

[IMAGE]

## Healthy Recipe Makeovers

By Carey Emmons, RD, LDN

Yes, the new year's in full swing and with it, another year of opportunities to improve your health. How are you doing so far? The last thing you want to do is to sabotage your resolution to eat healthier by spoiling it with high-calorie, high-fat items. Fortunately, you have options. Show your love for yourself (and others) in a more health-conscious way this year with lower calorie, more nutritious sweet treats, appetizers and entrees made using a few simple recipe substitutions. Here are a few quick examples to get you started:

### Cinnamon Raisin Muffins

*Prep time: 15 minutes; bake time: 15 minutes; serves 12*

cinnamon raisin muffins - Copyright © Stock Photo / Register Mark What You Need:

2 cups whole-wheat flour

3/4 tsp. baking soda

1/2 tsp. salt

1/4 cup light brown sugar

1/4 cup honey

1/2 cup egg substitute

1 cup applesauce

1 tsp. vanilla

4 tsp. cinnamon

1/2 tsp. nutmeg

1/3 cup raisins

What You Do: Pour all ingredients (except raisins) into a large bowl. Stir until well-blended. Now stir in the raisins. Spoon into paper-lined muffin trays. Bake at 350° F for 15 minutes.

Why It's Better: Using whole-wheat flour in place of refined white flour is more healthful because whole-grain flour contains vitamins, minerals, antioxidants and fiber, unlike white flour, which has been stripped of all nutrients except for the vitamins and minerals that are added back in as part of the enriching

process. Also, using egg substitute in place of regular eggs saves about 12 grams of fat, as well as using applesauce (in place of oil) cuts out about 960 calories!

### **Chocolate Chip Cookies**

*Prep time: 20 minutes; cook time: 10 minutes; serves 24*

chocolate chip cookies - Copyright © Stock Photo / Register Mark What You Need:

1 cup low-fat butter (sticks), softened  
1 cup sugar substitute  
1 cup packed brown sugar  
1/2 cup egg substitute  
2 tsp. vanilla extract  
3 cups whole-wheat flour  
1 tsp. baking powder  
2 tsp. hot water  
2 cup semisweet chocolate chips

What You Do: Preheat oven to 325° F. Cream together the low-fat butter, sugar substitute and brown sugar until smooth. Beat in the egg substitute a little at a time, and then stir in the vanilla. Dissolve baking soda in hot water. Add to batter. Stir in whole-wheat flour and chocolate chips. Scoop with a medium ice cream scoop onto ungreased pans. Bake for about 12 minutes or until edges are slightly brown.

Why It's Better: Most low-fat butters have about 28 percent less saturated fat than regular butter. (Find one without hydrogenated oils!) Using a calorie-free sugar substitute (in place of white sugar) saves about 774 calories, and using egg substitute (in place of regular eggs) saves about 6 grams of fat. Also, using whole-wheat flour increases the fiber content in the recipe.

### **Hot Artichoke and Spinach Dip**

*Prep time: 15 minutes; cook time: 25 minutes; serves 12*

hot artichoke and spinach dip - Copyright © Stock Photo / Register Mark What You Need:

1 (8 oz.) package fat-free cream cheese  
1/4 cup low-fat mayonnaise

1/4 cup grated part-skim Parmesan cheese  
1/4 cup grated part-skim Romano cheese  
1 clove garlic, peeled and minced  
1/2 tsp. dried basil  
1/4 teaspoon garlic salt  
1 (14 oz.) can artichoke hearts, drained, chopped  
1/2 cup frozen chopped spinach, thawed and drained  
1/4 cup fat-free mozzarella cheese

What You Do: Preheat oven to 350° F. Lightly grease a small baking dish. In a medium bowl, mix together cream cheese, mayonnaise, Parmesan cheese, Romano cheese, garlic, basil and garlic salt. Gently stir in artichoke. Transfer the mixture to the prepared baking dish. Top with mozzarella cheese. Bake for 25 minutes until bubbly and lightly brown.

Why It's Better: Using fat-free cream cheese saves about 9 grams of fat, and using fat-free mayonnaise saves about 175 calories. Using part-skim Parmesan and Romano cheese and fat-free mozzarella saves about 48 grams of fat!

### **Baked Ziti**

*Prep time: 20 minutes; cook time: about 35 minutes; serves 6*

baked ziti - Copyright © Stock Photo / Register Mark What You Need:

16 oz. whole-wheat ziti  
1/2 cup egg substitute  
1/2 tsp. garlic powder  
15 oz. fat-free ricotta cheese  
1/4 cup chopped, fresh basil  
1/2 cup shredded, part-skim Parmesan cheese  
3 cups spaghetti sauce  
1/2 cup grated, part-skim mozzarella cheese

What You Do: Preheat oven to 350° F. Pasta may be prepared as per directions on packet and drained. Beat egg substitute in a bowl, adding part-skim ricotta cheese, basil, garlic powder and 1 cup part-skim

mozzarella; mix. Cooked pasta can now be added with spaghetti sauce (2 cups). Pour 1/2 cup of spaghetti sauce into 13x 9 pan, top with ziti mix and remaining sauce. Sprinkle the leftover mozzarella and Parmesan cheeses over the top. Cover with foil and bake for 20 minutes. Remove foil and bake again for 10-20 minutes until bubbly and golden brown.

Why It's Better: Although whole-wheat pasta and refined white pasta have a similar number of carbohydrates per serving, the whole-wheat version will keep you fuller longer due to the higher fiber content. Using egg substitute in place of regular eggs saves about 6 grams of fat, and using fat-free ricotta cheese, and part-skim Parmesan and mozzarella can save about 50 grams of fat! Also, there is a higher level of lycopene in the spaghetti sauce (lycopene has been shown to fight certain cancers) because cooking breaks down cell walls, releasing and concentrating carotenoids.

### **Low-Fat Crustless Quiche**

*Prep time: 15 minutes; cook time: 55 minutes; serves 8*

#### What You Need:

One 8 oz. container of egg substitute  
6 cooked pieces of turkey bacon (broken into small pieces)  
One 8 oz package of fat-free cheddar cheese  
One 8 oz container of fat-free half and half  
1/4 cup chopped onion  
One 9 inch pie plate

low-fat crustless quiche - Copyright © Stock Photo / Register Mark What You Do: Spray pie plate with cooking spray. Combine all ingredients together in a mixing bowl. Slightly stir to make sure they're all evenly dispersed. Carefully pour into the pie plate. Cook for 15 minutes at 425 degrees then lower temperature down to 325 degrees for 40 minutes or until lightly browned on the top.

Why It's Better: By using egg substitute instead of real eggs, you save about 48 grams of fat and avoid the cholesterol found in whole eggs. Also, by using fat-free half and half, fat-free cheddar cheese and turkey bacon, you save over 125 grams of fat!

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**Carey Emmons, RD, LDN**, is a registered dietitian and licensed dietitian/nutritionist specializing in wellness dietetics and weight management at the Rothman Institute, a leading orthopedic practice in the greater Philadelphia area.

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