

Turning Classic Favorites into Healthy Dishes

<u>Classic Favorite</u>	<u>Healthy Dish</u>
Fried Chicken	Oven-fried Chicken. Simply batter chicken using egg whites and whole-grain bread crumbs. Instead of frying in oil, place on a baking sheet and bake until crispy.
Fried Okra	Oven-fried Okra (same method as oven-fried chicken)
Hot Chocolate with Whipped Cream	Hot chocolate made with skim milk, unsweetened cocoa powder and Splenda topped with Cool Whip.
Cheeseburger	Use lean ground beef (96% lean) with low-fat cheese. Add grated/pureed onion to add flavor and moisture to the lean meat. Use ½ whole grain bun to make an open-faced cheeseburger, and always skip the special sauce!
Meatloaf	Use lean ground beef (96% lean) or lean turkey (96% lean). Use egg whites in place of whole eggs, and whole grain toasted bread crumbs in place of bread crumbs. Add vegetables for moisture and flavor such as grated onion and bell peppers
French Fries	Oven roasted potatoes. Lightly spray slices potatoes (red, white, or sweet potatoes) with cooking spray. Top with rosemary, garlic powder and pepper.
Macaroni and Cheese	Use ½ whole grain pasta with ½ regular pasta. Use ½ low-fat cheese with ½ regular cheese, low-fat ricotta, and low-fat milk. Add creamy, pureed butternut squash to sneak in a vegetable without changing the flavor or color!
Cake with Frosting	Angel food cake with cool-whip frosting. Add berries for extra flavor!
Mashed potatoes	Mashed potatoes with skim milk, low-fat margarine and roasted garlic for flavor. If you want to be really healthy, replace ½ the potatoes with mashed, pureed cauliflower or parsnips to add a healthy vegetable! You won't even know its there!