

Apply What You Learned: Modifying a Recipe

Part A:

- 1. A muffin recipe calls for 1 cup sugar. Mark all the following substitutions which are appropriate:**
 - a. Try reducing the sugar by 1/3 to 1/2 cup
 - b. Use 1/2 cup sugar and 1/2 cup sugar substitute
 - c. Add cinnamon, vanilla, or almond extract
 - d. All the above

- 2. Light margarine is a good substitute for butter in baked goods:**
 - a. True
 - b. False

- 3. What are ways to cut back on sodium in food preparation?**
 - a. Use herbs and spices in place of salt
 - b. Use no sodium seasoning blend in place of salt
 - c. Leave salt out of recipes except in baked goods
 - d. Use garlic powder instead of garlic salt
 - e. All of the above

- 4. What way can you decrease fat in a recipe?**
 - a. Substitute 2 egg whites for 1 whole egg
 - b. Use 1% milk in place of whole or 2% milk
 - c. Substitute applesauce for 1/2 of the butter, vegetable oil, or shortening
 - d. All the above

- 5. When replacing sour cream in recipes such as vegetable dips, all the following are appropriate substitutions EXCEPT:**
 - a. Non-fat plain Greek yogurt
 - b. Light Sour Cream
 - c. Non-fat Sour Cream
 - d. Mayonnaise

- 6. What are ways that one may make healthier foods at home?**
 - a. Go online & search for healthier recipes for new family favorites
 - b. Modify certain ingredients with healthier substitutions in a recipe
 - c. Use cookbooks such as the American Diabetic Cookbook, the American Heart Association Cookbook, Mayo Clinic Cookbook
 - d. All of the above

Part B:

Pick one of your favorite recipes and make adaptations to decrease calories, sugar, and/or fat content. Ingredients and/or preparation steps can be changed depending on the recipe.

<u>Original Recipe Ingredients</u>	<u>Modified Recipe Ingredients</u>
<u>Original Recipe Directions</u>	<u>Modified Recipe Directions</u>