

Healthier Baking

Sweet holiday delights are part of many family traditions. They also can be part of your healthy eating plan!

- Eat smaller portions. Make smaller cookies, cakes or pies. A cake baked in a sheet or loaf pan may be easier to cut into smaller pieces than a round cake.
- Make and offer fewer choices. Research shows that when there is greater variety, people eat more. Only make a few favorite items, or save some items for another occasion.
- Adjust your recipes. Try to reduce saturated fat and calories. Add oats, whole wheat flour, nuts or seeds for added nutrition and flavor. Here are some substitutions that will add a healthy twist to some of your own holiday baking favorites. Some substitutions (oil or fruit puree instead of butter, for instance) may affect the texture of the food, so the first time, experiment with a small amount. Enjoy!

Instead of:	Try:
Butter	Trans-fat free spread such as Promise Buttery Spread, or Smart Balance, or try substituting canola oil for up to half of the butter in a recipe
Butter or solid shortening	Applesauce, fruit butter, pureed pumpkin for up to half of the butter
1 egg	2 egg whites or ¼ cup egg substitute
Sweetened condensed milk	Nonfat or fat-free sweetened condensed milk
Evaporated milk	Evaporated skim milk
1 cup chocolate chips	½ cup mini chocolate chips
Frosting	Sliced fresh fruit and/or a dusting of powdered sugar
Sour cream	Non-fat or low-fat sour cream or low-fat or fat-free yogurt
Whole milk	1% or non-fat milk
Half-and-half or cream	Fat-free half-and-half or evaporated skim milk
Flour	Substituting whole wheat flour for part of the white flour
Sugar	Using ¼ to ½ less sugar in the recipe, or try using Splenda.

Some of these suggestions came from www.eatingwell.com; check it out for more great ideas!

Recipe of the Week: Quick Breakfast Tacos

½ cup liquid egg substitute (regular or flavored) or 2 whole eggs, or 1 whole egg and 2 egg whites
 2 corn tortillas (heat on griddle or in microwave if you like)
 1 – 2 Tablespoons salsa
 2 Tablespoons reduced fat cheese (cheddar, mozzarella, etc.)
 Salt and pepper to taste

- Coat a small nonstick skillet with cooking spray and heat over medium heat.
- Add egg substitute and cook stirring, until cooked through.

- Top tortillas with salsa and cheese.
- Divide the scrambled egg between the tortillas.
- Options: Add fresh or frozen vegetables like chopped broccoli or spinach.

Recipe adapted from *Eating Well for a Healthy Heart Cookbook*.

Nutritional Information (per taco):

Calories: 76	Fat: 1g
Saturated fat: .5g	Carbohydrate: 7g
Fiber: 1g	Protein: 8g

Tip of the Week

Using household objects (such as cans of soup, bottles of soda, or jugs or buckets filled with sand) as weights is not recommended! It may not be possible to use good form or to do an exercise through the full range of motion with homemade weights. Also, plastic jugs and buckets aren't designed to hold that much weight, and the handles are designed for carrying, not lifting. They could easily break and injure you.

--- www.strongwomen.com