**Healthy Recipe Modifications**

**Cooking Preparation:**

* Choose lean cuts of meat.
* Cut away visible fat.
* Drain fat from ground meats.

**Cooking Modifications:**

* Use cooking sprays or non-stick pans to reduce use of cooking oils.
* Choose vegetable oils or reduced sodium chicken stock/broth for sautéing.
* Skip the deep fryer; try grilling, roasting, broiling, baking, or an air-fryer instead.
* Use low-sodium marinades or slow cooking to tenderize leaner cuts of meat.
* Choose frozen or fresh products instead of canned for more flavor and satiety.

**Baking Modifications:**

* Use baking substitutes to make healthier baked goods.
  + 1 cup of fruit puree or applesauce = 1 cup vegetable oil
  + Alternative butter blends or 1 cup vegetable oil = 1 cup butter
  + 2 egg whites, 1 egg white with 2 teaspoons of egg substitute, ¼ cup applesauce, or 3 ½ tablespoons of egg substitute =1 whole egg
  + ½ cup light cream and ½ cup whole milk, or 1 cup whole or reduced milk = 1 cup heavy creams
* Add dried fruits or crushed nuts instead of candy, chocolate, or peanut butter chips.
* Use whole wheat, almond, or oat flour instead of white all-purpose flour, when possible.

**Soups, Sauces, Gravies:**

* Opt for tomato based instead of cream based.
* Top meats with fresh salsa and chutney instead of gravies and sauces.
* Use fresh herbs and spices to season potatoes instead of butter and sour cream.

**Seasonings and Condiments:**

* Season foods with low-sodium seasoning blends or fresh herbs instead of salting foods.
* Use hummus or mashed avocado instead of mayonnaise to spread on sandwiches.

**Salads:**

* Opt for light or reduced dressings instead of regular salad dressing.
* Try salad spritzers to control the amount of dressing added to salads.
* Top salads with seeds or nuts over croutons.
* Use edamame, beans, eggs, lean meat, or meatless products on salads to add protein.

**Beverages:**

* Mix equal parts wine and plain or flavored soda water to make a low-calorie spritzer.
* Choose diet sodas and light beers over regular to cut down on sugar and calories.