

Recipe Modifications

2012-2013

Recipe Modifications (all recipes following these modifications have not been modified)

<i>White Bread</i>	<i>Whole Grain Bread</i>
<i>Butter, margarine, shortening or oil in baked goods</i>	<i>Applesauce or prune puree for half of butter</i>
<i>Butter, margarine, or oil to prevent sticking</i>	<i>Cooking spray or nonstick pans</i>
<i>Eggs</i>	<i>Egg whites</i>
<i>All-purpose flour</i>	<i>Whole wheat flour</i>
<i>Ground beef</i>	<i>Extra lean or lean ground beef, chicken, or turkey</i>
<i>Meat as a main ingredient</i>	<i>3x as many vegetables</i>
<i>Evaporated milk</i>	<i>Evaporated skim milk</i>
<i>Whole milk</i>	<i>Reduced fat or fat free milk</i>
<i>Oil based marinades</i>	<i>Wine, balsamic vinegar, fruit juice, or fat free broth</i>
<i>White enriched pasta</i>	<i>Whole wheat pasta</i>
<i>White rice</i>	<i>Brown rice, wild rice, bulgur or pearl barley</i>
<i>Salad dressing</i>	<i>Fat free or reduced-calorie dressing or flavored vinegars</i>
<i>Seasoning salts</i>	<i>Herb only seasonings</i>
<i>Creamed soups</i>	<i>Fat free milk based soups, mashed potato flakes, or pureed carrots, potatoes or tofu to thicken</i>
<i>Sugar</i>	<i>Reduce amount of sugar by one half, intensify sweetness by adding vanilla, nutmeg, or cinnamon</i>
<i>Syrup</i>	<i>Pureed fruit such as:</i>

	<i>applesauce, or low-calorie sugar free syrup</i>
<i>Table salt</i>	<i>Herbs, spices, citrus juices, rice vinegar, salt free seasoning mixes or herb seasonings</i>
<i>Cream</i>	<i>Fat free half and half, evaporated skim milk</i>
<i>Fruit canned in heavy syrup</i>	<i>Fruit canned in its own juices or in water or fresh fruit</i>