

# **MODIFICATIONS IN CLASSROOM RECIPES**

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## **Modifications in Classroom Recipes for Fat, Salt, and Calorie Content**

The classroom recipes included in the **Now We're Cooking!**<sup>®</sup> packet have all been tested to ensure the highest quality in terms of taste and nutrition. You may note that we have chosen to include a wide variety of recipes that are low, moderate and higher in fat content. This is purposeful in that we wanted to show that:

- All foods can be part of a healthful diet when balanced over time.
- A diet can include foods of varying fat, salt and calorie content and still meet dietary guidelines, though it is important to consider how often and how much.

If, however, you choose to alter any of these recipes to be lower in fat, salt or calorie content, we suggest the following modifications, which would preserve taste:

- Choose lowfat or nonfat versions of yogurt when it is listed as an ingredient in a recipe.
- Choose reduced fat, lowfat or nonfat milk when it is listed as an ingredient in a recipe.

- Choose lowfat or nonfat versions of sour cream when it is listed as an ingredient in a recipe. If you do so, you may want to add some herbs and spices to the sour cream to enhance flavor.
  - Choose extra lean beef in recipes calling for ground beef as an ingredient.
  - Partially skimmed mozzarella cheese may be used in recipes calling for that ingredient. Other low fat cheeses may not produce an acceptable product when used in cooking, but may be satisfactory if used to partially replace regular cheese as toppings on a food item.
  - Choose light or “lite” soy sauce when it is listed as an ingredient in a recipe.
  - Salt as an ingredient could be used “to taste” or as an optional ingredient. Its omission has less of an impact on taste when the recipe contains other ingredients which naturally contain sodium (e.g. meats). Do not omit salt from recipes for baked goods as the texture or quality of the product may be adversely affected.
  - Choose lower salt versions of broth when it is listed as an ingredient in a recipe.
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