

Replacing Fats in Cooking

Overview: This lesson will teach you the basic techniques for low-fat cooking and demonstrate how to cook without oil and lighten up any savory recipe that calls for oil, butter, cream and other fatty foods.

Low-Fat Techniques: These techniques will help you reduce the fat content of any recipe.

- **Sauté in Oil or Broth:** Most recipes begin with sautéing onions or garlic in oil. To make the dish low-fat, cook onions, garlic or other ingredients in water, vegetable broth or vinegar, over high heat. Start with ¼ cup of liquid, adding more as necessary to prevent sticking and burning, and continuing to cook over high heat until the ingredients are cooked thoroughly and most or all of the liquid has evaporated.
- **Bake Instead of Fry:** When a recipe calls for frying or browning in oil, bake instead. Preheat your oven to 350 degrees Fahrenheit. Grease a cookie sheet or line with parchment paper. Place food on the cookie sheet and bake 10 minutes. Flip and bake 10-12 more minutes, continuing the cycle until the food is cooked with a crisp outer crust as desired.
- **Use Spices for Flavor:** Instead of using fat like butter or oil for flavor, use spices. Similarly, if you remove fat from a recipe, consider double or tripling the spices called for.

Use This, Not That: Any recipe can be made low-fat with these simple substitutions.

Use This	Not That
soft or silken tofu	heavy cream
fat-free or low-fat soy milk, etc.	dairy milk, full-fat soy milk, etc.
fat-free or low-fat meat substitutes	meat, meat substitutes high in fat
peas or edamame	avocado
coconut extract	coconut
roasted chickpeas or mushrooms	nuts or seeds

Other Replacements: You can make low-fat and fat-free sour cream and mayonnaise using light tofu. Look for recipes online or in *The Happy Herbivore Cookbook* by Lindsay S. Nixon. Nasoya also makes a vegan mayonnaise that is not only fat-free but also free of harmful cholesterol.