



# Smart recipe swaps

You can reduce fat and calories without sacrificing taste by swapping out a few ingredients in your favorite recipes, according to the University of Nebraska–Lincoln Extension experts.

- Use two egg whites in place of one egg to reduce cholesterol.
- Use low-sodium, fat-free chicken broth in your mashed potatoes to add flavor and cut back on added butter or margarine.
- Substitute applesauce for oil, margarine, or butter in muffins and quick breads such as banana bread. Try substituting a small amount at first, as the more you substitute, the more the texture of the finished product changes.
- For dips, sauces and pie toppings, use fat-free yogurt, sour cream and whipped topping.
- Sliced almonds make a delicious, crunchy topping in place of fried onion rings.
- Choose reduced-fat or low-fat cheeses for salads and casseroles.