



Recipe Substitutions

When a recipe calls for...

Use instead...

1 whole egg	2 egg whites OR ¼ cup egg substitute-egg whites (without yellow food coloring)
Sugar, 1 cup	½ cup sugar & ½ cup Splenda Granular OR ½ cup Splenda Sugar Blend
Brown Sugar, 1 cup	½ cup Splenda Brown Sugar Blend
Butter or stick margarine	Tub Margarine (Trans-Fat Free) or Light Margarine * Soft tub margarine or light margarine does not work well in baked goods
Basting with butter	Wine, fat-free broth, or fruit juice
Vegetable oil for frying	Nonstick vegetable spray using nonstick cookware
Buttered bread crumbs	Plain bread crumbs for crushed cereal
Fat (oil, margarine, shortening), 1 cup	Replace ½ or more of the butter, oil or shortening in baked goods with pureed fruits like bananas, dates, prunes or applesauce: Example: ½ cup applesauce, ½ cup vegetable oil
Sour Cream	Light or nonfat sour cream OR Fat-free, plain Greek yogurt
Mayonnaise	Light or Fat-free mayonnaise
Cream Cheese	Light cream cheese, Neufchatel Cheese (1/3 less fat)
Whole milk	Fat free milk or 1% milk
Half & Half	Fat Free Half & Half
Evaporated milk	Evaporated skim milk
Ricotta Cheese	Part-skim or nonfat ricotta
Cottage cheese	1% or nonfat cottage cheese
Cheese, such as Cheddar, Monterey Jack, Provolone	Reduced fat or light cheese
Sausage or ground beef	90% or leaner ground beef, ground white meat turkey or chicken breast (cooked & drained)
2 pie crusts	1 pie crust on top or Graham cracker crust
Chocolate chips, 1 cup	1 cup Raisins, dried cranberries OR ½ cup mini chocolate chips

Tasty Tips

- Roast or bake poultry with skin but serve without
- Review the food label on packages of ground beef and other ground meat products to select the leanest product.