



Kinship Link

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Pro Kinship for Kids

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Pro Kinship for Kids
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Lightening-Up: A Guide to Recipe Substitutions

Undoubtedly, everyone has an ultimate recipe or meal: however are familiar favorites helping your heart or waistline? Reducing the amount of saturated fat, cholesterol, and sodium (salt) in recipes can be easily done with very surprising and tasty results! Changing recipes can be done very easily by remembering the following words:

Eliminate

- * Ask which ingredients are essential?
- * Eliminate those that are not. For example: salting water before cooking pasta and vegetables.

Reduce

- ◇ Ask does the recipe need the full amount of sugar or fat?
- ◇ Reduce sugar and fat by 1/3 to 1/2 to save on calories. Or use non-stick sprays in place of oil in the pan to reduce the total fat.

Substitute

- ◆ Try substituting a more healthful ingredient for one that is higher in fat and salt.

Healthy Cooking Tips

To help lower sodium
Limit salt while cooking by:

- Try using low-salt or salt-free seasonings such as lemon juice, vinegar, and dried and fresh herbs
- Drain and rinse canned foods before preparing
- Incorporate fresh fruits and vegetables as often as possible at meals
- Cook pastas, rice, and hot cereals without salt
- Use low sodium or sodium free bouillon
- Choose onion and garlic powder instead of onion and garlic salt

Watch for words like cured, brine, or pickled. Usually, these indicate a higher salt content. Limit use of condiments like pickles, catsup, barbecue sauce, soy, and teriyaki sauces, and horseradish.

To help lower fat and cholesterol

Limit fat while cooking by:

- Use a non-stick pan or replace oil with a cooking spray
- Cook foods in liquids (stock, lemon juice, fruit juice, or water) instead of oil
- In place of cream in a recipe, use low fat yogurt, evaporated milk, skim milk, cornstarch, low fat

- soymilk
- Use fruits and vegetable purees in place of sour cream, butter, and other creamy sauces
- Microwave vegetables first and, then place under the broiler to crisp

Alternative cooking methods to frying:

- ⇒ Broiling
- ⇒ Microwaving
- ⇒ Roasting
- ⇒ Steaming
- ⇒ Grilling
- ⇒ Poaching

Helpful Tips:

- To cool your punch, float an ice ring made from the punch rather than using ice cubes. It appears more decorative, prevents diluting, and does not melt as quickly.
- Fruit juices, such as pineapple and orange, can be used as salad dressing by adding a little olive oil, nutmeg, and honey.
- To make self-rising flour, mix 4 cups of flour, 2 teaspoons salt, and 2 tablespoons baking powder. Store in a tightly covered container.

Common Substitutions

Ingredient	Substitution
1 whole egg	2 egg white or 1/4 cup egg substitute or 1 egg white and 1 teaspoon vegetable oil
1 cup butter, lard, or shortening	1 cup soft/tub margarine (or special spreads such as Benecol, Take Control, Smart Balance) or 2/3 to 3/4 cup vegetable oil, or 1 cup applesauce
1 cup vegetable oil	1 cup applesauce, fruit or vegetable purees
1 cup whole milk	1 cup 1% or skim milk
1 cup light cream	1 cup evaporated skim milk or 3 tablespoons vegetable oil plus 3 tablespoons skim milk
1 cup heavy cream	1 cup evaporated skim milk or 2/3 cup skim milk plus 1/3 cup vegetable oil
1 cup sour cream	1 cup plain low or non-fat yogurt or 1 cup low/non-fat cottage cheese plus 2 teaspoons lemon juice and 2 tablespoons low fat buttermilk
1 ounce cheese	1 ounce skim or low fat cheese (5 grams or less of fat per ounce)
Cream cheese	“Light” cream cheese (3 grams or less of fat per ounce) or fat-free cream cheese or Neufchatel cheese or low fat ricotta cheese
Salad Dressing (1 tablespoon)	1 tablespoon reduced fat/fat free salad dressing or thin cream dressings with plain low/non-fat yogurt
Mayonnaise	Low/non-fat mayonnaise or low/non-fat plain yogurt, or 3/4 cup plain yogurt with 1/4 cup low calorie mayonnaise
Beef	Choose leaner cuts: round, sirloin, flank, or tenderloin
Ground Beef	Use extra-lean ground beef (<10% fat) or drain fat after cooking and rinse with hot water or replace up to half of total amount of ground meat with mashed beans
Chicken	Remove skin before eating or look for ground chicken breast
Turkey	Remove skin before eating or look for ground turkey breast
Tuna, canned (oil)	Tuna, canned in water
Lunch Meat	Fat-free, low sodium lunch meats (at least 95% fat free) or Caution: Lunch meats tend to be high in sodium
Danishes, Doughnuts, and Sweet Rolls	Whole grain toast, English muffins, reduced fat muffins, (serve with low calorie/sugar free jams and jellies)
White Rice	Brown or wild rice
White Bread and Refined Cereals	100% Whole grain breads and cereals
Quick Oats Oatmeal (packets)	Irish oats, steel cut oats (Rule of thumb: look for longer cooking times)
1 cup All Purpose Flour	3/4 cup All Purpose Flour plus 1/4 cup bran or 1/2 cup All Purpose Flour plus 1/2 cup Whole Wheat Flour or Soy Protein Flour (1 to 1 ratio, can replace up to 1/2 total amount of flour)
Salt	Cut total amount in half in bread recipes, Eliminate or reduce total amount in recipes, Increase salt-free seasonings, spices, and blends
Marinades/Soy Sauce	Combine juices (orange, lemon) with fat-free/low sodium broths

Eatable Play Dough

1 cup peanut butter	1 1/4 cup confectioners sugar
1 cup corn syrup	
1 1/4 cup dry milk	Mix and knead.