



COOKING WITH FAT

These are substitutions you can use in your recipes. Often, just with some small changes, you can change the recipe to make it lighter and still taste delicious! As a general rule, try to stick with low fat options instead of fat free. The fat free tend to not hold up well in recipes.

INSTEAD OF:	TRY:
1 whole egg	2 egg whites
1 whole egg	1 Tb. Ground flax + 3 Tb. Water whipped
Shortening or butter in baking	Applesauce (same amount)
Olive or canola oil in sauté	Oil spray, wine, broth
Cream or whole milk	Evaporated skim milk
Butter on vegetables	Fresh herbs, flavored vinegars
Oils in marinades	Lemon juice, mustard, soy sauce, fruit juice, beer
Bacon	Turkey bacon, Canadian bacon, liquid smoke
Cream in soups	Oats, potatoes, or mashed potato flakes
Mayonnaise or sour cream	Low fat sour cream or mayonnaise

Nutrition Counseling & Private Meal Service

Michele Wilbur, RD, CDN

Licensed Nutritionist & Personal Chef

607-227-6993

Michele@grcuisine.com

www.grcuisine.com

Yogurt Herb Dressing

This is a very low fat alternative for a dressing or marinade. Notice there is no oil in it, so it's actually fat free if you use nonfat yogurt.

- 1/4 cup(s) parsley, fresh
- 1/8 cup(s) basil, fresh
- 1/8 cup(s) sage, fresh
- 1/8 cup(s) thyme, fresh
- 1/8 cup(s) oregano, fresh
- 1/8 cup(s) chives, fresh
- 1 garlic clove (optional)
- 1/4 cup(s) lemon juice
- 2 cup(s) yogurt, low fat or nonfat and plain
- 1 teaspoon(s) pepper, freshly ground
- 4 tablespoon(s) balsamic vinegar
- 1 tablespoon(s) Dijon mustard

Nutrition Facts:

(Per 1 Tb. serving)

Calories: 33
 Total Fat: 0
 Saturated Fat: 0
 Cholesterol: 0
 Sodium: 72
 Carbohydrates: 5
 Fiber: 0.2
 Protein: 3

In a food processor, combine the herbs, garlic, mustard, and yogurt. Place in bowl and add pepper, lemon juice, and vinegar.

Top salads, cut up veggies, baked potatoes, or use as a marinade for chicken or lamb.

