Healthy Substitutions

It has become easier in recent years to update favorite recipes with healthier ingredients without losing flavor. Simple substitutions can reduce sodium, fat and cholesterol content without significantly altering the taste of a family favorite. Remember, it may take an attempt or two to perfect your new, healthier recipe, but it is worth the effort. Eat in good health! SIMPLE STEPS Use only half of the sodium noted in a recipe. Prepare pans and cooking sheets with a non-fat cooking spray instead of butter or margarine. Use one percent milk instead of whole milk. Substitute low fat or fat free cream cheese or sour cream when appropriate. Low fat or fat free plain yogurt can also replace sour cream in many recipes. Use egg substitute or egg whites in recipes that call for more than one egg. A quarter cup equals one egg. If a recipe calls for sugar, replace half of the amount with a sugar substitute. If nuts are used in a recipe, use them on top of the dish rather than mixing them in — the flavor will be stronger and more satisfying. Use leaner meats for lower fat and sodium. Be sure to make comparisons; some cuts of pork can be healthier than chicken. Finally, reduce portion size; you may be satisfied with less!

Using simple egg and sugar substitutions alone in this pumpkin cheesecake recipe reduces the amount of cholesterol by 40 grams, sodium by more than 100 mg, and sugars by 10 grams.

DOUBLE LAYER PUMPKIN CHEESECAKE
BY CHRIS SIMEONE, CEC EXECUTIVE CHEF

- Fat free cooking spray
- 1/3 cup graham cracker crumbs
- 2 – 8 oz. pkgs fat free cream cheese,softened
- 1/4 cup sugar
- 1/4 cup sugar substitute
- 1/2 teaspoon vanilla
- 1/2 cup egg substitute
- 1/2 cup canned pumpkin
- 1/4 teaspoon ground cinnamon
- Dash ground nutmeg
- Dash ground cloves
- 1/2 cup fat free whipped topping

Spray 9 inch pie plate with cooking spray; sprinkle bottom with crumbs. Mix cream cheese, sugar, sugar substitute and vanilla at medium speed until well blended. Add egg substitute and mix until blended. Do not overbeat. Remove 1 cup of mixture, and pour remaining batter into crust. Add the pumpkin and spices to the 1 cup of mixture and combine. Pour the pumpkin and spice mixture into the crust. Bake at 325 degrees for 40 minutes or until center is almost set. Cool. Refrigerate for 3 or more hours. Top each serving with 1 Tablespoon of whipped topping.

NUTRITION INFORMATION:
Calories: 120 Total Fat: 2 grams Saturated Fat: 1 gram Cholesterol: 25 mg Carbohydrate: 13 grams Sugars: 8 grams Sodium: 230 mg

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