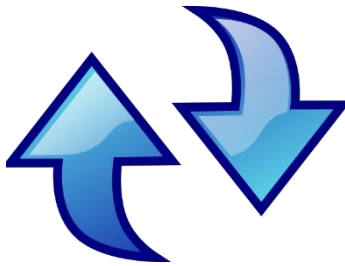


KITCHEN TALK: INGREDIENT SWAPS

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Dietary needs are not a “one size fits all” situation and many of us find it helpful or even critical to our health to adjust or remove certain ingredients when cooking. Whether we need to eliminate gluten and other inflammatory foods, decrease added sugar, lower calories or increase healthy fats, there are ways to do so without sacrificing flavor or texture. Even if you don’t require changes to your current diet, you may find the swaps listed below interesting and delicious just the same!

NOTE: Always remember to read brand ingredient labels to ensure compliance with your specific dietary restrictions.

USE:	INSTEAD OF:	WHY?
Coconut Milk or Evaporated Skim Milk	Heavy Cream	Coconut milk and evaporated skim milk add creaminess to recipes with lower calories than heavy cream. Coconut milk is a great plant-based, healthy fat option, as well.
Sweet Potatoes or Yams	White Potatoes (White, Red, Purple, Blue, Yukon Gold, and Baby)	Sweet potatoes and yams contain many valuable vitamins and mineral, are anti-inflammatory and lower in carbs than white potatoes. They are a great option for those avoiding nightshades or inflammatory foods.
Bob’s Red Mill 1 to 1 Gluten-Free Flour	All-Purpose Wheat or White Flour	This flour mix works extremely well as a gluten-free 1 to 1 flour replacement in standard recipes without having to add other ingredients. Final results are similar and generally, no one will know a replacement was used.
Almond Flour	All-Purpose Wheat, White Flour or Bread Crumbs	Use in place of flour or breadcrumbs for a gluten-free coating on meat, poultry or fish, or as binder in meatball recipes.
Cornstarch or Arrowroot	Wheat Flour (to thicken sauces or gravy)	Mix either cornstarch or arrowroot with a small amount of cold water to create a thin slurry; thickens sauces and gravies quickly. Cook arrowroot over low heat only or it may lose its thickening power.
Coconut Aminos	Worcestershire Sauce or Soy Sauce	A flavorful gluten- and soy- free alternative!
Lemon Juice Lime Juice or Balsamic Vinegar	Salt	Add a tablespoon or so of any of these acidic ingredients to soup, stew, chili, marinades, etc. as a means to <u>lessen the amount</u> of salt in recipes. Also, spritzing lemon or lime juice, or drizzling a bit of balsamic over cooked food can eliminate the need for salt at the table.
Nutritional Yeast	Cheese	Add to sauces, dips or baked goods for a cheesy, slightly nutty flavor that is gluten- and dairy-free.
Avocado	Butter or Mayonnaise	Mash or puree and add to baking or no-bake recipes in place of butter or mayo for a plant-based healthy fat alternative. (usually 1 to 1 ratio)