



selecthealth

Healthy Recipe Rehab

Health and Wellness

Use Fresh Ingredients

- Fresh, high-quality foods pack in more flavor and nutrients.
- The more flavor an ingredient has, the less you need to use!

Read Food Labels

- 12% less likely to be overweight
- 20% less likely to eat unhealthy foods
- 24% more likely to maintain healthy dietary habits
- 35% less likely to engage in an eating disorder

Healthy Cooking Techniques

Lower Cooking Temperatures

Replace high heat with medium heats to sauté and fry foods. Lower temperatures minimize moisture loss and eliminates the need for added fats.

Use Fats as Flavorings

Prepare foods without using fats as cooking mediums. At the end of cooking time, enrich foods with small amounts of flavorful fats like butter, extra virgin olive oil, coconut oil, etc.



Healthy Cooking Techniques

Slurry

Rather than using a fat and starch roux to thicken sauces, a slurry whisks a starch (flour, cornstarch, etc.) into cool—not cold or hot—liquid to thicken soups, sauces, and gravies.

Vegetable Roux

Rather than using fat, this technique mixes a starch (usually flour) with sautéed vegetables and small amounts of liquid to thicken sauces, soups, and gravies.



Healthy Cooking Techniques

Baked Food that Tastes Fried

Use your convection setting and place foods on a wire rack to result in a nice, crispy coating.

Browning Flour

This technique coats foods with flour and sears them over medium-high, so the flour sticks to the pan's surface and browns.

Liquids and vegetables are then used to deglaze the browned flour, giving sauces, gravies, etc., the rich color of a fat and flour roux.



A Word About Cookware

Nonstick and Stick-resistant Cookware

- Lower temperatures combined with a cooking spray or liquid should prevent foods from sticking to most cookware.
- **Note:** Don't use cooking sprays with nonstick cookware unless they are non-aerosol or residue-free—residue ruins nonstick surfaces.



Eliminate Unnecessary Ingredients

If an ingredient isn't necessary to results, remove it. Examples:

- Don't add salt to water used to cook rice, pasta, etc.
- Don't pre-butter bread before adding fillings to sandwiches

Ingredient Reductions

Before replacing an ingredient, consider reducing the amount or combining it with a more wholesome version of the ingredient:

- Reduce white flour in recipes with whole wheat flour.
- Reduce sugar in recipes by at least a $\frac{1}{4}$ with little effect on end results.

Ingredient Reductions

- Combine half of the sugar in recipes with a Stevia Leaf sweetener. **Note:** When combining sweeteners calculate the amount needed based on their sweetness compared to sugar.
- Reduce $\frac{1}{2}$ the regular cheese in recipes with reduced fat cheeses, e.g. $\frac{1}{3}$ less fat cream cheese, lite ricotta, lite mozzarella, $\frac{1}{3}$ less fat cheddar, Monterey Jack, etc.
- Reduce the amount of hard and strong flavored cheeses in recipes by $\frac{1}{4}$ or more, e.g. Asiago, Roquefort, etc.

Ingredient Reductions

- Reduce the amount of fat called for in baked goods by at least $\frac{1}{4}$. **Note:** When fat and flour are the main ingredients in pastry recipes, don't reduce the amount of fat specified.
- Reduce the amount of sodium and increase flavor by using:
 - ✓ Herbs and spices
 - ✓ Fruit and vegetable juices, wines, and liquors
 - ✓ Low-sodium soup bases

Ingredient Replacements

These can replace all or part of the fat in baked goods:

- Canned solid pack pumpkin
- Low-fat or fat-free sour cream
- Low-fat buttermilk
- Low-fat or fat-free yogurt
- Pureed fruits
- Regular or low-fat eggnog

Whole and 2% Milk: Use fat-free or 1% milk.

Sour Cream: Low-fat or fat-free sour cream or plain low-fat or fat-free yogurt.

Ingredient Replacements

Cream: Use evaporated skim milk, regular or fat-free half-and-half.

Chocolate: Reduce the amount in the recipe or replace 1-oz. chocolate with 3 tbsp. Dutch cocoa powder mixed with 1 to 2 tbsp. sugar.

Full Fat Cream Cheese: Replace with 1/3 less fat cream cheese.

Cheeses: Replace regular cheese with reduced-fat varieties.

Note: Reduced-fat has less moisture than regular. Add it at the end of cooking time, when possible so it won't dry out.

Ingredient Replacements

Carbohydrates: Replace processed grain products with whole grain, e.g. replace semolina pastas with whole grain, white rice with brown rice varieties, etc.

Meats: Replace fatty cuts of meat, fish, and poultry with leaner versions. Remove skin and excess fat from meats when possible. **Note:** Cuts of meat with the word “loin” in their name are usually lower in fat than other cuts, e.g., beef or pork tenderloin, etc.

Replace fatty ground meats with 93% lean or leaner ground beef, chicken, veal, buffalo, or turkey. 97% ground meat with 3% fat is the best choice.



Light Key Lime Pie

<https://www.dropbox.com/sh/e4y4vnwhys9cues/AADHb2jwsuAn7ptLRZhgGK5Na?dl=0>

Light Key Lime Pie

12 whole graham crackers
¼ cup plus 1 tbsp. butter
¼ cup sugar
2 cans fat-free sweetened condensed milk
6 egg yolks
2/3 cup fresh Key lime juice
2 tbsp. fresh lemon juice
1 to 3 tsp. lime zest (optional)
32 tbsp. real whipped cream (optional)

Recipe Rehab:

- Reduced crackers from 16 to 12
- Reduced ½ cup sugar with ¼ cup sugar
- Replaced ½ cup butter with a ¼ cup plus 1 tbsp. butter
- Replaced 2 cans whole-fat sweetened condensed milk for 2 cans fat-free sweetened condensed milk
- Replaced 8 egg yolks with 6 egg yolks

1 Piece Serving

Traditional Recipe: 460 Calories; 25g Fat; 180mg Cholesterol

Revised Recipe: 250 Calories; 6g Fat; 79mg Cholesterol

Food Network Lasagna

Ingredients:

1 tsp. kosher salt
1½ 16-oz. boxes of lasagna noodles
¼ cup olive oil
1 lb. bulk Italian pork sausage
4 cloves, minced garlic
crushed red pepper flakes
1 12-oz. package mushrooms, sliced
2 cups ricotta cheese
2 cups grated Asiago cheese, divided
2 eggs
8 basil leaves, shredded
1 lb. grated mozzarella cheese

1 recipe **Chef Anne's All-Purpose Marinara Sauce:**

¼ cup extra-virgin olive oil
¼ lb. pancetta, diced
2 large onions, diced
2 tsp. kosher salt
4 large cloves garlic, minced
4 28-oz. cans Italian plum tomatoes

Food Network Simple Perfect Enchiladas

Sauce:

- 1 tbsp. canola oil
- 2 tbsp. all-purpose flour
- 1 28-oz. can enchilada or Mexican red sauce
- 2 cups chicken broth
- ½ tsp. salt and ½ tsp black pepper

Meat:

- 1 tbsp. canola oil
- 1 pound ground beef
- 1 medium onion, chopped
- 2 4-oz. cans diced green chilies
- ½ tsp. salt
- 10 to 14 corn tortillas

The Rest:

- canola oil for frying tortillas
- ½ cup chopped black olives
- 1 cup chopped green onions
- 3 cups grated sharp Cheddar cheese
- chopped fresh cilantro, for garnish
- beans and/or rice for serving

Food Network Beef Stroganoff

Ingredients:

1 ½ pounds round steak, cut into strips
House Seasoning
all-purpose flour
2 tbsp olive oil
2 tbsp. butter
1 medium onion, sliced
8 oz. fresh mushrooms, sliced
1 10 ¾-ounce can beef broth
1 10 ¾-ounce can cream of mushroom soup
salt and black pepper
1 cup sour cream
Cooked egg noodles

House Seasoning:

1 cup salt
¼ cup black pepper
¼ cup garlic powder

Questions?

For more healthy recipes and cooking tips, go to selecthealth.org/blog.

Find healthy recipes and more on intermountainhealthcare.org/livewell.