

Guidelines for Modifying Recipes

Fat and Saturated Fat

- 1. Is the recipe overly high in fat?**
 - Does fat supply more than a third of total calories?
- 2. Could high fat ingredients be reduced or eliminated without adversely affecting the product?**
 - Reduce butter/margarine/oil/lard by 1/4 to 1/3 (100 Cal./TBS.)
 - Use skim instead of whole milk (90 vs. 160 Cal/cup)
 - Use low-fat yogurt or buttermilk for sour cream (120 or 90 vs. 454 Cal/cup)
 - Use evaporated milk or nonfat dry milk for whipping cream (175 vs. 844 Cal/cup)
 - Use cottage or low-fat cheeses for high fat cheeses
- 3. Could polyunsaturated fats be substituted for saturated fats?**
 - Use oil for lard or hydrogenated shortening
 - Use margarine low in saturated fat for margarine high in saturated fat, hydrogenated shortening, lard, or butter

Cholesterol

- 1. Is the recipe overly high in cholesterol?**
- 2. Could the cholesterol content be reduced without adversely affecting the product?**
 - Cut down the number of eggs and/or egg yolks
 - Use egg substitutes instead of whole eggs
 - Use margarine, shortening or oil instead of butter or lard
 - Use low-fat milk, cheese, cottage cheese, yogurt, evaporated skim milk

Sugar

- 1. Is the recipe overly high in sugar?**
 - Does sugar supply more than 20% of total calories?
- 2. Could the sugar content be reduced without adversely affecting the product?**
 - Reduce sugar by 1/4 to 1/3 (40 calories/TBS.)
 - In cookies, bars and cakes replace 1/4 of sugar called for with equal proportion of nonfat dry milk (100 fewer calories plus additional 220 mg calcium, 6 g. protein and .3 mg riboflavin per 1/4 cup replaced)
 - Pureed fruit and fruit juice replacing liquid can add sweetness

Salt

- 1. Is the recipe overly high in added salt?**
 - 1/4 teaspoon is sufficient to flavor 2 cups of flour; except for yeast breads, salt is not necessary in baked goods
- 2. Does the recipe contain “hidden” sources of sodium? (I.e. baking soda or powder, canned, cured, processed or pickled ingredients).**
 - Do not add salt to recipes already high in processed foods
 - Use fresh or low-sodium substitutes when possible

Fiber

- 1. Does the recipe include a source of fiber?**
 - Substitute part or all of white flour with whole grained
 - Use chopped fruit to sweeten cookies and bread, include peels if possible
 - Add vegetables such as carrots and summer squash
 - Add nuts as calories permit (375 - 425 Cal. / ½ cup)

Taken from document prepared by Rosemary H. Walkley, Cooperative Extension Agent, Wyoming County, New York

MODIFYING RECIPE EXAMPLE

Vegetable Fish Chowder

Original Recipe

3 tablespoons butter
1 medium onion, chopped
2 medium carrots, chopped
2 stalks celery, chopped
2 medium potatoes, peeled and cubed
2 ½ cups water
1 teaspoon salt
1 ½ pounds firm, white-fleshed fish, such as haddock or cod cut into bite-sized chunks
1 ½ cups half and half
Pepper to taste

Nutritional value per cup: 172 cal; 8g fat; 4.8g sat. fat; 62mg cholesterol; 323 mg sodium

Modified Recipe

1 tablespoon vegetable oil
1 medium onion, chopped
2 medium carrots, chopped
2 stalks celery, chopped
2 medium potatoes, peeled and cubed
2 ½ cups water
1 bay leaf
½ teaspoon thyme
½ teaspoon dill
1 ½ pounds firm, white fleshed fish such as haddock or cod cut into bite-sized chunks
1 - 12 ounce can evaporated skim milk
Pepper to taste

Nutritional value per cup: 140 cal; 2g fat; .3g sat. fat; 41 mg cholesterol; 108 mg sodium

Directions for modified recipe: Heat oil in a 4 quart saucepan and saute onion about 5 minutes. Add carrots, celery, potatoes, water, and herbs, cover, and gently simmer until vegetables are just tender, about 15 minutes. Add fish and simmer about 5 - 10 minutes more, until fish is just cooked. Stir in evaporated skim milk and heat to serving temperature; do not boil. Add salt, if desired, and pepper to taste. Makes about 10 cups.

Beef Stroganoff - Original Recipe

½ cup butter
¾ cup onions
1 cup mushrooms
21 ounces round steak, lean and fat
4 tablespoons flour
1 ½ cups beef broth
¾ teaspoon salt
4 tablespoons tomato paste
1 teaspoon Worcestershire sauce
6 tablespoons sour cream
¾ cup heavy cream
4 cups rice

Nutritional value per serving (1/6 of recipe): 703 cal; 45g fat;
25g sat fat; 188mg cholesterol; 900mg sodium.

Modified Recipe

1 tablespoon margarine
¾ cup onions
2 cups mushrooms
12 ounces round steak, lean only
1 tablespoon cornstarch
1 ½ cups beef broth
4 tablespoons low-sodium tomato paste
1 teaspoon Worcestershire sauce
1 cup plain yogurt
4 cups brown rice

Nutritional value per serving (1/6 of recipe): 317 cal; 7g Fat; 2
mg sat fat; 59mg cholesterol; 303mg sodium.

Directions for modified recipe: Melt margarine in large skillet. Saute onions until soft. Add beef; brown for approx. 5 min. Stir in broth, tomato paste & Worcestershire sauce. Cover & simmer gently, 1 ¼ hours. Add mushrooms & simmer 15 minutes. In separate pan, mix cornstarch w/ 1TBS yogurt, then stir in remaining yogurt and cook over med heat until thickened. Add to meat mixture and heat thoroughly. Serve over rice. Serves 6