well as the mixture becomes sticky. Add tomatoes, evaporated milk and ketchup; stir to combine. Continue cooking until the mixture is very thick, about 3 minutes. Remove from the heat and let cool.

Whisk egg and egg whites in a large bowl. Add beef, breadcrumbs, the soaked bulgur, the mushrooms and the tomato mixture. Stir in parsley, thyme and salt. Mix gently but thoroughly with your hands.

Mound the meatloaf mixture into a free-form loaf on the prepared baking sheet. Bake until the internal temperature reaches 165°F, 50 to 60 minutes. Let cool for 10 minutes before slicing and serving.

Nutrition

Per serving : 313 Calories; 10 g Fat; 3 g Sat; 4 g Mono; 66 mg Cholesterol; 32 g Carbohydrates; 24 g Protein; 6 g Fiber; 467 mg Sodium; 488 mg Potassium; 2 Carbohydrate Serving

Exchanges: 1 starch, 1 1/2 vegetable, 1 1/2 medium-fat meat

Tips & Notes

Ingredient note: Bulgur is made by parboiling, drying and coarsely grinding or cracking wheat berries. It simply needs a quick soak in hot water for most uses. Look for it in the natural-foods section of large supermarkets, near other grains.



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Other Helpful Resources

American Heart Association Cookbook (Random House, Inc.)

American Heart Association Meats in Minutes Cookbook (Clarkson Potter Publishers)

Better Homes and Gardens New Cookbook (Meredith Books, Inc.)

Lickety Split Meals By Zonya Foco

The All New Good Housekeeping Cookbook, edited by Susan Westmoreland (Hearst Books)

The Everything Nutrition Book by Kimberly A Tessmer

USDA Choose My Plate website retrieved on 10Jan12 at www.choosemyplate.gov

Vegetarian Times Complete Cookbook, by Lucy Moll and Vegetarian Times editors (Hungry Minds, Inc.)

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