

Recipe Makeover: Healthy Ingredient Substitutions



Feature Recipe: **Cashew Cream**

1/2 cup unsalted cashew pieces
1 cup water

Blend cashews and water in a high powered blender until smooth. If blender or food processor does not process evenly, allow cashews to soak in hot water for 30-60 minutes before blending.

Variations for ingredient substitutions:

- + 1 pitted date and 1/2 teaspoon vanilla extract to create a sweet creamy topping for pies or other desserts.
- + Lemon juice or vinegar to create sour cream alternative.



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Cut the FAT

- Replace 1/2 or more of the butter or margarine in a recipe with equal parts applesauce or other fruit puree (even pumpkin!).
- Skip the oil when sautéing vegetables and/or meats; try steam frying with low –sodium vegetable broths, water, or 100% fruit juices. Visit wholefoodsmarket.com and search “steam frying” to view a how-to video.
- Replace sour cream or mayo with cashew cream (see recipe on reverse side) or 0% plain greek yogurt.
- Limit use of cooking spray (a 3 second spray adds 2.5 grams of fat, or almost 25 extra calories). Use nonstick pans or parchment paper to prevent sticking.
- For a cheesy taste, sprinkle nutritional yeast instead of shredded cheese for a similar bite.
- Try baking or steaming your meals instead of pan-frying.
- Use 3 Tbsp unsweetened cocoa powder per ounce of unsweetened chocolate.
- Choose white meat instead of dark meats that tend to be higher in saturated animal fats.
- Remove the skin and any visible fat before cooking fish, poultry, or meats.
- Use cheese as a condiment in recipes, instead of the main event.

Cut the SUGAR

- Use 1/2 the amount of sugar indicated in the recipe and add 1-2 teaspoons of vanilla extract to enhance the sweet flavor.
- For each 1 cup of sugar, substitute 1/2 to 2/3 cup raw honey.
- Mashed or pureed fresh, frozen, or dried fruits can enhance sweetness with fewer empty calories than refined sugars.

Cut the SALT

- Instead of adding salt while cooking, try salt-free herb blends available in the spice aisle.
- Garlic powder is a great single replacement for salt, while preserving flavor.
- Try a low-sodium tamari sauce.
- Kelp granules yield a salty flavor but with less sodium than table salt.
- When using canned soups, add water to disperse the salt content; add extra veggies or beans and accompanying spices to make a healthier meal for two or three!
- Use less processed items during cooking:
 - * Make a fresh pasta sauce,
 - * Choose fresh over canned vegetables,
 - * Bake your own potato chips by cutting thin slices of potatoes and roasting in a 400 degree oven until golden brown,
 - * Buy no salt added beans and rinse well.

Bulk up on Nutrition

- Use whole wheat or nut flours in place of refined white flours in baked goods. (If using whole wheat flour, cut to 3/4 cup per 1 cup of white flour in the original recipe.)
- Use steamed and pureed turnips and/or cauliflower to boost the nutrient profile of your mashed potatoes.
- Use rolled oats, crushed whole grain cereals, or ground nuts and seeds of your choice in place of bread crumbs to boost fiber, iron, healthy fats, and B-vitamins.
- Switch out your regular beef with game meats such as bison that pack a higher nutrient concentration and tend to be lower in fat.
- Mashed sweet potatoes add extra beta-carotenes and phytonutrients above and beyond the similar properties of white Yukon or russet potatoes. Sweeten with cinnamon and vanilla extract instead of calorie heavy butter, brown sugar, and marshmallows.
- Use toasted walnuts or pecans to top a salad instead of croutons.

Cut the CHOLESTEROL

- Replace whole eggs with dry or liquid egg replacers such as Ener-G brands.
- Use 2 egg whites or 1/4 cup egg substitute for each whole egg in brunch recipes.
- Use non-dairy milks such as unsweetened almond or soy milk in place of cow’s milk dairy.
- Use pureed avocado or mashed ripe bananas in place of butter when baking.
- Skip the cheese topping on the lasagna or casserole and add a layer of finely ground cashews or almonds to give a nutty, and healthy fat flavor and mouthfeel to the dish.
- Fill 1/2 to 2/3 of your plate with nutrient rich, plant-based foods and keep animal protein servings within 2-3 oz.



- ◇ Plant Strong™
- ◇ Nutrient Dense
- ◇ Whole, unprocessed foods
- ◇ Healthy Fats