

# Recipe Substitutions

Replacing  
This



For That



Cooking at home is a great way to be sure you know what you are eating. It can save you a lot of money and can be a way to teach your children important skills in the kitchen. When you are cooking at home, there are many ways to cut back on sugar, fat and salt without losing flavor. These tips will allow you to cut back on the not-so-healthy things, as well as increase healthy fiber, fruit and vegetable intake.

## Salt-Free Taco Seasoning Mix Get Fresh! at [www.getfreshcooking.com](http://www.getfreshcooking.com)

Combine all ingredients.  
Store in an airtight container.

- 1 tsp - instant minced onion
- 1 tsp - chili powder
- ½ tsp - cumin powder
- ½ tsp - crushed red peper
- ½ tsp - instant minced garlic
- ½ tsp - cornstarch
- ¼ tsp - oregano

You can use this recipe to season 1 lb. of ground turkey.

## Baking

- ☞ Use up to 1/3 less sugar (sugar, brown sugar, honey, corn syrup) for cookies, muffins, cakes, etc.
- ☞ For 1 cup oil, substitute 1 cup unsweetened applesauce
- ☞ Use low-fat milk or skim, instead of whole milk
- ☞ Substitute applesauce for ½ of butter or margarine in cakes and cookies
- ☞ Substitute two egg whites for each whole egg in most baking recipes
- ☞ Choose canned fruits packed in juice or water, not syrup
- ☞ Substitute whole wheat flour for up to ½ of all-purpose flour

- ☞ Use more spices, herbs and seasonings, instead of salt
- ☞ Choose low-fat cheese over regular cheese
- ☞ Rinse canned meats, beans and vegetables to wash away excess sodium. This can reduce sodium by 40 percent
- ☞ Use lean ground turkey in place of beef
- ☞ Substitute beans for up to ½ of the meat in entrees like chili and tacos
- ☞ Leave on and eat the skins of fruits and vegetables to get more fiber and nutrients

## Cooking

