

## **Healthy Fat Options**

**Christopher Theberge, RD, LDN**

1. For recipes such as casseroles, quiches, and cream soups replace the cream with evaporated skim milk or soy milk.
  
2. Thicken soups with pureed potatoes, pureed white beans, or cornstarch to make it creamier.
  
3. Make a healthy salad dressing by mixing flax oil with balsamic vinegar, fresh garlic, and your favorite herbs.
  
4. When making baked goods, replace margarine and butter with canola oil and applesauce or prune puree.
  
5. Saute' vegetables with one teaspoon of olive oil and fresh garlic. Additionally, add some low-sodium broth, lemon juice, and white wine for more flavor.
  
6. Roast fresh vegetables in the oven by lightly brushing them with olive oil and sprinkling with rosemary and sage. Bake uncovered at 450 degrees for about 30-40 minutes or until desired tenderness.
  
7. Make homemade pizza using low-fat mozzarella cheese. Brush the crust with olive oil before baking to give the crust a better flavor.
  
8. Nuts (ie, walnuts, Brazil nuts, almonds) and seeds (ie, sunflower, pumpkin seeds) can be chopped and added to breakfast cereal, yogurt, salads, and any other favorite foods.
  
9. Add a slice of avocado to your sandwich and add olives to your vegetable platters. Guacamole is an excellent addition to your potato in place of sour cream.
  
10. Whole flax seeds should be kept in the refrigerator and ground before use. Grind the seeds in your coffee grinder and add to yogurt or cereal. Add ½ to ¾ a cup of ground flax to any baked good recipe such as muffins and banana bread. Additionally, you can use ground flax in your breadcrumbs for coating fish or chicken.