

Ingredient Substitutions that are Heart Smart

There is no need to forego your favorite recipes or old family favorites that have been passed down for generations if you are trying to cut calories from your diet. By simply making a few substitutions and changes, you can still prepare those recipes and reduce your intake of calories, fat, and cholesterol.

The Microwave Breakfast Cake recipe from our Dinner Tonight website is the perfect example of ingredient substitutions. By replacing the sugar and oil with a mashed banana, this recipe is still sweet and packed full of protein and vitamins.

If you haven't sign up for our new Dinner Tonight program, please sign up to receive notices of new recipes and videos at www.dinnertonight.org and continue to enjoy your tried and true favorite meal ideas. Dinner Tonight is administered through the Texas A&M AgriLife Research and Extension Center. This program is meant to help families meet their healthy lifestyle goals and encourage family mealtime by providing quick, nutritious and cost-effective recipes to consumers through weekly video webcasts and other web-based methods, such as Facebook. Check out Dinner Tonight at <https://www.facebook.com/txdinner>, <http://pinterest.com/dinnertonight/> <https://www.youtube.com/user/txdinner>, http://www.twitter.com/agrilife_dinner

Ingredient Substitution List

INSTEAD OF	TRY	BEST CHOICE
Butter	60/40 margarine - butter blend	Margarine or reduced calorie margarine
Sour cream	Lite sour cream	Mock Sour Cream
2 whole eggs	1 whole egg plus 2 egg whites	4 egg whites, commercial egg substitute, or Homemade Egg Substitute
Whole milk	2% milk	Skim milk
Cream	Evaporated milk	Evaporated skim milk
Cream cheese	Light cream cheese or Neufchâtel®	Yogurt Cheese
Whipped cream or non-dairy whipped topping	Non-fat whipped topping	Non-fat whipped topping or no-fat whipped topping

INSTEAD OF	TRY	BEST CHOICE
Cheddar, Colby, Swiss Cheese	Cut down on the amount you usually eat	Select part-skim mozzarella, reduced-fat natural cheese, farmer cheese, or low-fat processed cheese
Cottage cheese	Low-fat cottage cheese	Non-fat ricotta or cottage cheese
Baking chocolate (1 ounce)	3 tablespoons powdered cocoa plus 1 tablespoon cooking oil	3 tablespoons powdered cocoa plus 1 tablespoon cooking oil
Mayonnaise	Lite mayonnaise	Half cholesterol-free mayonnaise and half non-fat yogurt
Salad dressing	Reduced-fat dressing	Fat-free dressing
Chicken with skin	Remove skin <i>after</i> cooking	Remove skin <i>before</i> cooking
Regular ground beef	Lean ground beef	Use extra lean ground beef or lean ground turkey

Microwave Breakfast Cake

This single serve breakfast cake is ready in 3 minutes.

Ingredients

- 2 Tablespoons oat flour
- 1 Tablespoon rolled oats
- 1 egg
- 1 egg white
- 1 ripe banana mashed with a fork
- ½ teaspoon vanilla
- ½ teaspoon cinnamon

Instructions

1. Place all ingredients in a bowl and mix ingredients until combined.
2. Place mixture in a microwavable safe mug or ramekin.
3. Cook in microwave for 2 1/2-3 minutes. (Cake will begin to rise in the microwave)

4. Allow the breakfast cake to cool and remove from dish. Top with your favorite nut butter, dried fruit, or Greek yogurt.

Servings: 11 Calories for cake only: 234 per serving

For more information contact the AgriLife Extension Office at 903-473-4580 or visit us at rains.agrilife.org. We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). Go and “Like” our page to keep up with the latest news, events, and programs offered by Family & Consumer Sciences in Rains County.

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