

# Fat Substitution and Low-Fat Cooking

*Melanie D. Jewkes, M.S., USU Extension Assistant Professor, Duchesne County*  
*Heather Hussey, USU Extension Nutrition Intern, Duchesne County*

## FACTS ON FATS

Fat has many vital roles in the body. Fat helps absorb some vitamins, builds certain hormones, provides cushioning for body organs, helps maintain body temperature, serves as a high energy source and improves the taste and smell of many foods. However, having too much of the wrong types of fat can cause excess body weight and negatively affect our cholesterol levels which contributes to many types of cancer, heart disease, and other unwanted health conditions.

## GOOD FATS VS BAD FATS

All fats affect our cholesterol levels, which can determine overall health. Our good cholesterol (HDL) and our bad cholesterol (LDL) levels can be raised or lowered by the fats consumed. Liquid fats (unsaturated) are better for our bodies whereas solid/semi solid fats (saturated and trans) do more harm than good.

TYPE OF FAT	SOURCES	STATE AT ROOM TEMP	EFFECT ON CHOLESTEROL
Monounsaturated	Olives and olive oil, peanut oil; cashews, almonds, peanuts, and most other nuts; peanut butter; avocados	Liquid	Lowers LDL; Raises HDL
Polyunsaturated	Corn, soybean, safflower, and cottonseed oils; fish	Liquid	Lowers LDL; Raises HDL;
Saturated	Whole milk, butter, cheese, and ice cream; red meat; chocolate; coconuts, coconut milk, and coconut oil	Solid	Raises both LDL and HDL
Trans	Most margarines; vegetable shortening; partially hydrogenated vegetable oil; deep-fried fast foods; most commercial baked goods	Solid or semi-solid	Raises LDL; Lowers HDL;

Source: The Harvard Medical School Guide To Healthy Eating "Eat, Drink, and Be Healthy" Walter C. Willett, page 71.  
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Simple ways to reduce bad fats and increase good fats and nutrients:

Instead of sautéing with butter...

**Switch to a healthful oils such as olive or canola.** Oils are low in saturated fats and loaded with healthful unsaturated fats. Olive oil has less than 2 grams of

saturated fat per tablespoon whereas butter has 7 (accounting for about half the daily allowance).

**With vegetables, try cooking in reduced-sodium chicken or vegetable broth.** It adds great flavor and drastically cuts out on fat.

Instead of cooking pork loin or fattier cuts of pork...

**Switch to a pork tenderloin.** Pork tenderloin is as lean as skinless white meat chicken. A 3-ounce serving contains only 4 grams of fat, just 1.4 grams of it saturated (compared to nearly 12 grams of fat, 4.5 grams of it saturated in pork loin). Generally the leaner the cut, the smaller amount saturated fat.

Instead of cooking fatty hamburger meat (73-80 % lean)...

**Switch to extra-lean ground meat.** A 3-ounce serving of a fatty hamburger meat contains about 23 grams of fat, 9 saturated; lean ground beef (91% lean) carries only 8 grams of fat, 3 saturated.

**Or switch to lean ground turkey.**

Instead of eating chicken and turkey with the skin on...

**Consider leaving part of the skin on the plate.** By removing the skin from chicken or turkey, 5 grams of fat can instantly be shaved off of! (Remove the skin after cooking, since the skin keeps the meat moist during cooking.)

Instead of using flour tortillas made with partially hydrogenated oils...

**Switch to whole-grain tortillas made with oil.** Whole grain tortillas contain no trans fats AND contain fiber and a small amount of healthful fats.

Instead of using whole milk in sauces or baked goods...

**Switch to skim milk.** Each 8 ounces of whole milk has about 8 grams of fat, 5 saturated. Skim milk contains less than .5 grams of total fat.

**When making a cream base soup, purée steamed cauliflower and/or peeled zucchini** for a nutritious lower fat alternative.

Instead of adding sour cream to recipes...

**Switch to nonfat plain yogurt.** By doing so, you cut out around 40 grams of fat. Enough said!

Instead of spreading sandwiches with regular peanut butter

**Switch to natural peanut butter.** Although the calories will be about the same, natural peanut butter has less saturated fat and contains no partially hydrogenated oils.

Instead of baking cookies, cakes, and quick breads with solid butter or shortening...

**Switch to healthful oils.** Solid shortening is made from oil that is partially hydrogenated, so it will contain trans fats.

With baked goods, it is super easy to cut out more fat and calories. **Try using substitutions listed in the table below.**

Source: Eat, Drink and Be Healthy, page 225-226

**FAT SUBSTITUTIONS FOR BAKING:**

Instead of this:	Try this:
Solid fats (butter, margarine, shortening)	Beans (use bean puree recipe) Bananas Pumpkin (causes orange pigment) Yogurt
Oils	Applesauce Bananas Yogurt
1 egg	2 egg whites

(all fat substitutions are transferred over in equal amounts)

If an item comes in a reduced fat or no fat version, most often you should use the less fat version. Chances are, if you don't tell the eaters, they won't be able to tell on their own.

**FAT REDUCTION RECIPES**

**Turkey Chili**

- 1 pound ground turkey, browned
- 1 cup medium salsa
- 1 cup frozen corn kernels
- 1 cup water
- 1 can black beans
- 1 can kidney beans
- 1 (8 ounce) package jalapeno pepper
- Cheddar cheese, cubed

In a large pot or saucepan combine the browned turkey, salsa, corn, water, beans and cheese. Stir together and simmer over low heat for about 30 minutes, or until cooked through and cheese has melted. YUMMY!

**Hamburger Stroganoff**

- 1 lb. ground turkey
- 3 cups water
- 1/3 cup BASIC SAUCE MIX (see below)
- 2 cups uncooked egg noodles
- 1/2 cup sour cream or plain yogurt

Brown meat and drain off the fat. Add water, sauce mix, and uncooked egg noodles and stir. Bring to a boil, reduce heat and simmer covered 5-20 minutes or until noodles are tender. Top with sour cream or yogurt. Serve immediately.

## **BASIC SAUCE MIX** [aka Sauce Or Soup (SOS) Mix]

2 cups instant non-fat powdered milk (or 1 ¼ cups non-instant powdered milk)  
¾ cup cornstarch  
¼ cup instant chicken bouillon  
1-2 T. dried onion flakes  
1-2 tsp. Italian Seasoning

Combine all ingredients in a plastic bag, mixing well. Yield: Equal to 9 cans of cream soup.

### **To substitute for 1 can of cream soup:**

Combine ½ cup (¾ cup if made with non-instant dry milk) of BASIC SAUCE MIX with 1¼ cup cold water. Cook and stir on stove top or in microwave until thickened. Add thickened mixture to casseroles as you would a can of soup.

### **Storage**

Store in a closed plastic bag or airtight container until ready to use. It does not have to be refrigerated.

## **No Cream Creamy Broccoli Soup**

1 cup chopped carrots (about 2 medium)	1/2 tsp. pepper
1 cup chopped celery (about 2 stalks)	4-1/2 cups broccoli florets (about 2 small bunches)
3/4 cup chopped onions (about 1 medium)	1/2 cup instant white rice, uncooked
3 Tbsp. oil	2 cups milk
2 cans (14-1/2 oz. each) fat-free reduced-sodium chicken broth	1/4 cup KRAFT 100% Grated Parmesan Cheese

Cook and stir carrots, celery and onions in hot oil in large saucepan on medium-high heat 5 min. Add broth and pepper; stir. Bring to boil. Stir in broccoli and rice. Reduce heat to medium-low; simmer 10 to 15 min. or until vegetables are tender, stirring frequently.

Add soup, in batches, to blender or food processor; cover. Blend until pureed. Return soup puree to saucepan. Add milk and cheese; cook until heated through, stirring occasionally. If desired, substitute 4 cups frozen or drained canned peas, chopped asparagus or chopped leeks for the broccoli.

## **Black Bean Brownies** from [allrecipes.com](http://allrecipes.com)

1 (15.5 ounce) can black beans, rinsed and drained	1 teaspoon vanilla extract
3 eggs	3/4 cup white sugar
3 tablespoons vegetable oil	1 teaspoon instant coffee (optional)
1/4 cup cocoa powder	1/2 cup milk chocolate chips
1 pinch salt	

Preheat oven to 350 degrees. Lightly grease an 8x8 square baking dish. Combine the black beans, eggs, oil, cocoa powder, salt, vanilla extract, sugar, and instant coffee in a blender; blend until smooth; pour the mixture into the prepared baking dish. Sprinkle the chocolate chips over the top of the mixture. Bake in the preheated oven until the top is dry and the edges start to pull away from the sides of the pan, about 30 minutes.

## Banana Bundt Cake

2 bananas (mashed)	1/3 cup water
1 white cake mix	2 T oil
1 small box vanilla instant pudding	1/4 teaspoon baking powder
3 eggs	white frosting (if store bought, remember NO TRANS FAT)
1 cup sour cream	

Preheat oven to 350 degrees.

Combine bananas, cake mix, pudding, eggs, sour cream, water, oil, and baking powder. Mix just until moistened. Pour batter into greased and floured bundt pan.

Bake 45-50 minutes. Invert cake onto a platter and let cool. Drizzle heated frosting over cake.

## Moist Molasses Bran Muffins from Bob's Red Mill [www.bobsredmill.com](http://www.bobsredmill.com)

1 cup Bob's Red Mill Wheat Bran	½ cup molasses (or honey)
1 ½ cups Bob's Red Mill Whole Wheat flour	¾ cup applesauce
½ cup raisins	¼ cup chopped nuts
1 tsp. baking powder	2 Tbsp. oil
1 tsp. baking soda	2 eggs, beaten
1 cup milk	

Preheat oven to 400 degrees. Combine wheat bran, flour, baking soda, and baking powder. Stir in nuts and raisins. In a separate bowl, blend applesauce, milk, molasses, oil and egg. Add to dry ingredients and stir just until moistened. Spoon into greased muffin tin (or paper muffin cups) and bake for 15-20 minutes. Makes 12 marvelous muffins.

## Ilene's Famous Protein Waffles

6 egg whites	2-3 tablespoons Splenda (or sugar)
1 cup oatmeal	1-2 teaspoons vanilla
1 cup fat free cottage cheese	Dash salt

Blend all ingredients in a blender until smooth. Pour into greased and heated waffle maker. Cook until done. Yield: 2 -3 Belgian waffles

\*Fresh or frozen blueberries and/or chopped walnuts may be stirred in after the mixture has been blended.

## FAT SUBSTITUTION RECIPES

### Pumpkin Cookies

2 spice cake mixes	1 cup chocolate chips
1 can pumpkin	

Preheat oven to 350 degrees. Mix all ingredients together. Place spoonfuls on greased cookie sheet. Bake for 8-10 minutes.

## **Gone with the Wind Cake** from [allrecipes.com](http://allrecipes.com)

3/4 cup water	1 3/4 cups cake flour
3 egg whites	1 teaspoon baking powder
1 1/2 cups white sugar	1/4 teaspoon salt
1 teaspoon vanilla extract	3 egg yolks

Preheat oven to 350 degrees. Beat cold water and egg yolks together until mixture makes 1 quart - at least 10 minutes. Slowly add sugar and vanilla to egg yolk mixture, beating for at least 7 minutes.

Sift the flour, baking powder and salt together. Fold into the egg yolk mixture. Beat egg whites until stiff peaks form and fold in smoothly to the egg yolk mixture. Pour batter into an ungreased 9 or 10 inch tube pan.

Bake for 50 minutes. Turn upside down to cool in pan for 1 hour. Loosen sides and coax from pan. May be cut into layers and filled with Lemon Filling and iced with the same or with low fat whipped cream.

## **Applesauce Cake**

1 spice cake mix	1/4 cup wheat germ (optional)
2 1/4 cups applesauce	frosting
2 eggs	

Preheat oven to 350 degrees. Mix together cake mix, applesauce, oil and eggs in a large bowl. Mix in wheat germ, if desired. Pour mixture into a 9x13 inch pan.

Bake 35-40 minutes. Allow cake to cool 10-20 minutes. Top with frosting of choice!

## **Bean Substitution**

Great Northern or White beans (canned or soaked)

Drain beans, reserving some liquid. Blend in blender or mash. Add water to compose shortening consistency. Substitute 1:1 for shortening, margarine, or butter in most recipes. Use immediately, or freeze for later use.

## **Awesome Oatmeal Cookies**

1 cup white beans, mashed	3 cups oats
1 cup brown sugar	1 cup whole wheat flour
1/2 cup granulated sugar	1 tsp. salt
1 egg	2 tsp. soda
1 teaspoon vanilla	

Preheat oven to 350 degrees. Beat mashed white beans, brown sugar, granulated sugar, egg, and vanilla until smooth and creamy. Combine remaining ingredients in a separate bowl and mix together. Add to bean and sugar mixture; mix well. Drop onto greased cookie sheets and bake at 350° F for 10 minutes. Cool on cookie sheet for 5 minutes then transfer to wire rack and cool completely.

Yield: approximately 36 cookies

Nuts, coconut, raisins, and/or chocolate chips may be added with dry ingredients.

## Carrot Cake

4 eggs or equivalent egg substitute	2 cups all purpose flour
2 cups sugar	2 tsp. baking soda
1 cup white beans, pureed until smooth paste	2 tsp. cinnamon
1 tsp. vanilla	1 tsp. salt
1 (8 oz) can crushed pineapple, drained	1 cup walnuts, chopped (reserve 1-2 Tbsp. to sprinkle on top)
2 (14.5oz) cans sliced carrots, drained and mashed	

Prepare 9x13 inch pan with cooking spray and dust lightly with flour. Preheat oven to 375 degrees. Beat eggs thoroughly in large bowl. Add sugar and beat well. Beat in beans and vanilla. Add pineapple and carrots. Combine dry ingredients and stir gently into batter. Fold in walnuts. Pour into prepared pan. Bake 35 – 45 minutes or until sides pull away from pan and toothpick inserted in middle comes out clean. Cool completely before frosting.

## Cream Cheese Frosting (goes great with Carrot Cake recipe above)

1 (8 oz) package cream cheese, softened, (fat free or reduced fat)  
1 Tbsp. butter  
1 tsp. vanilla  
3½ to 3¾ cups powdered sugar

Combine cream cheese and butter until smooth. Add vanilla and enough powdered sugar until mixture is of spreading consistency. Spread on cooled cake and sprinkle a few chopped walnuts on top. Cut into 24 pieces. Yield: 24 servings.

## Banana Bread

2 ripe bananas	1½ tsp. vanilla extract
2 eggs	1¾ cups flour (at least half of this should be whole wheat)
¼ cup mashed white beans	1 tsp. baking soda
¼ cup Smart Balance® margarine (or more beans)	½ tsp. salt
1¼ cups white sugar	

Preheat oven to 300 degrees. Grease one 9x5 inch loaf pan. In medium bowl, mash bananas and stir in eggs until well blended; set aside. In large bowl, beat beans and Smart Balance together, and gradually add sugar. Stir in vanilla and banana mixture. Wisk together the flour, baking soda, and salt; blend into batter. Add walnuts if desired. Pour into pan. Bake for 1 hour 15 minutes (check after 50-60 minutes), or until toothpick inserted into center of loaf comes out clean.

Contact Melanie Jewkes: (435) 738-1140; [melanie.jewkes@usu.edu](mailto:melanie.jewkes@usu.edu); <http://extension.usu.edu/duchesne>  
Utah State University Extension Duchesne County PO Box 978 Duchesne, UT 84021