

**Recipe Substitutes**  
**Christopher Theberge, RD, LDN**

It is easy to lower the saturated fat and increase the monounsaturated fat in your favorite recipes by making some simple substitutes. While doing a recipe makeover, it is best to make one ingredient change at a time.

<b>Recipe Calls For:</b>	<b>Substitute:</b>
1 cup heavy cream	1 cup evaporated skim milk <b>or</b> 1 cup Fat Free half and half
1 cup sour cream	1 cup non-fat sour cream <b>or</b> $\frac{3}{4}$ cup non-fat plain yogurt and 2 tablespoons canola oil
1 cup whole milk	1 cup low-fat buttermilk <b>or</b> 1 cup skim milk
1 cup cheese	1 cup of low-fat <b>or</b> fat-free cheese
1 cup mayonnaise (regular or fat-free)	1 cup Mayoli <b>or</b> any canola-based mayonnaise
8 oz cream cheese	8 oz fat-free cream cheese
1 cup cottage cheese	1 cup 1% <b>or</b> fat-free cottage cheese
1 cup regular or reduced-fat peanut butter	1 cup almond butter <b>or</b> natural peanut butter
1 cup ricotta cheese	1 cup skim <b>or</b> fat-free ricotta cheese
1 cup feta cheese	1 cup low-fat or fat-free farmers cheese <b>or</b> 1 cup fat-free, low-sodium feta cheese
$\frac{1}{2}$ cup vegetable oil	$\frac{1}{2}$ cup olive or canola oil <b>or</b> $\frac{3}{4}$ cup trans-free margarine
$\frac{1}{2}$ cup brown gravy	$\frac{1}{2}$ cup low-sodium beef broth thickened with corn starch <b>or</b> $\frac{1}{2}$ cup fat-free gravy
1 lb. ground beef	$\frac{1}{2}$ lb. ground turkey or chicken with $\frac{1}{2}$ lb. tofu or oat bran
2 whole eggs	4 egg whites <b>or</b> $\frac{1}{2}$ cup egg substitute
1 cup nuts	1 cup almonds or hazelnuts
1 cup chocolate chips	$\frac{1}{3}$ cup chocolate chips + $\frac{1}{3}$ cup raisins + $\frac{1}{3}$ cup almonds or hazelnuts
1 square unsweetened chocolate	3 tablespoons cocoa + 1 tablespoon canola oil
1 cup butter or margarine	$\frac{3}{4}$ cup of canola <b>or</b> olive oil

**NOTE:** When substituting a high saturated fat ingredient with a fat-free one, remember to add some canola oil, flaxseed, or nuts to your recipe.