



## Recipe Substitutions for Heart Healthy Cooking

Use the suggestions below to lower saturated fat and calories in your favorite recipes. Add herbs and spices instead of salt to enhance flavor.

*Reprinted from Heart Healthy Home Cooking African American Style, by the U.S. Dept. of Health and Human Services*

Recipe calls for:	Substitute:
Whole milk	<ul style="list-style-type: none"> <li>• Fat-free or low-fat (1%) milk</li> </ul>
Cream	<ul style="list-style-type: none"> <li>• Evaporated fat-free milk</li> <li>• Mix equal amounts low-fat (1%) milk and fat-free evaporated milk</li> </ul>
Sour cream	<ul style="list-style-type: none"> <li>• Fat-free or low-fat sour cream</li> </ul>
Mayonnaise	<ul style="list-style-type: none"> <li>• Fat-free or low-fat mayonnaise</li> </ul>
1 cup of butter	<ul style="list-style-type: none"> <li>• 1 cup tub margarine</li> <li>• 2/3 cup vegetable oil</li> </ul>
Oil (for baking)	<ul style="list-style-type: none"> <li>• Equal amounts of applesauce or prune puree</li> </ul>
Oil (for sauteing)	<ul style="list-style-type: none"> <li>• Water</li> <li>• Nonstick cooking spray</li> <li>• Low-sodium broth</li> </ul>
1 whole egg	<ul style="list-style-type: none"> <li>• ¼ cup egg substitute or 2 egg whites</li> </ul>
1 egg to thicken	<ul style="list-style-type: none"> <li>• 1 tablespoon flour</li> </ul>
Ground beef (all types)	<ul style="list-style-type: none"> <li>• Extra lean ground beef or turkey (10% or less fat)</li> <li>• Turkey (10% or less fat)</li> </ul>
Sausage	<ul style="list-style-type: none"> <li>• Turkey sausage (10% or less fat)</li> <li>• Vegetarian sausage</li> </ul>
Salad dressing	<ul style="list-style-type: none"> <li>• Fat-free or low-fat dressing</li> <li>• Flavored vinaigrette (made with olive oil, water and vinegar, or lemon juice)</li> </ul>

<b>Cream soup</b>	<ul style="list-style-type: none"><li>• <b>Fat-free or low-fat canned cream soup</b></li><li>• <b>Homemade broth after removing the fat</b></li><li>• <b>Fat-free broth mixed with fat-free milk or fat-free evaporated milk</b></li></ul>
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