

**Vicki Rethmeier Nutrition Class**  
**Baking Healthier/Lower Calorie Cooking**  
**January 10, 2013**

Kerry's Notes

- "Don't waste them, when you can't taste them."—Don't waste calories (use reduced fat, lower fat or healthier substitutions when you can't taste the calories anyway.)
- Add ground Flax Seed to Pancakes and use Whole Grain Flour—it fills you up and sticks with you
- When baking, cut back on the sugar in a recipe and add more cinnamon and/or vanilla—that sweetens up the recipe without the calories
- Substitute whole-grain flours in place of all-purpose flour or do  $\frac{1}{2}$  of each, or do a 2-white, 1 whole-grain ratio. You will probably need to cut back on the any liquids in the recipe if you use whole grain flour
- Canola Oil, Olive Oil and Peanut Oil are the best oils to use.
- Olive Oil Mayo has lower calories and fat
- When using Splenda in a recipe, if the recipe calls for 1 cup, try using  $\frac{3}{4}$  cup or  $\frac{2}{3}$  cup instead, otherwise it might be too sweet
- When using shredded cheese and need it melted, 2% Reduced Fat cheese melts better than fat-free. If you use "Sharp" Cheddar, it has more flavor, so you can use less. Use Fat-Free if you don't need it melted like on Salads or Chili.
- Use Fat-Free Sour Cream when mixing in recipes—probably won't notice the difference in taste.
- Slow Churned Ice Cream—whipped and more air, so "less" satisfies you—saves some calories
- Sautéing in oil doesn't save on calories, but if you use Canola, Olive or Peanut instead of butter or margarine, it is healthier
- Tips—
  - Buy a big tub of hamburger, brown it all up with onion, separate into containers and freeze. Onion adds flavor and you only make the mess once and saves time when busy at nights.
  - Dice up a whole onion at one time and freeze what don't use
  - Use evaporated milk or Fat Free  $\frac{1}{2}$  &  $\frac{1}{2}$  to smoothies, soups, mashed potatoes, pudding, etc. for extra fullness, fluffiness, creaminess without the added calories

- Fish Recipe—drizzle fish fillet with olive oil on both sides, sprinkle with Italian Herbs and Parmesan Cheese and Bake
- Blood Pressure can be affected by salt, oils, calcium, magnesium and potassium
- Alternative to Cole-Slaw—use shredded Broccoli instead of cabbage (shredded broccoli can be found in the produce section at walmart in a bag). You can also use it in your lettuce salad for added flavor.
- Vicki had a sample of Coleslaw—she used the KFC recipe found on the internet—best sample used Olive Oil Mayo and Splenda and shredded broccoli. She also used skim milk instead of buttermilk.
- When baking, replace butter, oil or shortening with applesauce—(makes the cookies more cake like, so great for cakes and brownies, but might not like as much for cookies)
- Look for Black Bean Brownie recipe on Weight Watchers
- Lots of Calories in an Egg Yolk so can always replace a whole egg with 2 egg whites
- Replace softened or melted Butter with Canola Oil when baking
- Gravy Recipe—use chicken broth, rubs/herbs/seasonings, and thicken with cornstarch (wonder if evaporated milk or fat free  $\frac{1}{2}$  &  $\frac{1}{2}$  would make creamier?)
- Add Vegetables to Casseroles and Soups—make more, stretches the meat and makes you fuller without adding the calories
- Add more rice, barley, etc. to soup—more filling without packing on the calories
- Use Whole Grain when possible—“Wheat”, “Multi-grain”, “Stoneground” are not Whole Grain—needs to say 100% Whole Wheat or 100% Whole Grain. “Made with Whole Grain” doesn't mean 100% Whole Grain Either.
- Whole Grain also provides more Fiber
- All tips or suggestions listed above don't always provide less calories or maybe not many less calories, but any calorie saving tricks add up over the day, and the tips are always healthy tips to provide us with the stuff that our bodies are lacking