

Cooking Healthy Recipe Guide

Looking for healthy recipes? Use the information provided to help find healthy flavorful recipes.

-First, use the websites provided on this handout or your own cookbooks to find recipes that you and your family will enjoy.

Tip: Find recipes that provide the nutritional information. This will make it easier to see how it fits into your meal plan.

-Next, if the recipe calls for higher calorie food items use the modifications below to help lower amounts of unhealthy fat, calories, and salt.

-Last, watch portion sizes. Make sure you are serving yourself the right amount of food for your meal plan.

Go To Websites for Healthy Recipe's

-www.cookinglight.com

-www.kraftfoods.com

-www.campbellskitchen.com

-www.mealsmatter.com

-www.marketday.com

-www.recipezaar.com

-www.eatingwell.com

Recipe Modifications

Recipe Calls For	Substitute With
Ground beef	Ground sirloin, ground turkey breast, textured vegetable protein, buffalo, venison
Butter	Trans fatty acid free tub or squeeze margarine
Sour cream	Fat-free or low-fat sour cream (or plain yogurt)
Whipped cream	Whipped evaporated skim milk
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Cream cheese (1 cup)	1 cup yogurt cheese (2 cups non-fat yogurt strained in cheesecloth overnight)
Whole egg	1/4 cup egg substitute or 2 egg whites
Mayonnaise	Fat-free or low-fat mayonnaise
Regular salad dressing	Reduced-fat or fat-free salad dressing
Salt	Reduce amount called for by half, herbs, Mrs. Dash, Spike, lemon juice
Shortening (1 cup)	3/4 cup canola or olive oil
Cream soup	Low-salt broth thickened with cornstarch
Oil/shortening in baking (1/2 cup)	1/2 cup apple sauce 1/4 cup oil 1/4 cup yogurt 1/2 cup mashed banana 1/2 cup pureed prunes
Oil for sautéing (2 tablespoons)	2 tablespoons wine or 2 tablespoons broth

Asian Turkey Spring Rolls Recipe

Prep Time: 20 min. Makes: 4 servings

Ingredients:

1 lb. ground turkey

¼ cup Asian toasted sesame dressing

¾ cup matchstick carrots

2 Tbsp. peanut butter

8 large iceberg lettuce leaves

Directions:

1. Brown turkey in large skillet; transfer to plate.

2. Heat 1 Tbsp. dressing in same skillet on medium-high heat. Add carrots; cook and stir 3 min. till tender. Stir in remaining dressing, peanut butter and turkey; cook 2 min. or until heated through, stirring occasionally.

3. Spoon onto lettuce; roll up.

Nutrition: (Per serving) 250 calories, 9 g carbohydrate, 25 g protein, 13 g fat

Exchange:

½ carb serving, 3 oz. meat, 1 fat