

RECIPE ALTERATIONS

Hi and welcome back. I am Ken with the *MOVE!* program and today I am going to be showing you some ways that you can alter your recipes to make them healthier and lower in calories.

There are a lot of different things you can do to alter your recipe to make it a healthier recipe. There is a handout on the *MOVE!* website that you can refer to called "Recipe Smart Stand-Ins For Heart Healthy Cooking". Refer to that, print it off and have it with your cookbook. Today, I am going to be doing a couple of different things. I am going to be showing you a recipe and talking about some of the ingredients that you can substitute. I am also going to show you a few different convenient foods and how you can actually alter the instructions and change a few ingredients and make those healthier for you as well.

The recipe I am going to make today is banana bread. The ingredients call for 3 mashed bananas. I already have those in the mixer ready to go. There is really nothing you want to substitute for those because those are very healthy. The recipe calls for one half cup of margarine which is equivalent to a stick of butter. Butter is a very high in saturated fat. It also contains a lot of calories. We are going to substitute this today with some oil and we are going to use apple sauce. Whenever you substitute fat in a recipe, you can substitute half the fat. This recipe calls for half a cup and so we are going to use a quarter of a cup and we are going to use canola oil instead of the butter. The other part of the fat we are actually going to substitute that with apple sauce. Since the total recipe calls for half of a cup, we have a quarter cup of oil, and a quarter cup of apple sauce. Put that in there. Now, that change alone has saved you over 12 teaspoons of fat. That is equivalent to 540 calories. So that is quite a savings in just that little fourth of a cup. The next ingredient is eggs and I am just going to go ahead and use 2 whole eggs here. One substitution you can use for eggs is Egg Beaters and they don't contain any yolks. The recipe calls for a 1/2 cup of milk and I am using skim milk. If you normally use whole milk or 2% in your recipes using skim milk can save you a few calories as well. We have a teaspoon of baking soda so I am just going to dump that in there. And then we have sugar. This recipe calls for a cup of sugar and usually you can have really good results by reducing the sugar content by a 3rd or by a fourth so in this particular one instead of a cup I am going reduce that by 1/4 and I am going to 3/4 of a cup. That is going to save me another 195 calories. Last, we have flour. This particular recipe calls for 2 1/2 cups of flour, white flour. Often times you can substitute half of the flour with whole wheat flour so here we have 1 1/2 cups of white flour and in place of the other cup of white

flour, I have used whole wheat flour. That's going to add a little bit of fiber to the recipe. It is not going to change the calories at all, but it will give you some benefits with some fiber. So I am going to go ahead and add this in here and get that mixed up. Hopefully, it won't splatter all over the place. It looks like that is ready to go. I have two nonstick pans. This recipe actually makes two loaves of banana bread and I've just sprayed those with some spray oil which can save you calories. It is also a lot more convenient than trying to grease the pan with butter. So I will see if I can get this figured out. I'll get rid of that and there is just a little flour on the edges so I am going to just stir that in. We will divide it into the pans and even it out. So, those are ready to go in the oven. I've preheated the oven to 350 degrees. We are going to bake that for about 40 minutes.

Alright our banana bread is done. The color is very nice. It is raised nicely and hopefully you won't even be able to tell any difference in the taste when you slice into it. Now some of you this may be just a couple of servings, but when controlling your weight we consider this to be about 12 servings. I am just going to cut a couple of slices and I'll show you how nice that looks. Of course I am just using a butter knife so it is not really going to slice that well, and it's really hot. If you want to cool yours off a little bit more. A couple of slices of that with a nice cup of tea or cup of coffee will be a nice snack in the afternoon and you saved yourself a lot of calories by using some apple sauce for the oil, using a little whole wheat flour in that, you'll have a nice recipe that is a little more healthy for you.

I'd next like to talk to you about some other ways that you can save some calories by altering the way you cook your foods. I have a couple of convenience items here. These potato buds some people use instant potatoes because they are very easy and they are very fast. To make 2 servings of this if you look on the directions it says you need 2/3 cup of water, 2 tablespoons of milk and a tablespoon of butter. A tablespoon of butter will provide 135 calories, 45 calories per teaspoon with 3 teaspoons in a tablespoon. So that one small tablespoon of butter is 135 calories. You can eliminate that and just bump up the water or the milk by another tablespoon and still have a great product. So that is one substitution you can try in things like this. The other example I have for you is for cake. This cake mix actually calls for 1/2 cup of vegetable oil and similar to the banana bread recipe, we are going to substitute half of that oil with 1/4 cup of apple sauce. That will reduce this cake by 540 calories so quite a savings there and you still get a good result. The last one I am going to show you is a stuffing mix. This recipe if you look at the directions calls for 1/2 stick of butter. That is quite a bit of fat. It is over 12

teaspoons of fat. You can substitute some chicken stock for that butter and have a great product.

My assignment for you over the next few days is to look at that recipe stand-in handout. Experiment with some of your favorite foods whether they are convenient foods or those old recipes and try a couple of substitutions. Don't let you family know and see if they know the difference.