

## ACTIVITY: MODIFYING RECIPES

Now it's time to apply some of the concepts you learned in the module entitled *Recipe Makeovers*. Reduce, replace or eliminate some of the ingredients in the following recipe to make it lower in calories, fat and sodium. Write down any modifications you would make and the reasons for your changes.

Recipe: Scalloped Potatoes		
Ingredients	Modification	Reason
3 cup pared, thinly sliced potatoes		
2 Tbsp flour		
6 Tbsp butter		
1-1/4 cup light cream		
1-1/4 tsp salt		
1/4 tsp paprika		
Oil for greasing baking dish		

### Suggestions for Modifying Recipes

#### To cut calories and fat:

- Reduce the amount of butter. Use half the amount called for or try reduced-calorie margarine instead.
- Replace the light cream with evaporated fat-free milk, or try fat-free or 1% milk.
- Eliminate the oil for greasing the baking dish. Instead, spray a 1-1/2 quart casserole with cooking spray or a mister.

#### To cut down on sodium:

- Reduce the amount of salt. Use half the amount or less salt. Or replace the salt with a lower-sodium salt substitute and herbs and spices.

### My Favorite Recipe

What can you do to your favorite recipe so that it fits your weight loss program and health needs? Look at the ingredients and directions of your favorite recipe and think about how you can make it healthier. Write down your modifications below.

Recipe: _____	
Ingredients	Modification

Modified Directions: \_\_\_\_\_