

Recipe Substitutions

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 borth, 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 or Fat-free mayonnaise Keicotta Cheese Pat-skim or nonfat ricotta Cottage cheese Pat-skim or nonfat ricotta Cottage cheese Pat-skim or nonfat cottage cheese Cheese, such as Cheddar, Monterey Jack, Provolone Sow or leaner ground beef, ground white meat turkey or chicken breast (cooked & drained) 2 pie crusts I pie crust on top or Graham cracker crust	When a recipe calls for	Use instead
Sugar, 1 cup½ cup sugar & ½ cup Splenda Granular OR ½ cup Splenda Sugar BlendBrown Sugar, 1 cup½ cup Splenda Brown Sugar BlendButter or stick margarineTub Margarine (Trans-Fat Free) or Light Margarine * Soft tub margarine or light margarine does not work well in baked goodsBasting with butterWine, fat-free broth, or fruit juiceVegetable oil for fryingNonstick vegetable spray using nonstick cookwareButtered bread crumbsPlain bread crumbs for crushed cerealFat (oil, margarine, shortening), 1 cupReplace 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 oilSour CreamLight or nonfat sour cream OR Fat-free, plain Greek yogurtMayonnaiseLight or Fat-free mayonnaiseCream CheeseLight or Fat-free malk or 1% milkHalf & HalfFat free milk or 1% milkHalf & HalfFat free milk or 1% milkRide cheesePart-skim or nonfat ricottaCottage cheese1% or nonfat cottage cheeseCheese, such as Cheddar, Monterey Jack, Provolone90% or leaner ground beef, ground white meat turkey or chicken breast (cooked & drained)2 pie crusts1 pie crusts on top or Graham cracker crust Chocolate chips, 1 cup1 cup Raisins, dried cranberries OR	1 whole egg	
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Chocolate chips, 1 cup1 cup Raisins, dried cranberriesOR	2 pie crusts	1 pie crust on top or Graham cracker crust
	4	
		¹ / ₂ 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.