



## Sugar Substitute Recipes

### Waldorf Salad

1 Tablespoon reduced fat mayonnaise or mayonnaise-type salad dressing	1 large Rome Beauty apple, cored, unpeeled, and diced
1 Tablespoon lemon juice	½ cup diced celery
2 packets artificial sweetener (use favorite)	½ cup seedless golden raisins
	¼ cup chopped nuts, optional

In bottom of mixing bowl, blend together reduced-fat mayonnaise, lemon juice, and artificial sweetener. Wash, core, and chop apple; coat with dressing in mixing bowl. (Quickly coating apples with the lemon juice dressing prevents browning from oxidation). Add remaining ingredients; toss. Serve in lettuce-lined dish or bowl, *or* on lettuce leaves on salad plates.

*Yield: 6 servings*

*Nutrition analysis with nuts: 133 calories, 7g fat, 36mg sodium, 19g carbohydrate, 1g protein*

### Lighter Broccoli Salad

2 ½ cups broccoli florets, chopped	2 Tablespoons nonfat plain yogurt
½ cup raisins	1 Tablespoon light mayonnaise
½ cup unsalted sunflower seeds	2 packets artificial sweetener (use favorite)
2 Tablespoons red onion, finely diced	½ Tablespoon white or apple cider vinegar
2 Tablespoons bacon-flavor bits	

Combine broccoli, raisins, sunflower seeds, onion, and bacon bits in a large bowl. In a smaller bowl, mix together the yogurt, mayonnaise, artificial sweetener, and vinegar. Add to broccoli mixture. Toss well to coat. Chill 2 hours longer.

*Yield: 6 servings*

*Nutrition analysis per serving: 123 calories, 5 g fat, 2mg cholesterol, 127mg sodium, 18g carbohydrate, 4g protein*

## Four-Bean Salad

1 (8.5 oz.) can unsalted cut green beans, drained

1 (8.5 oz.) can cut wax beans, drained (unsalted if available)

1 (8.5 oz.) can unsalted baby lima beans, drained

1 (8.5 oz.) can unsalted kidney beans, drained

½ cup thinly sliced red onion rings

½ cup chopped celery

¼ cup diced green pepper

### Dressing:

2 teaspoons Dijon mustard

2 Tablespoons white or apple cider vinegar

½ teaspoon honey

½ teaspoon dried thyme OR

1 teaspoon chopped fresh thyme

½ teaspoon black pepper

1 clove garlic, crushed or minced

¼ cup olive oil or canola oil

In a large mixing bowl, combine all the beans, onion, celery, and green pepper. In a smaller mixing bowl, whisk together mustard, vinegar, honey, thyme, pepper and garlic. Whisking continually, add the oil in a slow, thin stream. Whisk until well blended. Pour the dressing over the bean mixture and toss to coat well. Cover and refrigerate 1 - 2 days before serving.

*Yield: 8 servings*

*Nutrition analysis per serving: 130 calories, 7g fat, 0g cholesterol, 160mg sodium, 12g carbohydrate, 5g fiber, 4g protein*

## Sweet Potato Casserole

4 medium sweet potatoes, peeled, cooked (about 1 ½ pounds)

¾ cup artificial sweetener (sucralose preferred)

½ to 1 cup reduced fat sour cream

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

½ teaspoon ground nutmeg

¼ cup chopped pecans, toasted

Mash sweet potatoes with potato masher or beat with electric mixer until smooth. Mix in remaining ingredients, except pecans. Spoon sweet potato mixture into ungreased 1 quart casserole or soufflé dish; sprinkle with pecans. Bake uncovered at 350°F until heated throughout, about 30 minutes.

*Yield: 6 servings*

*Nutrition analysis per serving: 150 calories, 5g fat, 60mg sodium, 5mg cholesterol, 23g carbohydrate, 3g fiber, 3g protein*

## Apple-Stuffed Acorn Squash

1 acorn squash	¼ cup maple syrup
2 cups apples, cored and chopped	1 teaspoon cinnamon
3 Tablespoons margarine, melted	

Preheat oven to 400°F. With a large chef's knife, split acorn squash in half from top to bottom. Spoon out seeds and discard or save for eating. Place face down on a baking dish filled with a quarter inch of water to prevent squash from sticking and burning. Place in preheated oven for 25 minutes. In a medium bowl, mix apples, melted margarine, syrup and cinnamon together. Spoon mixture evenly into two squash halves. Bake apple-stuffed side up for an additional 35 minutes or until squash and apples are tender with a fork.

*Yield: 4 servings*

*Nutrition analysis per serving: 210 calories, 9g fat, 0mg cholesterol, 120mg sodium, 34g carbohydrate, 3g fiber, 1g protein*

## Stuffed Pepper Soup

1 lb. lean ground hamburger	2 cups green pepper, chopped
1 small onion, chopped	¼ cup brown sugar
2 cans (8 oz.) no added salt tomato sauce	½ teaspoon black pepper
4 cups tomato, chopped	1 ½ cups long grain brown rice, cooked
2 cans (14 oz.) low-sodium beef broth	Shredded mozzarella cheese if desired

Cook hamburger and onion in skillet until hamburger is no longer pink. Drain well. In a large stew pot, add hamburger, onion, and the remaining ingredients except rice. Simmer for 30 minutes. Add cooked rice and simmer for an additional 10-15 minutes. Serve topped with mozzarella cheese if desired.

*Yield: 10 servings*

*Nutrition analysis per 1 cup serving (without cheese): 170 calories, 4.5g fat, 25mg cholesterol, 65mg sodium, 19g carbohydrate, 2g fiber, 13g protein*

## Magically Nutritious Meatloaf

½ cup green onions	½ teaspoon dried basil or 1 Tablespoon fresh
¼ cup red or green bell pepper, finely chopped	¼ teaspoon black pepper
¼ cup carrot, finely chopped	1 lb. extra lean ground beef
2 egg whites, slightly beaten	¼ cup catsup
½ cup oats	1 Tablespoon brown sugar
2 Tablespoons fat-free milk	1 teaspoon vinegar
2 Tablespoons catsup	

Preheat oven to 350°F. Spray a small skillet with non-stick cooking spray. Cook green onions, bell pepper, and carrot over medium heat for 5 to 8 minutes or until vegetables are tender. Remove from heat and set aside. In a large bowl, stir together egg whites, oats, milk, 2 Tablespoons of catsup, basil and pepper. Add the cooked vegetables and the ground beef; mix well. Spray baking sheet with non-stick cooking spray and form meat mixture into a loaf. Bake for 30 minutes. Meanwhile, in a small bowl combine ¼ cup catsup, brown sugar, and vinegar. Spread over meatloaf. Bake for an additional 15 to 20 minutes or until internal temperature taken with a thermometer reads 160°F.

*Yield: 6 servings*

*Nutrition analysis per 1 slice serving: 189 calories, 8g fat, 48mg cholesterol, 319mg sodium, 12g carbohydrate, 1g fiber, 16g protein*

## Fruit Trifle with Lemon Cream

3 peaches, peeled, pitted, sliced	2 packets artificial sweetener (use favorite)
3 apricots, peeled, pitted, sliced	8 oz. Neufchatel cheese, softened
2 plums, peeled, pitted, sliced	6 oz. lemon flavored low-fat yogurt
¼ teaspoon almond extract	

Toss fruit with almond extract and sweetener in a bowl. In a separate bowl, whip cream cheese, yogurt and lemon balm. Layer fruit in individual wine glasses or bowl and top with cream. Garnish with mint or lemon balm leaf.

*Yield: 6 servings*

*Nutrition analysis per serving: 140 calories, 6g fat, 20mg cholesterol, 190mg sodium, 18g carbohydrate, 2g fiber, 5g protein*

## Whole Wheat Chocolate Chip Cookies

2 sticks trans-fat free margarine	1 ½ cups whole wheat flour
1 cup packed brown sugar	1 ½ cups all-purpose flour
1 cup granular sucralose	1 ½ teaspoons baking powder
2 large eggs	1 teaspoon baking soda
1 teaspoon vanilla extract	1 ½ cups dark chocolate chips

Preheat oven to 350°F. Combine flours, baking soda, and baking powder in a bowl and set aside. Beat margarine, brown sugar, and sucralose together until blended. Add both eggs and vanilla and beat again until blended. Slowly mix in flour until evenly combined, then stir in chocolate chips. Roll golf ball sized balls using your hands. Place on a greased cookie sheet and bake for 8-9 minutes, or until just golden. Do not over-bake! Remove from oven and let cool.

*Yield: 36 servings, 1 cookie per serving*

*Nutrition analysis per serving: 160 calories, 8g fat, 110mg sodium, 20g carbohydrate, 1g fiber, 2g protein*

## Slow Cooker Apple Crisp

4 cups apples, peeled and sliced	½ cup quick cooking oats
1 Tablespoon corn starch	⅓ cup whole wheat flour
2 Tablespoons brown sugar	2 Tablespoons trans-fat free margarine, melted
¼ cup granulated sucralose	
½ teaspoon ground cinnamon	

Spray the interior of a slow cooker with non-stick cooking spray. In a large bowl, mix together corn starch, brown sugar, sucralose and cinnamon. Add sliced apples and toss. Add apple mixture to the slow cooker. In a separate bowl, stir together oats, flour and melted margarine. Pack on top of apples and cook on Low for 4 hours or until apples are soft but not mushy.

*Yield: 6 servings*

*Nutrition analysis per serving: 140 calories, 4.5g fat, 0mg cholesterol, 50mg sodium, 24g carbohydrate, 3g fiber, 2g protein*

*Prepared by Jenna Smith, MPH, RD, University of Illinois Extension Educator, Nutrition & Wellness*

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