



SEEKING TEXAS 4- H MEMBERS WITH

# 20/20 KITCHEN VISION

If you are current 4-H member with a knack for developing recipes, this is the opportunity for you.

Submit your recipe and Texas 4-H will decide on social media the People's Choice Champions!

Recipe MUST be developed by a current 4-H member or clover kid. Appetizers, snacks, entrees, desserts - we want them all!

But wait, there's more...  
Your recipe could be featured  
in our official

TEXAS A&M  
AGRI LIFE  
EXTENSION

## Texas 4-H Cookbook

to be printed and SOLD in fall 2020



# HEALTHY RECIPES = HEALTHY LIFE!

## Fats and Oils

Choose or modify your ingredients to include fats and oils that are low in saturated fat. All fats and oils are high in calories, but you can make a healthier choice by replacing bad (saturated) fats with good (unsaturated) fats in recipes.

**GOOD:** Unsaturated fat (poly and mono) helps lower bad cholesterol and triglyceride levels. Unsaturated fats provide the essential fats that the body needs to properly function but can't produce itself. Sources: olive, peanut, canola, sunflower, and corn oils; avocados; nuts and seeds such as almonds, hazelnuts, pecans, walnuts, flax seeds, pumpkin seeds, and sesame seeds; fish

**THE BAD:** Saturated fat needs to be limited because it can increase the risk of heart disease and raise bad cholesterol levels. Sources: Coconut, coconut oil, palm oil, and palm kernel oil; whole milk products, butter; High fat meat products such as bacon or sausage

More tips to reduce fat: Use fat-free (skim) milk instead of whole milk. Use low-fat sour cream (1%) or fat free plain yogurt in place of sour cream. Use low-fat varieties of cheese instead of full fat cheeses. Use one fourth less of liquid oil or solid fat in most recipes. Use 2 egg whites for every egg or one fourth cup of egg substitute for every egg. Use half the specified amount of oil to sauté or brown food. Substitute applesauce for one half of the butter or margarine in cookies or cakes. Use cooking methods such as bake, boil, broil, grill, roast or stir-fry instead of cooking foods in fat

## Added Sugar

Avoid added sugars in your recipe to decrease calories and prevent weight gain. Try these tips to make your recipe healthier: To cut down on sugar, adjust sugar in the recipe by using one-third less. For example, if a recipe says to use 1 cup of sugar, use  $\frac{2}{3}$  cup. This change works best in canned and frozen fruits and in making puddings and custards. In cookies and cakes, try using  $\frac{1}{2}$  cup sugar per cup of flour. For quick breads and muffins, use 1 tablespoon sugar per cup of flour. Replace canned fruit packed in syrup with fresh fruit or with canned fruit packed in water. Add cinnamon, vanilla, and almond extract in place of sugar for sweetness.

## Sodium

Omit salt or reduce by one-half. For example, if a recipe calls for  $\frac{1}{2}$  teaspoon salt, use  $\frac{1}{4}$  teaspoon. This method may be more acceptable if you gradually reduce the amount of salt each time you make the recipe. Do not eliminate salt from yeast bread or rolls; it is essential for flavor and helps the texture. Replace salt with spices or herbs to add flavor. Use fresh or frozen foods, rather than canned foods, or use low sodium canned foods.