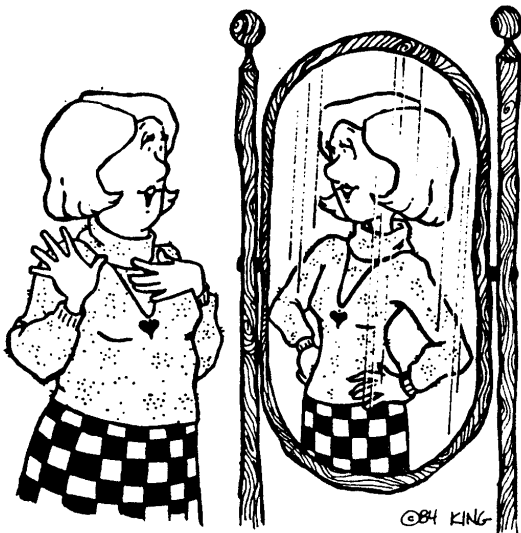

LEAN CUISINE

Low Fat Cooking Tips

There are many low fat foods that you can use in place of high fat foods. Try to use low fat foods in recipes or meals as much as possible. Just remember that overeating low fat foods because they seem like a healthier choice does not equal fewer calories. Eating too much of any low fat food adds calories to your diet and inches to your waist!

Try these suggestions to reduce the fat in your meals.



Low Fat Cooking Methods

- Use nonstick cookware. This avoids using fats to coat pots and pans for cooking or baking.
- Use vegetable cooking sprays to season or coat pans for cooking. These have little or no fat and can even be butter flavored!
- Try to bake, broil, or steam foods instead of frying or sautéing.

Low Fat Baking

- Use egg substitutes in place of whole eggs in recipes. Egg substitute packages will usually tell you how much equals one whole egg for that product.
- Two egg whites can be used in place of one whole egg in muffins and cookies. This usually just requires beating the egg whites before adding to batter.
- Use liquid vegetable oil in place of solid shortening in baked goods. Adjust the amount of other liquid you add to the recipe.
- Use applesauce instead of vegetable oil, margarine, or butter in muffins, quick breads, and cakes. If oil is the only liquid in the recipe use half applesauce and half buttermilk in place of oil for a moister product.
- Use pureed prunes or baby food prunes in place of oil or margarine in baked products. This is especially good in chocolate baked goodies or brownies.
- Instead of using unsweetened chocolate in recipes, use unsweetened cocoa powder. 1 ounce of unsweetened chocolate is equal to 3 tablespoons of unsweetened cocoa powder plus 1 tablespoon of liquid vegetable oil.

Low Fat Meat Cooking

- Trim fat from meat and remove skin from poultry before cooking.
- Avoid flouring and breading meat before cooking. The breading will act like a sponge for fat.
- Tenderize lean cuts of meat by soaking in fat free marinade before cooking.
- Cook meat at a lower temperature and for a longer time to help tenderize meat.
- Before eating ground beef or adding it to a recipe, drain excess fat in a colander or by blotting with a paper towel.
- Avoid browning vegetables or potatoes with meat. They can act like fat sponges.
- Try eating egg whites instead of the whole egg. Most of the saturated fat is found in the egg yolk.
- Always try to purchase lower fat meat products at the supermarket. This way you begin with a healthier choice before you start to prepare a meal.

More Low Fat Cooking Ideas

- Use nonfat plain yogurt or fat-free sour cream in place of sour cream in dips and recipes.
- Season vegetables with herbs and spices instead of using margarine, butter, or cream sauces.
- Use finely shredded low fat cheese in recipes. It melts very well and when combined with other flavors, it is difficult to notice any difference in taste.
- If you must have margarine, try to use a product that has vegetable oil as the first ingredient and use only a small amount. Try some of the low fat margarines. They actually taste quite good.
- When cooking with peanut butter, use all natural peanut butter. It has less fat and a great nutty taste.
- Replace one-fourth or one-half of ground meat or poultry in casseroles or meat sauces with cooked brown rice, couscous, or cooked and chopped dried beans.
- Whenever possible, use low fat ingredients in all of your recipes.