

## Modifying a Recipe-Post Test

- 1) A recipe calls for 1 cup sugar for a baked product. Mark all of the following substitutions which are appropriate:
  - a) Try reducing the sugar in baked goods by 1/3 to 1/2 cup
  - b) Use 1/2 cup sugar and 1/2 cup sugar substitute such as Splenda Granular
  - c) Add cinnamon, vanilla or almond extract as appropriate to give a sweet flavor
  - d) All the above
  
- 2) Light margarine is a good substitute for butter in baked goods:
  - a) True
  - b) False
  
- 3) What are ways to cut back on sodium in food preparation?
  - a) Use herbs and spices in place of salt
  - b) Use Mrs. Dash seasoning blend in place of salt
  - c) Leave salt out of recipes except in baked goods
  - d) Use garlic powder instead of garlic salt.
  - e) All of the above
  
- 4) List all of the ways to decrease fat in a recipe?
  - a) Substitute in 2 egg whites for 1 whole egg
  - b) Use 1% milk in recipes in place of whole or 2% milk
  - c) Substitute applesauce for 1/2 of the butter, vegetable oil, or shortening in a recipes
  - d) All the above
  
- 5) When replacing sour cream in recipes such as vegetable dips, all the following are appropriate substitutions except:
  - a) Non-fat plain Greek yogurt
  - b) Light Sour Cream
  - c) Non-fat Sour Cream
  - d) Mayonnaise
  
- 6) What are ways that one may make healthier foods at home?
  - a) Go on-line & search for healthier recipes for new family favorites
  - b) Modify certain ingredients with healthier substitutions in a recipe
  - c) Use cookbooks such as the American Diabetic Cookbook, the American Heart Association Cookbook, Mayo Clinic Cookbook
  - d) All of the above

