

Recipe Makeover

Here's an example of how you can make a recipe healthier.

EXAMPLE Recipe Name: *Cheesy Potato Casserole*

Original Recipe Ingredients	Recipe with Healthy Swaps
<ul style="list-style-type: none"> • 2 pounds frozen diced hash browns • ½ cup butter, melted • ½ cup chopped onion or green onions • 1 teaspoon salt • ¼ teaspoon pepper • 2 cups sour cream • 1 can cream of chicken soup • 2 cups grated cheddar cheese, divided 	<ul style="list-style-type: none"> • 2 pounds frozen diced hash browns • ½ cup 2 tablespoons butter, melted • ½ cup chopped onion or green onions • 1 ¼ teaspoon salt • ¼ teaspoon pepper • 2 cups 1½ cups light sour cream • 1 can low fat cream of chicken soup • 2 1½ cups grated reduced fat sharp cheddar cheese, divided
Original Directions	New Directions (if changed)
<ol style="list-style-type: none"> 1. Preheat the oven to 350° F. 2. Mix together all the ingredients in a large bowl except 1 cup cheese. 3. Spread the mixture in a 9"x13" baking pan and sprinkle the top with the rest of the cheese. 4. Bake for about 1 hour or until the cheese is melted and the casserole is bubbly. 	<ol style="list-style-type: none"> 1. Preheat the oven to 350° F. 2. Mix together all the ingredients in a large bowl except 1 ¾ cup cheese. 3. Spread the mixture in a 9"x13" baking pan and sprinkle the top with the rest of the cheese. 4. Bake for about 1 hour or until the casserole is bubbly.
Original Nutrition Facts	New Nutrition Facts
<p>Serves: 14; Serving Size: about ½ cup Calories 250; Carbohydrate 14g; Fat 19g; Saturated Fat 11.2 g; Protein 6g; Sodium 460 mg</p>	<p>Serves: 14; Serving Size: about ½ cup Calories 140; Carbohydrate 15g; Fat 7g; Saturated Fat 4.3 g; Protein 5g; Sodium 230 mg</p>

Your Recipe Makeover

Write down one of your favorite recipes in the left column. Try to make it lower in unhealthy fats, sodium, or added sugar. Look for ways to include more vegetables, whole grains, and fruit. In the right column, change the recipe to include some healthy swaps.

Recipe Name: _____

Original Recipe Ingredients	Recipe with Healthy Swaps
Original Directions	New Directions (if changed)