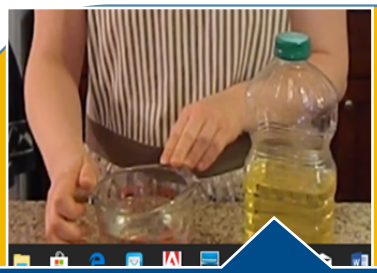
Cooking Substiutions



Saute and Stir-fry

You can use water instead of oil

* Keep water near-by to add more as it evaporates
* Keep a closer eye on your food to ensure it does not burn

Sour Cream and Mayo

Plain, low-fat Greek yogurt can replace:

* Sour cream in recipes and as a topping
* Mayo in recipes
    * Mashed avocado works well to replace mayo as a spread

Baking

* Applesauce can replace butter and oil in a 1:1 ratio
* 3/4 cup whole grain flour and 5 tsp of water can be used to replace AP flour
* You can reduce sugar by 25% without noticing a differnece

Whipping Cream

* In recipes switch to:
    * Skim or 1% milk in a 1:1 ratio and 2 T of corn startch as a thickener
* In baking
    * Use fat-free half & half in a 1:1 ratio.

Ground Beef

You can replace ground beef with ground turkey

* This is a 1:1 substitution
* You can add low-sodium beef broth in recipes that call for liquid such as soups and get a very similar flavor
* Mixing half ground beef and half ground turkey will have a similar flavor to ground beef but be leaner overall

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