

Healthy Recipe Revisions from Hen House Markets

Here are some simple ways to make your favorite foods healthier.

If you recipe calls for:

Try instead:

- Eggs2 egg whites or ¼ cup egg substitute
for each whole egg called for in the recipe
Try mixing 1 tsp baking powder, 1 T water and 1 T
white vinegar to replace one egg
- Whole or 2% milk.....Skim or 1% milk
- Milk.....Most non dairy milks can be used in recipes calling for
cow’s milk. Hazelnut and oat milks are good in pancakes
and muffins. Beware: many “milks” have a high sugar
content.
- Butter, lard or shortening.....Margarine or ½ solid shortening and ½ oil
- Evaporated milk or heavy cream.....Evaporated skim milk
- Sour cream.....Fat free or low fat sour cream or fat free plain yogurt
- Cream cheeseLight cream cheese or ½ skim ricotta or ½ tofu blended
- Oil for sautéing.....Lemon juice, sherry, tomato sauce, low fat broth
Fruit juice or vinegar
- Oil for bakingFor ½ the amount the oil, use applesauce, nonfat
or low fat plain yogurt
- Ground beefExtra lean or lean ground beef, chicken or turkey
- Table saltHerbs, fruit juice, salt free seasonings or herb blends
- Seasoning salts (garlic, celery, onion salt).....Single herb seasonings (garlic powder, celery seed, onion
flakes) or finely chopped onion, celery or garlic
- Soups, sauces, dressings, crackers,Low sodium versions
canned products (meat, vegetables, fish)
- BrothsLow sodium version and when using broth from meat,
chill until fat is solid, then spoon off fat before using the
broth
- Gravy mixes.....Fat free gravy mixes
- Baking powder.....Low sodium baking powder
- Egg Nog Soy milk nog
- Whipped topping or heavy whipped cream.....Lite or fat free whipped topping
- White riceBrown rice
- White breads and rollsWhole grain bread and rolls
- Nuts.....Try pumpkin or sunflower seeds- they are not from the
nut or legume family, but offer many nut like attributes.
Look for sunflower butter (similar to peanut butter)
- Wheat.....To replace a cup of wheat flour- mix 1 tsp xanthan gum
with 1 cup alternative flour (brown rice, garbanzo, quinoa or
buckwheat flour) Most of these alternative products can
be found in the Hen House Health and Natural Dept.