

Ingredient Substitutes



INSTEAD OF:

SUBSTITUTE ITEM(S):

1 cup cream

1 cup evaporated fat-free milk

1 cup butter,
margarine, or oil

1/2 cup apple butter or applesauce

1 egg

2 egg whites or 1/4 cup egg substitute

Pastry dough

Graham cracker crumb crust

Butter, margarine,
or vegetable oil
for sautéing

Cooking spray, chicken broth,
or a small amount of olive oil

Bacon

Lean turkey bacon

Ground beef

Extra lean ground beef
or ground turkey breast

Sour cream

Fat-free plain Greek yogurt

1 cup chocolate chips

1/4 - 1/2 cup mini chocolate chips

1 cup sugar

3/4 cup sugar *(this works with nearly everything
except yeast breads)*

1 cup mayonnaise

1 cup fat-free or reduced-fat mayonnaise

1 cup whole milk

1 cup fat-free milk

1 cup cream cheese

1/2 cup ricotta cheese pureed with
1/2 cup fat-free cream cheese

Oil and vinegar dressing
with 3 parts oil
to 1 part vinegar

1 part olive oil + 1 part vinegar
(preferably a flavored vinegar, such as balsamic)
+ 1 part orange juice

Unsweetened baking
chocolate (1 ounce)

3 tablespoons unsweetened
cocoa powder + 1 tablespoon
vegetable oil or margarine