

## HOW TO ADAPT YOUR FAVORITE RECIPES

The goals in recipe adaptation should include reducing the fat especially the saturated fat intake, reducing the sugar and increasing the fiber and complex carbohydrate content of your recipes. However, it is also important to produce meals which are enjoyable and attractive, as well as being healthier.

Often the fat content of your recipes can be halved by simply decreasing the amount of oil or margarine used or using an oil spray, trimming the fat off the meat and removing the skin from poultry prior to cooking. It is also important to look at ways of decreasing the saturated fats in your recipes (e.g. use low fat dairy products and using oil instead of butter, ghee or dripping).

Fiber and complex carbohydrate can be increased by the liberal use of fruits, vegetables, legumes, grains and cereals. In particular, try extending casseroles and mince dishes by using less meat and adding lentils, kidney beans, baked beans, rice or barley. Use wholemeal flour and cereal products where possible.

Fruit is a natural sweetener which can be used as a basis for healthy desserts, cakes or biscuits. While sugar provides only calories, fruit provides vitamins, minerals and fiber as well. Often it is possible to reduce the sugar in your recipes by more than half.

### How to reduce the fat content and save calories

INGREDIENT / METHOD	ADAPTATION
Full Cream Milk	Skim Milk
Full Cream Evaporated Milk	Evaporated Skim Milk; Buttermilk
Yogurt	Plain Low Fat Yogurt
Cream	Evaporated Skim Milk; Buttermilk; 1/2 Ricotta Cheese mixed with 1/2 Skim Milk
Sour Cream	Buttermilk; Low Fat Yogurt; Blend 1/2 Ricotta Cheese with 1/2 Low Fat Yogurt
Cream Cheese	Ricotta Cheese mixed with Cottage Cheese Neufchatel, or low-fat cottage cheese pureed until smooth
Cheddar Cheese	Use low fat or reduced fat cheese; Halve the amount used Substitute 1 tablespoon Parmesan Cheese for 1/2 cup grated cheese Combine low fat grated cheese with rolled oats for a cheesy, nutty topping
Meat	Trim all visible fat and remove skin from the poultry before cooking; rinse ground beef under hot water after browning before adding to recipe.

INGREDIENT / METHOD	ADAPTATION
Bacon	Use lean ham, Canadian bacon, turkey bacon, lean prosciutto (Italian ham)
Butter, Margarine or Oil	Reduce the amount used; Use fat-reduced margarine; Spray with an oil spray
Pastry	Replace short crust pastry with Filo Pastry Brush every third sheet of Filo Pastry with a pastry brush dipped in oil
Mayonnaise	Use low fat yogurt; Whip equal quantities of Ricotta Cheese with low fat yogurt; Spread mashed avocado on sandwiches instead
Salad Dressing	Use 'No Oil' Dressings Make your own using vinegar, lemon juice and herbs
Coconut Milk	Evaporated skim milk with a few drops of coconut essence
Marinades	Instead of oil based marinades, use fruit or vegetable juices, fruit nectars, herbs and spices, salsa or low fat yogurt
Sautéing, Shallow Frying or Deep Frying	Use a non-stick pan; Use an oil spray; Use stock or water for sautéing Microwave first, then bake in the oven or crisp under the griller
White Sauce	Reduce the amount of fat by half in the recipe Thicken with cornflour rather than the traditional roux method

### Other ways to modify recipes

- Add pureed vegetables to soups, sauces and casseroles to add nutrients and thickness. Even mashed sweet potatoes can be added to a chocolate cake!
- Add old fashioned rolled oats to baked goods and casseroles toppings to add satisfying texture and heart healthy soluble fiber.
- Replace soy nuts for peanuts for a supply of beneficial isoflavones.
- Use filo pastry – oil only every third sheet or use spray oil.
- Add shredded vegetables to meat loaf and the kids won't even know they're eating them. (try zucchini as they will spot the carrot!).
- Learn to use beans and legumes – even Dr. OZ has a black bean brownie recipe!

### The Plan

Take out your old family recipes and change one thing. Keep making adjustments until the family notices the difference. Stop there and you have successfully moved toward a healthy diet for your family & friends.