

Cook Smarter

Tips to keeping the flavor but losing the calories:

- Try Non-stick cooking spray in different flavors
- Marinate or baste your meat prior to cooking with BBQ sauce, Fat-free Italian dressing, Teriyaki sauce, etc. to enhance the flavor
- Experiment with different herbs and spices (for example, dill, garlic, cilantro, basil, parsley, pepper, thyme, oregano, etc.)
- If a recipe calls for a cream or white sauce use skim, 1% or evaporated milk
- Use non-fat plain yogurt in place of mayonnaise or sour cream
- Substitute whole wheat flour for half the flour when baking
- Substitute applesauce for oil in breads, cakes, and cookies
- Substitute Splenda or Equal baking blends for sugar when baking

Tips to lower-fat cooking:

- Bake, broil, grill, boil, roast, poach, or steam foods instead of frying.
- In stews, stir-fry, pasta dishes, or casseroles use lean cuts of meat (for example, fish, chicken or turkey without skin, and beef loin, or round/flank steak)
- Substitute meat with beans (white, kidney, black, garbanzo, or pinto beans)
- Trim all visible fat or skin from meat before cooking
- If frying, use a non-stick pan with fat-free cooking spray instead of oil.
- When recipes call for ground beef use ground turkey or ground chuck instead. Try purchasing ground beef that is $\geq 90\%$ lean.
- Try low-fat or fat-free cheeses in recipes that call for cheese.
- Substitute skim milk for whole or 2% milk.
- Add vegetables to stir-fry, pastas, soups, or casseroles
- Use vegetable oils high in unsaturated fat for cooking or salad dressings. Examples are canola, corn, olive, safflower, soybean, or sunflower oils.
- Use fat-free salad dressings
- Use 2 egg whites to replace 1 whole egg

