| INSTEAD OF | SWAP FOR | OPTIONAL FLAVOR ADD-INS |
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| 1/4 cup sour cream (for savory food) | 1/4 cup plain fat-free or low-fat Greek yogurt | * Pinch of ground cayenne * Pinch of grated lemon zest or fresh gingerroot * Minced garlic, shallot, or scallion to taste * 2 teaspoons chopped fresh herb |
| 2 tablespoons mayonnaise (for dip or creamy salad) | 1 tablespoon mayonnaise + 1 tablespoon plain fat-free or low-fat Greek yogurt | * Pinch of grated lemon zest * Splash of hot pepper sauce * Pinch more spice or fresh herb already in recipe * Stone-ground or Dijon mustard to taste |
| 2 tablespoons mayonnaise (on sandwiches) | 2 tablespoons of one of the “Mayos” in this cookbook -OR- 2 tablespoons tzatziki, hummus, bean dip, guacamole, or mashed avocado | * Freshly ground black pepper to taste * Splash of vinegar of choice or lemon juice * Minced sweet onion or caramelized onions to taste * Additional spicier or more peppery greens, such as baby arugula, on sandwich |
| 2 tablespoons oil (for stir-frying, sautéing, or sweating) | 1 tablespoon canola, grape­seed or other heart-healthful oil with a high smoke point (at medium-high or high temperatures) -OR- 1 tablespoon high-flavored heart-healthful oil, such as toasted sesame, extra-virgin oil, or unrefined peanut (at medium or lower temperature) | * 2 teaspoons acid ingredient, such as white balsamic vinegar, lemon juice, or white wine (to be added with onion or other ingredient to be sautéed) * Sauté a minute or two longer than usual to aim for some/ more caramelization to boost flavor   ( Use a PFOA-free nonstick skillet to help prevent sticking when using less fat. Otherwise, if ingredients begin to stick due to too little fat, cover with the lid to trap moisture for a few minutes.) |
| 1/2 cup butter (in baking) | 1/4 cup unsalted butter + 3 tablespoons no-sugar-added apple butter or plain fat-free Greek yogurt or mashed banana or (3 tablespoon) mixture of no-sugar-added apple butter and plain fat-free Greek yogurt | * 1/4 teaspoon additional pure vanilla extract and/or other pure extract |
| 1 cup sugar (in baking) | 3/4 cup to 7/8 cup turbinado sugar or coconut palm sugar | * Pinch of sweet spice, such as ground cinnamon or pumpkin pie spice * Pinch of intrigue, such as rosemary or cayenne pepper * 1/4 teaspoon additional pure vanilla extract or other pure extract * 2 (or more) tablespoons mashed fruit or fruit spread (adjust other liquid in the recipe if needed) |
| 1 ounce regular mild cheese | 3/4 ounce sharp, stinky, or smoky cheese, such as extra sharp Cheddar, Limburger, or smoked Gouda | * Sprinkle some on top of dish (if not already indicated in recipe) to provide appearance of more cheese * Stir in about 2 tablespoons plain fat-free Greek yogurt for additional creaminess in a recipe * Combine crumbled cheese with about 2 tablespoons crumbled tofu to “stretch” the cheese |
| 1 cup milk | 1 cup plain almond milk, light soy milk, unsweetened coconut milk beverage, or unsweetened sunflower beverage | * Use exactly like fat-free milk; no additions needed   (Note: Just like fat-free milk in some cooked recipes, it may benefit from being whisked with a thickener, such as arrowroot, cornstarch, or whole oat flour, or blended with a handful of no-salt-added white beans.) |
| 1 pound ground beef (for burgers) | 12 ounces lean ground beef or poultry + 4 ounces sautéed finely chopped mushrooms or 8 ounces lean ground beef or poultry + 8 ounces sautéed finely chopped mushrooms | * Freshly ground black pepper to taste |
| 1 cup bleached all-purpose flour | 1 cup whole-wheat pastry flour | * Use exactly like all-purpose flour; no additions needed |
| 1 teaspoon salt | ¾ teaspoon sea salt or naturally flavored sea salt | * Boost (up to double) the amount of herbs or spices already in the recipe * Pinch of grated lemon or lime zest * Incorporate an ingredient with a salty essence, like sun-dried tomato |
| ½ cup vinaigrette (3 tablespoons oil + 1 tablespoon vinegar) | ½ cup vinaigrette (2 tablespoons oil + 2 tablespoons vinegar) or (½ cup cubed fruit + 1 tablespoon oil + 1 tablespoon vinegar) | * 1 small minced shallot and/or small clove garlic, whisked or blended into vinaigrette * 2 tablespoons chopped English cucumber blended into vinaigrette * 1 or 2 tablespoons low-sodium vegetable broth or unsweetened green tea to “stretch” the vinaigrette * Puree with varying amounts of silken tofu, no-salt-added white beans, tahini, or avocado for a creamy dressing |