

# *Substitutions*

## Making Recipes Healthier

Rachel Selm, RDN, CD



Inspired by you

What Subs do you use?



---



---



---



---



---

## Black Beans

- Pureed beans can easily substitute flour in recipes to fit in an extra dose of protein and add extra fiber. When baking, swap out 1 cup flour for 1 cup black bean purée (about one 15-ounce can).

## Chickpeas

- Pureed chickpeas also work as a flour substitute! 1:1 ratio for substitution.

## Whole-wheat flour for white flour

- In virtually any baked good, replacing white flour with whole-wheat can add a whole new dimension of nutrients, flavor, and texture. Whole-wheat includes the outer shell of the grain, it also provides more fiber, which aids in digestion and can lower the risk of diabetes and heart disease.

## Black Bean Brownies

### Ingredients:

- 2 large eggs
- $\frac{3}{4}$  cup granulated sugar
- 1 large egg white
- 1 teaspoon vanilla extract
- 3 Tablespoon canola oil
- $\frac{1}{2}$  teaspoon baking powder
- $\frac{1}{2}$  cup unsweetened cocoa powder
- Pinch of salt
- $\frac{1}{2}$  cup mini semi-sweet chocolate chips, divided
- 1 can (15 oz) low sodium black beans, drained & rinsed

### Directions:

1. Preheat the oven to 350 degrees. Lightly oil or coat an 8x8 inch baking pan or dish with non-stick cooking spray and set aside.
2. Place the black beans in the bowl of a food processor and process until smooth. Add the egg, egg whites, oil, sugar, cocoa powder, vanilla, baking powder and salt. Process until smooth. Add  $\frac{1}{4}$  cup of the chocolate chips and pulse a few times until the chips are incorporated.
3. Pour the batter into the prepared pan, smooth the top with a rubber spatula and sprinkle with remaining  $\frac{1}{4}$  cup chocolate chips.
4. Bake 30-35 minutes or until the edges start to pull away from the sides of the pan and a toothpick inserted in the center comes out clean. Cool in the pan before slicing.

**Nutrition Facts:** 135 cal, 6 g fat, 19 g CHO, 3 g pro, 121 mg Na<sup>+</sup>, 2 g fiber      **Yield:** 16 servings **Time:** 45 minutes

## Chickpea Chocolate Chip Cookies

### Ingredients:

- 1 1/2 cups cooked chickpeas, or 1 (15 oz.) can, drained and rinsed
- 1/2 cup gluten-free oat flour\*
- 3/4 cup brown sugar
- 3 tablespoons canola oil
- 1 tablespoon vanilla extract
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1 teaspoon vinegar (apple cider vinegar if available)
- 3/4 cup dark chocolate chips

**\*Note:** You can make your own flour by simply grinding gluten-free rolled oats in a food processor or coffee grinder until a fine flour is created.

### Directions:

1. Preheat the oven to 350 and line a baking sheet with parchment paper.
2. Process the chickpeas, canola oil and vanilla in a large processor until relatively smooth.
3. Add in the brown sugar, flour, salt, baking soda and vinegar and blend until a smooth batter is formed.
4. Add in the chocolate chips and pulse briefly until incorporated.
5. Drop the dough by heaping tablespoons onto a lined baking sheet and use wet fingers to gently flatten each mound (they won't spread a lot on their own.)
6. Bake until the tops begin to crack and the edges are dry to the touch, about 18 to 20 minutes. Cool completely before serving.

**Nutrition Facts:** 143 cal, 6 g fat, 21 g CHO, 3 g pro, 106 mg Na<sup>+</sup>, 2 g fiber    **Yield:** 16 cookies **Time:** 30 minutes

## Zoodles for pasta noodles

- Thin strips or ribbons of zucchini are a great stand-in for pastas.
- Plus, you get to skip the boiling—simply sauté for a few minutes until soft.

## Spaghetti Squash

- Roasted and pulled apart with a fork, spaghetti squash is a great low-carb substitute for pasta.
- One squash will make between two and three servings.

### For the broth

1. Brown back bone in a dutch oven over medium-high heat.
2. Add 1 onion (quartered), 2 smashed garlic gloves, 2 carrots (cut in thirds), 2 celery stalks (cut in thirds) and saute until slightly softened. Add 1t of whole black peppercorns.
3. Preheat oven to 225 degrees F.
4. Add a small amount of water and loosen the delicious fond from the bottom of the dutch oven with a wooden spoon.
5. Fill dutch oven with water, cover with lid and cook in oven overnight (can also cook on stove top).
6. Strain out bones and veggies, reserving broth for the soup.

## For the Soup

1. Heat 1T olive oil in a soup pot over medium-high heat.
2. Dice an onion, 3-4 carrots and 2 stalks of celery, add to soup pot.
3. Saute veggies until starting to soften and slightly brown.
4. Move veggies to the side and brown 1-2 chicken breasts in the pot.
5. Add 1-3 cloves of sliced garlic (depending on your garlicy preference) and cook for about 1 minute.
6. Add 6-8 cups of reserved broth and bring to a boil.
7. Once at a boil, reduce heat to medium-low to continue simmering the soup until veggies are tender and chicken is cooked through.
8. In the meantime, work on the zucchini. I do not have a spiralizer so I just cut the zucchini it to small planks.
9. Once the chicken is done remove and dice in to bite sized pieces, then return to the pot along with the zucchini.
10. Continue cooking the soup for 5-10 minutes until the zucchini is softened.

## Chicken Zoodle Soup

- You can substitute a vegetable broth and chickpeas to make this vegetarian/vegan friendly!
- You can add salt to taste, but this soup is flavorful enough without it! Fresh Lemon Juice would also work great to add the zip that salt provides.



## Plain yogurt with fresh fruit for flavored yogurt

- Pre-flavored yogurts often come packed with extra sugar. To skip the sugar rush without sacrificing flavor, opt for plain yogurt (or better yet, plain Greek yogurt) and add fresh fruit and/or honey if you want that extra hint of sweetness.

## Greek yogurt for sour cream

- Lighten up those taco toppings by opting for Greek yogurt instead of sour cream. You'll never taste the difference, plus Greek yogurt offers an extra dose of lean protein.

## Greek yogurt for mayo

- Add some herbs and a squeeze of lemon juice, and they'll taste almost identical.

## Fat/Oil Swaps!

### Olive oil for butter

- When you're about to stir-fry your favorite vegetables, sauté in oil instead of butter to swap saturated fats for healthy unsaturated fats!

### Avocado purée for butter

- They're both fats and have nearly the same consistency at room temperature. The creaminess and subtle flavor of the avocado lends itself well to the texture of fudge brownies and dark chocolate flavorings. It can take some experimenting to get this swap perfect, but generally, using 1 cup avocado purée per cup of butter works.

### Mashed bananas for baking fat

- The creamy, thickening power of mashed (ripe!) banana acts the same as avocado in terms of replacing fat in baking recipes. One cup mashed banana works perfectly in place of 1 cup fat.

### Olive oil spray for olive oil from the bottle

- Oil glugs out of the bottle, leading to overly greasy dishes. Using a spray bottle is a great way to cut down on oil while still getting the nonstick benefits. A little mist is all that's needed.

## Sauté in chicken broth instead of oil

- While this won't brown your vegetables as much as oil might, sautéing in chicken (or veggie) broth lightens up the dish while adding tons of flavor.

## Avocado mash for mayo

- Half a mashed avocado is a great substitute for mayo on any sandwich. Both add moisture, but avocado is avocado and provides healthy monounsaturated fats!

## Unsweetened applesauce for butter

- Applesauce gives the right consistency and a hint of sweetness. This works well in any sweet bread, like banana or zucchini, or in muffins. 1:1 ratio swap!
- On your first try, you can try swapping out half the fat: A recipe using 1 cup butter would use 1/2 cup oil and 1/2 cup applesauce.

## Veggies for dipping

- Fresh veggies are amazing dippers with hummus, peanut butter, salsa, yogurt, etc.!
- Fresh fruit is also great for dipping in yogurt and peanut butter!

## Popcorn for potato chips

- Lower in fat, natural popcorn without pre-flavored seasonings is a great snack alternative to replace those oily, super-salty potato chips. Try made-at-home flavors by adding cinnamon, chili powder, or Parmesan.

## Banana ice cream for ice cream

- No milk, no cream, no added sugar... but the same, delicious consistency.
- Freeze bananas, then purée. Add in peanut butter, strawberries, cocoa powder, mangoes, etc. to change up the flavors!

### Herbs or citrus juice for salt

- Fresh herbs and citrus juice can provide just as much flavor without the added risks of excess sodium intake.

### Popcorn for potato chips

- Lower in fat, natural popcorn without pre-flavored seasonings is a great snack alternative to replace those oily, super-salty potato chips. Try made-at-home flavors by adding cinnamon, chili powder, or Parmesan.

### Low-sodium soy sauce for standard soy sauce

- The taste is virtually the same, but choosing a low- or reduced-sodium variety can cut down sodium intake by nearly half.

## Homemade salad dressing for bottled dressing

- By making dressing from scratch at home, it's easy to cut out the added sugar, sodium, and preservatives typically found in premade dressings.
- Try mixing vinegar or lemon juice and oil in a 2:1 ratio and flavoring with spices such as rosemary, thyme, oregano, and pepper.

## Lettuce leaves for tortilla wraps

- It's not a perfect swap, but forgoing the carbs for fresh lettuce is a fun (and easy) switch that can lighten up any sandwich, wrap or taco dish. Plus it provides a nice little crunch that the wraps and breads don't.

## Unsalted nuts for croutons

- Every salad needs that extra crunch. Try lightly toasted slivered almonds, pecans, or walnuts on your next salad!

## Unsweetened applesauce for sugar

- Using applesauce in place of sugar can give the necessary sweetness without all that, well, sugar.
- You can sub sugar for applesauce in a 1:1 ratio, but for every cup of applesauce you use, reduce the amount of liquid in the recipe by 1/4 cup.

## Vanilla extract for sugar

- Cut sugar in half and add a teaspoon of vanilla extract can give just as much flavor with significantly less sugar.
- You can't sub this one in equal ratios, but try cutting 2 tablespoons of sugar and adding an extra 1/2 teaspoon of vanilla extract.

## Puréed fruit for syrup

- Pureed fruit warmed on the stovetop packs less sugar than Aunt Jemima.

## Seltzer water with citrus slice for soda

- Instead of sugary sodas, opt for a glass of sparkling water with a few slices of citrus—grapefruit, lime, orange, and lemon all work well—for a little extra flavor.

## Unsweetened iced tea

- If don't just want to drink plain water unsweetened tea (hot or iced) is a perfect substitution for juices, sodas and other sugary beverages.
- The next time you're in the mood for something icy with a little flavor, opt for a home-brewed, unsweetened iced tea.

## Turnip or cauliflower mash for mashed potatoes

- Add in a different veggie to your standard dinner plate by using turnips or cauliflower (or both!) instead of white potatoes for a creamy mash.
- Add some fresh herbs in place of the salt, and it's a much healthier stand-in. Got picky eaters at the table? Try mixing 1/3 potato, 1/3 cauliflower, and 1/3 turnips.

## Grated steamed cauliflower for rice

- Lighten up a carb-heavy dinner by replacing white rice with grated cauliflower. The texture and the taste are virtually the same, and that's really all that matters.

### Ground turkey for ground beef

- Ground turkey (or chicken) is a great substitute for ground beef to cut down on saturated fat. Reminder: Because of the lower fat content, ground poultry often ends up drier than beef, but a few tablespoons of chicken stock can solve the problem in a snap.

### White-meat, skinless poultry for dark-meat poultry

- White meat is lower in fat and higher in protein and iron.

### Add in more beans!

- Adding beans to your soups, stews, casseroles provides plant-based protein packed with fiber and nutrients and help you use less meat in your recipes!
- Beans are very affordable and can help stretch your food dollar without sacrificing nutrition!

*Thank you!*

**Prairie Ridge**

HEALTH



Inspired by you