

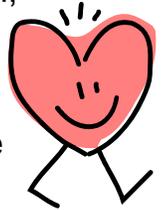


# Healthy Heart, Happy Heart

## *Simple Substitutions to Better Health*

By changing an ingredient in a recipe, you can reduce the fat, cholesterol, or sodium content without sacrificing taste.

Below is a list of common ingredients that can be substituted to improve the healthfulness of some of your favorite recipes:



### Instead of:

### Try:

1 whole egg	¼ cup egg substitute 2 egg whites 1 egg white + 1 teaspoon oil
1 cup butter	1 cup trans-fatty acid free tub or squeeze margarine
½ cup oil/shortening in baking	½ cup applesauce ½ cup prune puree ½ cup mashed banana ¼ cup vanilla yogurt ¼ cup oil
1 cup heavy cream	1 cup evaporated skim or 2% milk
1 cup sour cream	1 cup fat free sour cream 1/3 cup melted trans-fatty acid free margarine + ¾ cup buttermilk
1 cup buttermilk	1 cup milk + 1 tablespoon white vinegar; let stand for 10 minutes 1 cup yogurt
1 cup cream cheese	1 cup yogurt cheese (2 cups of non-fat yogurt strained in cheesecloth overnight)
1 tablespoon mayonnaise	1 tablespoon Dijon mustard + 1 cup yogurt, salt/pepper to taste 1 tablespoon fat free mayonnaise

1 cup honey	1¼ cup sugar + ¼ cup water
1 cup white flour	¾ cup white flour + ¼ cup oat bran ½ cup white flour + ½ cup whole wheat flour
Sugar	Use no more than ¼ cup sugar to each cup of flour
1 cup dry breadcrumbs	¾ cup finely crushed cracker crumbs
Ground beef	90% lean ground beef ground turkey breast ¾ lean meat + ¼ texturized vegetable protein
White rice	Brown or wild rice
1 cup ice cream	1 cup low-fat ice cream or frozen yogurt

Here are some healthy summer recipes to help celebrate the hot weather!

### Ground Turkey Burgers

*Dietitian Tip: Substituting ground turkey breast for ground beef sheds about 200 calories, 7 grams of fat, and 4 grams of saturated fat.*

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| 1 pound ground turkey breast         | 1½ tablespoons Worcestershire sauce |
| ¼ cup dried bread crumbs             | 1 teaspoon Tabasco sauce            |
| ¼ cup chopped onion                  | 4 whole grain buns                  |
| 2 tablespoons fresh parsley, chopped |                                     |



- Combine the ground turkey breast, bread crumbs, chopped onion, parsley, Worcestershire sauce and hot sauce in a large bowl. Mix well. Divide turkey mixture into 4 equal portions and form into patties.
- Grill burgers until browned on both sides, heated through, about 7 minutes each side. Serve with freshly sliced tomato and onion.

*Nutrient analysis: 244 calories, 8 g fat, 2 grams saturated fat, 59 mg cholesterol, 340 mg sodium*

### Yellow Pear and Cherry Tomato Salad

*Dietitian Tip: The red color of tomatoes is due to lycopene, an antioxidant that may help prevent cancer and cardiovascular disease. Lycopene is found in deep yellow, dark green, and red fruits and vegetables.*

- |   |                                     |
|---|-------------------------------------|
| 1½ cups yellow pear tomatoes, halved        | Vinaigrette:                        |
| 1½ cups orange cherry tomatoes, halved      | 2 tablespoons red wine vinegar      |
| 1½ cups red cherry tomatoes, halved         | 1 tablespoon minced shallot         |
| 4 large fresh basil leaves, cut into slices | 1 tablespoon extra virgin olive oil |
|   | ¼ teaspoon salt                     |
|   | 1/8 teaspoon freshly ground pepper  |



- To make the vinaigrette, in a small bowl, combine the vinegar and shallot and let stand for 15 minutes. Add the olive oil, salt and pepper and whisk until well blended.
- In a large serving bowl, toss together all of the tomatoes. Pour the vinaigrette over the tomatoes, add the basil shreds and toss gently to mix well and coat evenly. Serve immediately.

*Nutrient analysis: 47 calories, 3 g fat, 0 g saturated fat, 0 mg cholesterol, 108 mg sodium*



## Peach Crumble

8 ripe peaches, peeled/pitted/sliced	¼ cup packed dark brown sugar
Juice from 1 lemon	2 tablespoons trans-fat free margarine, cut into thin slices
1/3 teaspoon ground cinnamon	¼ cup quick cooking oats
¼ teaspoon ground nutmeg	
½ cup whole-wheat flour	

- Preheat the oven to 375°F. Lightly coat a 9-inch pie pan with cooking spray.
- Arrange peach slices in the pie plate. Sprinkle with lemon juice, cinnamon, and nutmeg.
- In a small bowl, whisk together flour and brown sugar. With your fingers, crumble the margarine into the flour-sugar mixture. Add the oats and stir to mix evenly. Sprinkle the flour mixture on top of the peaches.
- Bake until peaches are soft and the topping is browned, about 30 minutes. Cut into 8 even slices and serve warm.

*Nutrient analysis: 140 calories, 3 g fat, 0 g saturated fat, 0 mg cholesterol, 40 mg sodium*