

# Recipe Makeover!

## **Cook**

Cook with low-fat methods

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## **Season**

Season foods with herbs, spices, lime or lemon juice

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## **Use**

Use oils and spray oils

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## **Increase**

Increase the amount of vegetables and/or fruit in a recipe

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## **Take**

Take the skin off chicken and turkey pieces before cooking them.

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## **Reduce**

Reduce the amount of sugar by 1/4 or 1/3.

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### **Tip:**

Reduce the amount of sugar in a recipe by 1/4 to 1/3.  
For example, if a recipe calls for 1 cup, use 2/3 cup.  
To enhance the flavor when sugar is reduced, add  
vanilla, cinnamon, or nutmeg.