

# First for Women guide to skinny ingredient swaps

FREE poster to pull out and save!

## SLIMMING SUPERSTAR

## HOW TO PREP

## DELICIOUS IDEAS

## HEALTHY PERKS

Instead of syrup...  
**use berries**



For a sweet syrup, combine 2 cups frozen berries and 1 cup water in saucepan. Bring to a boil; let simmer 2 min. or until thickened. Let cool and strain.

- ▶ Drizzle over pancakes or waffles for an antioxidant-rich topping
- ▶ Swirl into oatmeal, yogurt or smoothies to naturally sweeten

**+ 450 MG ANTHOCYANINS**  
**- 50 G SUGAR**  
*per ¼ cup of berry syrup in place of pancake syrup*

Instead of pasta noodles...  
**use zucchini**



Thinly slice zucchini lengthwise to create long, wide strips perfect for lasagna. Or use a vegetable peeler to form thin, long linguine-style noodles.

- ▶ Sauté 30 sec. on each side and layer with marinara, ricotta and spinach
- ▶ Toss with Alfredo or pesto and fresh vegetables for a satisfying meal

**+ 34 MG POTASSIUM**  
**- 206 CALORIES**  
*per 1 cup of zucchini noodles in place of pasta*

Instead of potatoes...  
**use cauliflower**



Steam cauliflower head until tender. If using in place of mashed potatoes, pulse steamed florets in food processor with 2 Tbs. butter until smooth.

- ▶ Toss florets with mayo, mustard, onion and celery for quick "potato" salad
- ▶ Pipe mashed cauliflower onto shepherd's pie for a low-carb topping

**- 52 CALORIES**  
**- 12 G CARBOHYDRATES**  
*per ½ cup of cauliflower in place of potatoes*

Instead of ground beef...  
**use mushrooms**



Finely chop 2 large portobello caps or pulse in processor until they reach consistency of ground beef; sauté 2 min. or until mushrooms release water.

- ▶ Cook with chili powder and cumin for a hearty chili base or taco filling
- ▶ Stir into fresh tomato sauce for an easy vegetarian Bolognese

**- 203 CALORIES**  
**- 101 MG CHOLESTEROL**  
*per ½ cup of mushrooms in place of ground beef*

Instead of milk...  
**use almond milk**



For homemade milk, soak 1 cup almonds in 2 cups water overnight, then blend and strain out the solids. Or purchase unsweetened ready-made.

- ▶ Add to coffee, tea and smoothies for a touch of dairy-free creaminess
- ▶ Substitute 1:1 for the milk called for in baked goods, soups or dressings

**- 35 CALORIES**  
**- 7 G SUGAR**  
*per ½ cup of almond milk in place of whole milk*

Instead of mayonnaise...  
**use avocado**



Mash or puree 1 halved and seeded avocado until smooth. Stir in 1 Tbs. fresh lemon juice and season to taste with salt and pepper.

- ▶ Spread onto whole-grain bread for a rich and tangy sandwich booster
- ▶ Use as a creamy condiment in deviled eggs or chicken-salad recipes

**- 140 CALORIES**  
**+ 2 G FIBER**  
*per 2 Tbs. of avocado puree in place of mayonnaise*

Instead of flour...  
**use beans**



Rinse and drain canned black or white beans and pulse in processor until smooth. Swap in 1 cup bean puree for each cup of flour called for in recipes.

- ▶ Use black-bean puree as a base for extra-fudgy brownies
- ▶ Sub in white-bean puree for low-carb spice muffins or blondies

**+ 14 G PROTEIN**  
**+ 1,372 MG POTASSIUM**  
*per ½ cup of beans in place of all-purpose flour*

Instead of sour cream...  
**use Greek yogurt**



Plain Greek yogurt has a tangy flavor profile and thick texture that can be used as a 1:1 swap for sour cream in most recipes.

- ▶ Swirl into chili or other soups for extra creaminess.
- ▶ Combine with prepared onion soup mix for a dreamy dip

**- 72 CALORIES**  
**+ 6 G PROTEIN**  
*per ½ cup of Greek yogurt in place of sour cream*

Instead of tortilla...  
**use collard greens**



Place whole collard green leaves in steamer basket over 1" boiling water; steam 2 to 3 min. or until pliable. Let cool, then use as you would tortillas.

- ▶ Fill with tuna or egg salad and roll up for a delicious lunch wrap
- ▶ Roll with salmon, avocado, wasabi and rice for a quick take on sushi

**- 190 CALORIES**  
**- 34 G CARBOHYDRATES**  
*per 3 collard green leaves in place of 1 large flour tortilla*

Instead of bread crumbs...  
**use rolled oats**



Pulse oats in processor until they reach a bread crumb-like texture, taking care not to overprocess. Substitute ¾ cup oats for 1 cup bread crumbs.

- ▶ Use as a fiber-rich binder in meatballs or meat loaf recipes
- ▶ Dredge chicken through seasoned oat crumbs and bake for crisp "breading"

**+ 5 G FIBER**  
**- 71 CALORIES**  
*per ½ cup of oats in place of bread crumbs*

Instead of chips...  
**use kale**



In bowl, toss 4 cups kale with 1 Tbs. olive oil and ¼ tsp. each salt, pepper and garlic powder. Spread on baking sheet; bake at 350°F for 10 to 15 min.

- ▶ Sprinkle with Parmesan cheese, red pepper flakes or herbs for extra flavor
- ▶ Crumble into salads or pilafs for a savory crunch topping

**- 102 CALORIES**  
**+ 91 MG VITAMIN C**  
*per 1 oz. serving of kale chips in place of potato chips*

Instead of ice cream...  
**use frozen bananas**



Freeze 2 ripened, peeled bananas for at least 6 hrs. or overnight. Puree in food processor or blender until smooth and creamy; serve immediately.

- ▶ Blend in almond butter or coconut flakes for an easy flavor variation
- ▶ Top with hot-fudge sauce and whipped cream for a low-cal sundae

**- 78 CALORIES**  
**- 7 G FAT**  
*per ½ cup of frozen bananas in place of ice cream*