



From Chef Michael Mayfield

Tips for turning those Southern style soulful classic recipes that Big Mamma used to make into healthier Alternatives that remove or even reduce the bad cholesterols, fats, sodium, and sugars.

- There are numerous ways to reduce the cholesterol, fat, sodium and sugar in your favorite recipes. The secret to reworking your old recipe into a new **healthier recipe** is substitution of ingredients and a change in your cooking methods. Use the following simple and easy cooking methods and substitutions to make healthier adaptations of your favorite soul food meals.
- When a recipe calls for dairy products choose a low-fat, reduced fat or non-fat version. For instance instead of whole milk opt for 1% or 2% milk.
- Remove or reduce salt from your recipes. Most foods actually require little to no salt, so give your food a taste test to determine if salt is needed. Salt should be substituted with herbs, lemon or lime juice and spices.
- Use fresh fruit, fresh vegetables and fresh meats in your recipe, because canned products are high in sodium. If you must use canned products choose the healthier reduced sodium or sodium free versions.
- Try a different cooking method when you cook up your next chicken or pork chop dinner. Baked, broiled, roasted or grilled meats are a much healthier alternative to pan and deep fried foods that contain too much fat and cholesterol.
- If you must fry your meat and vegetables, avoid cooking in lard and oils high in saturated fat. Substitute with a vegetable oil that's low in saturated fats and high in healthy fats.