

Delta Gamma Well Aware

Encompasses eight dimensions: Social, Spiritual, Physical, Emotional, Vocational, Intellectual, Financial and Leadership Development



Recipe Rescue

Many of us have favorite recipes that, while tasty, may not be very healthy. Rescue your recipes by preserving the flavors you love and shifting to a healthier version.

Four Quick Recipe Makeovers

- 1. Change the portion size** – no matter how much you try to rescue a recipe, some may still be high in sugar, fat or salt. Instead of cutting these items out of your diet, simply cut down the portion size. You'll still be eating the foods you love without feeling deprived and will leave more room in your diet for healthier options.
- 2. Delete an ingredient** – many ingredients are added out of habit or for appearance and can be eliminated from a recipe completely. Consider deleting items such as coconut, frosting, pickles, mayonnaise, syrup, jelly and mustard which can all contain large amounts of sodium, sugar, fat and calories.
- 3. Make a healthy substitution** – don't limit yourself to substituting to reduce fat and calories, but instead think of substituting to increase nutritional content. For example, you can exchange regular pasta for whole-wheat to boost the fiber, magnesium, iron and B vitamins in your recipe.
- 4. Alter the preparation** – braising, boiling, grilling and steaming are healthy cooking techniques that bring out the flavor and nutrients in food without adding excess fat, oil or sodium. Try baking or broiling instead of frying and use nonstick pans with nonstick cooking spray to reduce the amount of fat and calories added to your recipes.

Recipe Substitutions – Make a Healthy Exchange

To **reduce** the amount of **fat** and **cholesterol** in a recipe, try the following substitutions:

- **Bacon** – Canadian bacon, turkey bacon, smoked turkey or lean prosciutto

- **Butter, shortening or oil in baked goods** – applesauce or prune puree for half of the called-for butter, shortening or oil
- **Cream cheese** – fat-free or low-fat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth
- **Creamed soups** – skim milk based soups, mashed potato flakes or puree carrots, potatoes or tofu as thickening agents
- **Eggs** – two egg whites or ¼ cup egg substitute for each whole egg
- **Ground beef** – extra-lean or lean ground beef, ground chicken or ground turkey
- **Mayonnaise** – reduced fat mayo or fat-free plain yogurt
- **Salad dressing** – fat-free or reduced-calorie dressing or flavored vinegars
- **Sour Cream** – fat-free or low-fat sour cream, or fat-free plain yogurt.
- **Whole milk** – reduced-fat or skim milk

To reduce the amount of sodium in a recipe, try the following substitutions:

- **Seasoning salt (garlic, celery, onion)** – herb-only seasonings such as garlic powder, celery seed or onion flakes or use finely chopped fresh garlic, onion or celery
- **Soups, sauces, dressings, crackers and canned vegetables** – low-sodium or reduced-sodium versions
- **Soy sauce** – sweet and sour sauce, hot mustard sauce or low-sodium soy sauce
- **Table salt** – herbs, spices, fruit juices or salt-free seasoning mixes or herb blends

To reduce the amount of sugar in a recipe, try the following substitutions:

- **Canned fruit in syrup** – canned fruit in its own juices or in water; fresh fruit
- **Fruit-flavored yogurt** – plain yogurt with fresh fruit slices
- **Syrup** – pureed fruit, such as applesauce or low-calorie, sugar-free syrup

To increase the amount of nutrients, including vitamins, minerals and fiber, try the following substitutions:

- **All-purpose (plain) flour** – whole-wheat flour for half of the called for all-purpose flour
- **Dry bread crumbs** – rolled oats or crushed bran cereal
- **Enriched pasta** – whole-wheat pasta

- **Iceberg lettuce** – arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
- **Meat as main ingredient** – three times as many vegetables as the meat on pizzas or in casseroles, soups and stews
- **White bread** – whole-wheat bread
- **White rice** – brown rice, wild rice, bulgur or pearl barley

Recipe Rescue – Chicken Fingers

Old Recipe:

- ½ cup vegetable oil
- 1 egg
- 1 cup dry bread crumbs
- 2 skinless, boneless chicken breasts (about ¾ lb.)
- 1 tbsp salt and 1 tsp pepper

Heat the oil in a medium non-stick skillet over medium-high heat. Cut the chicken lengthwise into 8 half-inch strips. Sprinkle chicken with salt and pepper. Beat the egg in a bowl and add the chicken to the egg, one piece at a time. Place each egg-coated chicken finger in the bread crumbs and coat evenly. Once all of the chicken is coated, place it in the hot oil. Fry for three minutes, then turn the chicken. Fry for an additional three minutes or until golden brown. Serve with honey mustard sauce/dressing for dipping.

New Recipe:

- Canola cooking oil spray
- 2 tsp canola oil
- ¼ tsp salt
- 1/8 tsp freshly ground black pepper
- Pinch cayenne pepper
- 1 cup rolled oats (not quick cooking)
- 1 large egg white
- 2 skinless, boneless chicken breasts (about ¾ lb.)
- ½ cup honey mustard
- 2 tbsp low-fat plain yogurt
- 2 tbsp reduced-fat sour cream

Place the oven rack in the center of the oven and preheat the oven to 450 degrees. Coat a baking sheet with cooking spray and set aside.

In a medium bowl, whisk together the oil, salt, pepper and cayenne. Place the rolled oats in a blender and process until they are coarsely ground. Add the oats to the oil mixture and mix with your fingers until

the oil is well distributed. Transfer the mixture to a flat plate. In another bowl, whisk the egg white until it is foamy.

Cut the chicken lengthwise in 8 half-inch strips. Dip the chicken into the egg white then roll it in the oat mixture, pressing with your fingers to help it adhere. Arrange the coated chicken slices on the prepared baking sheet. Coat them with cooking spray.

Bake until the chicken is tender when pierced with a fork and the coating is golden brown, about 15 minutes. Cool for 5 minutes.

Meanwhile, in a small bowl, mix together the mustard, yogurt and sour cream. Place the bowl in the center of a serving plate and arrange the chicken fingers around the dip to serve.

Wellness Resources

Cooking Light, www.cookinglight.com

Food Network, www.foodnetwork.com

Mayo Clinic, www.mayoclinic.com

American Institute for Cancer Research, www.aicr.com

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