

Simple Ways to Lighten Holiday Recipes



Instead of...	Try...	You Save...	
		Fat (g)	Calories
Baking Chocolate (1 oz)	3 tbsp dry cocoa + 1 tsp sugar + 1 tbsp water	13	70
Butter, margarine, shortening, or vegetable oil (1 tbsp)	½ the amount called for in recipe; or 1 tbsp reduced-calorie margarine; or an equal amount of unsweetened applesauce (baked goods only)	6 7 12	54 63 108
Cheese (1 oz)	½ the amount called for in recipe; or 1oz reduced-fat or part-skim (with 5 or fewer grams of fat/oz)	5 4	57 30
Cream Cheese (1 oz)	1 oz Neufchatel cheese	3	20
Chicken broth, canned, regular (1 cup)	1 cup, ready to serve, reduced-sodium, fat-free, canned chicken broth	4	19
Cream or half-and-half (1 tbsp)	1 tbsp evaporated skim milk	3	17
Cream of mushroom soup (10 ¾ oz can)	10 ¾ oz can 99% fat-free cream of mushroom soup	18	151
Egg (1 large)	¼ cup egg substitute; or 2 large egg whites	6 6	61 59
Ground Beef (1 oz)	1 oz 93% or 96% low-fat ground beef; or 1 oz lean ground turkey	3 4	11 23
Mayonnaise (1 tbsp)	1 tbsp reduced-calorie mayonnaise; or fat free mayonnaise; or 1 ½ tsp reduced-calorie mayonnaise + 1 ½ tsp plain nonfat yogurt	6 11 9	55 86 73
Pecans, chopped (1/2 cup)	¼ cup toasted (works with any type of nut)	20	199
Sour Cream (1/2 cup)	½ cup plain nonfat yogurt; or ½ cup nonfat sour cream alternative (for baked goods, add 1 ½ tsp flour to each ½ cup of yogurt or sour cream alternative)	24 24	182 166
Whole Milk (1 cup)	1 cup skim milk	8	63
2 tbsp hot fudge sauce	2 tbsp chocolate syrup	4	32