



Holiday Cooking Ideas

Trim away the visible fat on meat and fish.

Remove the skin on poultry.

Use a nonstick skillet with vegetable spray.

De-grease pan juices, soups, and gravies by refrigerating them and then skimming the fat off after cooling.

Broil, grill, or roast meat and poultry on a rack to allow the fat to drip through.

Sauté vegetables in liquid, not oil. Use defatted broth, juice, wine or water.

To add the flavor of butter on vegetables, consider adding a butter-flavored spray just prior to serving.

Roast or grill vegetables.

Use powdered sugar or a fruit purée as a cake topping instead of frosting.

Use graham cracker crusts instead of flaky pastry shells, which are high in fat.

Substitute low fat, skim and non-fat dairy products in recipes.

Instead of whipped cream toppings, try whipping chilled evaporated skim milk with a touch of sugar for a low calorie creamy topping.

Use nonstick spray when coating baking pans.

Use two egg whites in place of one whole egg in breads, cookies, puddings, and other recipes that call for whole eggs.

Use cholesterol-free liquid egg product in place of whole eggs.

Source: American Dietetic Association, The American Dietetic Association's Complete Food & Nutrition Guide, 1998.