

LIGHTEN UP YOUR RECIPES

Cut the Fat

For cakes and muffins	Reduce the fat: A minimum is 2 tablespoons per cup of flour
For chocolate	Use 3 tablespoons cocoa and 1 tablespoon oil for 1 ounce chocolate
For chocolate chips	Use 1/2 the amount of mini-chips
For brownie and cake mixes	Use 1/2 to 1/3 cup nonfat yogurt or applesauce for fat and eggs required in package directions
For cakes	Select angel food cake
For breads	Select bagels, English muffins, French bread
For cracker and chip snacks	Select toast rounds and pretzels
For sour cream or whipped cream toppings	Select low fat or nonfat yogurt
For butter on vegetables	Use butter seasonings or herbs and spices
For butter on bread	Use sparingly or use jam or jelly only
For eggs	Use 2 egg whites for 1 whole egg or use egg substitute
For salad dressings	Use low fat or fat free OR use flavored vinegars OR blend nonfat yogurt with mayonnaise
For sweet treats	Select graham crackers, gingersnaps, or dried fruit bars
For meats	Select lean cuts and trim visible fat; bake or broil
For poultry	Bake, broil, grill; Remove skin
For pasta	Select tomato-based sauces, not creamed sauces
For ice creams	Select frozen yogurt or low fat frozen desserts
For gravies	Skim broth and thicken with cornstarch, mixed with cold water
For pastry	Use gingersnap or graham cracker crumbs

