

RECIPE MAKEOVERS: HEALTHY ADAPTATIONS TO EVERYDAY RECIPES

Add in vegetables

- Add finely grated carrots, zucchini, or yellow squash to casseroles and lasagnas
- Add chopped vegetables and mushrooms to ground beef or turkey in sloppy joes, meatloaf, tacos, meatballs, etc
- Add pureed carrots or zucchini to baked goods
- Add chopped vegetables to egg dishes (omelets, quiche, “egg bake”, egg “cupcakes”)
- Add grilled or raw vegetables to pizzas

Shift ingredient to a form closer to that found in nature or add in whole foods

- Especially flours and baked goods
- For pancakes, waffles, muffins, etc. substitute sprouted grain or whole grain flour in 1:1 ratio if recipe calls for enriched white flour.
- Can also add ½ cup or more whole rolled oats to flour-based recipes to increase whole food in recipes. Add 2-4 TBSP extra liquid per ½ cup oats if too thick.
 - Example: pancake recipes calls for 2 cups white flour and 1 cup milk. Use 2 cups sprouted grain flour plus ½ cup whole oats and add 2-4 TBSP extra milk.
- Substitute mashed avocado for vegetable oil or butter (1:1 ratio) in baked goods (note-this gives a green hue if using white flour or sugar, so not recommended for buttercream frostings, white cakes, etc). Best for muffins and sweet breads.

Use less processed sweeteners instead of white sugar

- Substitute ¾ cup whole sugar for 1 cup of white sugar or brown sugar in baked goods and other recipes
- To substitute honey for white sugar, use 1:1 ratio up to 1 cup. For recipes calling for more than 1 cup, use 2/3 – ¾ cup honey for every 1 cup of sugar in the recipe, depending on sweetness desired. Reduce other liquids in the recipes by ¼ cup and add ¼ tsp baking soda per cup of honey. For baked goods, reduce baking temperature by 25 degrees.

Use less salt

- Many recipes taste very flavorful with less salt than called for in the recipe.
- If the recipe includes other salty ingredients such as olives, parmesan cheese, or processed meat, you may be able to omit salt completely.
- Do not omit salt from baked goods as it is needed to help baked goods “rise”

Use less processed ingredients

- Substitute grilled, sautéed or roasted meat (chicken, beef, pork, fish) for processed meat in sandwiches, casseroles, and pizza toppings
- Soak/cook and freeze dried beans to use instead of canned
- Freeze chopped, diced, or crushed vegetables or fruits to use instead of canned