

# Making Recipes Lower in Fat

Kathryn S. Keim

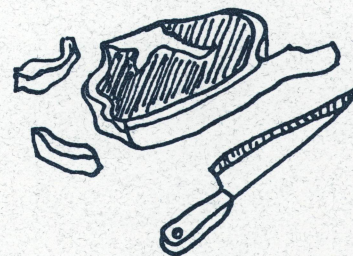
## Why should I change my recipes?

**Changing** your favorite family recipes to be lower in fat is one way to eat healthier. Lower fat recipes will help you decrease your chances for weight gain, obesity, heart disease, and some cancers.

Select the recipe you want to make lower in fat and change it by:

1. Taking fat out of the recipe,
2. Using less fat, and
3. Using other foods to replace fat.

Select lean cuts of meat.



Trim off the fat from around the edges of all meats.

## What can I do to make my recipes lower in fat?

- Reduce fat by one-third. If a recipe calls for 1 cup, try 2/3 cup. This works best in gravies, sauces, puddings, and some cookies.
- For cakes and quick breads, use no more than 2 tablespoons of fat for each cup of flour. This will be enough fat for the recipe.
- Leave out extra fat in casseroles and main dishes.
- Add cornstarch or flour to a cold liquid to thicken gravies. Do not use fat and starch to thicken sauces or gravies. Instead mix cornstarch or flour with a small amount of cold liquid. Stir this mixture slowly into the hot liquid you want to thicken and bring liquid back to a full boil.
- Stir-fry vegetables with very little fat. Use water or broth instead of fat to stir-fry vegetables.
- Reduce fat in soups and stews. Spoon or skim fat from the top of soup or stews with a spoon. You can also chill soups, gravies, and stews. Lift off the hardened fat and dispose of it before reheating to serve.
- Select lean cuts of meat. Trim off the fat from around the edges of all meats.
- Cook meats, fish, or poultry without added fat. When browning meat do not add fat. Bake, broil, grill, panbroil, or microwave instead of frying in fat.
- Use two egg whites instead of the whole egg. In some recipes, you can cut down on the total number of eggs.

**About the Author**  
Kathryn S. Keim is an assistant Extension professor and Coordinator of the Idaho Expanded Food and Nutrition Education Program (EFNEP).



## How to cut the fat and calories from your favorite recipes

Sometimes a recipe can't be made lower in fat so that your family will like it.



Also, don't try to change foods that have a special meaning, like birthday cakes.

Instead of:	A low fat choice is:	The lower fat choice is:
Sour cream	Low fat sour cream or low fat plain yogurt	Mock sour cream** or nonfat plain yogurt
2 whole eggs	1 whole egg plus 2 egg whites	4 egg whites, commercial egg substitute
Whole milk	2 percent or 1 percent milk	Skim milk
Cream	Evaporated milk	Evaporated skim milk
Cream cheese	Light cream cheese or Neufchatel	Yogurt cheese**
Whipped cream or non-dairy whipped topping	Whipped evaporated milk	Nonfat dry milk whipped topping**
Cheddar, colby, Swiss cheese	Eat half the amount you usually eat.	Select part-skim mozzarella, reduced-fat natural cheese, or low fat processed cheese
Cottage cheese	Low fat cottage cheese	Nonfat ricotta or cottage cheese
Baking chocolate (1 ounce)	3 tablespoons powdered cocoa plus 1 tablespoon cooking oil	3 tablespoons powdered cocoa (You may omit the oil for some recipes.)
Mayonnaise	Low fat mayonnaise	Half low fat mayonnaise and half nonfat yogurt
Salad dressing	Reduced-fat dressing	Fat-free dressing
Chicken with skin		Remove skin after cooking.
Regular ground beef	Lean ground beef	Use extra lean ground beef or lean ground turkey. (Fat content may be reduced more by rinsing cooked ground beef in a sieve under hot water.)
Oil-packed tuna	Rinse in water	Water-packed tuna
Nuts	Cut amount in half	Raisins
**recipes follow		

### Other Ideas:

- Write down the changes you made to your recipes so you can try them again if you and your family like the change.
- Eat smaller amounts of high fat items or eat them less often.
- Make recipes lower in fat for the foods you eat most of the time. It isn't worth changing foods you don't eat on a regular basis. Also, don't try to change foods that have a special meaning, like birthday cakes.





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## Mock Sour Cream

- 1 cup low fat cottage cheese\*
- 2 tablespoons skim milk
- 1 tablespoon lemon juice

Combine all ingredients using blender or food processor. Yield: about 1 cup

	Sour cream	Mock sour cream
(per tablespoon)		

Calories	26	14
Fat, grams	3	0

\*Use nonfat cottage cheese if available.

Another option is to use a blender to combine equal amounts of low fat or nonfat cottage cheese with low fat or nonfat plain yogurt.

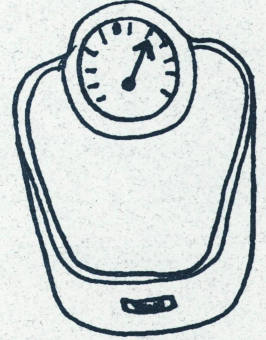


## Nonfat Dry Milk Whipped Topping

- 1/2 cup nonfat dry milk
- 1/2 cup cold water
- 2 tablespoons lemon juice
- 2 to 4 tablespoons sugar

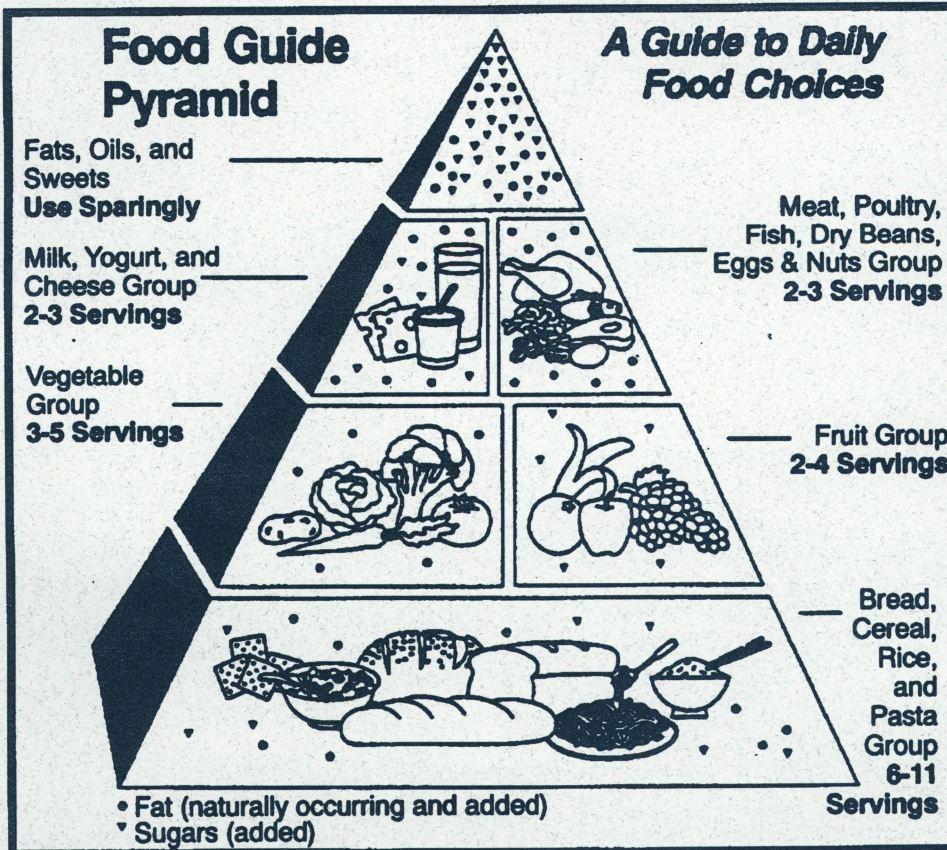
1. Sprinkle dry milk on water and beat until stiff enough to stand in soft peaks.
2. Add lemon juice.
3. Continue beating until stiff. Beat in sugar. Use immediately.

Lower fat recipes will help you decrease your chances



for weight gain, obesity, heart disease, and some cancers.

## Eat foods lower in fat from all food groups







## Yogurt Cheese

**Stir fry vegetables in water or broth.**



**Do not add fat.**

Use this as a substitute for cream cheese in spreads or in desserts and frostings. Make your own spreads by mixing with cinnamon, orange peel, dried fruit, jam, or herbs.

You will need 32 ounces of plain nonfat or low fat yogurt made without stabilizers or gelatin.

1. Line a strainer with a double layer of cheesecloth or with a paper coffee filter. Place over bowl.
2. Pour yogurt into lined strainer. Cover with plastic wrap and refrigerate.

3. Allow to drain for 8 to 24 hours until the liquid has drained into the bowl and the yogurt is thick and spreadable. The longer it drains, the firmer the cheese.

4. Remove cheese from cloth and refrigerate in an airtight container.

Yield: 1 1/2 cups

	Cream cheese	Yogurt cheese (per tablespoon)
Calories	49	5
Fat, grams	5	0