

CALLING ALL HBCU STUDENTS!

Ten smart swaps/cooking hacks used in the WW HOMECOMING COOKBOOK

1. Make your own healthy **breakfast sausage** instead of buying fattier store-bought pork sausages. Just season ground chicken breast with dried herbs and spices, form into patties and cook in a nonstick skillet. Turn the same recipe into meatballs or burgers.

2. Reinvent **mac and cheese** by replacing the standard high-fat bechamel sauce—made with flour, butter, and milk or cream—with a lightened-up cheese sauce made from reduced-fat cheddar and Monterey Jack cheeses, low-fat cream cheese, nonfat cottage cheese, skim milk, and lots of dried herbs. To save money, buy blocks of cheese and grate them yourself.

3. Choose brown rice over white rice. A cup of cooked brown rice contains 3 grams more heart-healthy fiber than a cup of cooked white rice (that's the same amount of fiber in a medium banana). You can also swap in some nutrient-dense cauliflower rice for some of the brown rice like in **this version of rice & peas**. To make your own cauliflower rice, carefully run large chunks of raw cauliflower over the large holes of a box grater (or pulse them in a food processor).

4. Mash canned beans and use them as a replacement for breadcrumbs and eggs in recipes like these **vegan crab cakes**. The chickpeas add a nice dose of protein and fiber, and the drained liquid from the can of beans—AKA aquafaba—can be whipped the same way you would whip egg whites and used in their place in vegan dessert recipes.

5. Rely on the moisture from veggies like grated onions (or zucchini or carrots) to add moisture to baked versions of normally fried dishes such as **hush puppies**. The added moisture also lets you cut back on the amount of butter or oil you would normally need. Use the same grated veggie technique to add moisture to lean burgers, meatballs, and meatloaf.

6. Whip up a lighter version of mashed potatoes by replacing half the potatoes with cauliflower like in these **sour cream and chive-flavored spuds**. It's a fun twist on the popular potato chip flavor. Once you've mastered this recipe, try swapping some of the potatoes with other vegetables such as parsnips or celery root.

7. Use powdered peanut butter to add nutty flavor and a protein boost to **cookie** and cake batters, smoothies, overnight oats, and more. The powdered form of peanut butter has about 85% fewer calories from fat than actual peanut butter. Look for powdered almond butter, too.

8. Give almond milk a try. It can add delicious flavor and creaminess to **rice pudding**, coffee and tea, dessert recipes, and vegan cream-based soups. Cup for cup, unsweetened almond milk contains less than half the calories of skim milk, a third the calories of lowfat milk, and a fifth the calories of whole milk.

9. Invest in a small, countertop air fryer. They're excellent for crisping up recipes you'd normally deep fry such as breaded chicken and fish, fries, onion rings, and **beignets**, and can also be used to cook frittatas, hard-boil eggs, and to heat up leftovers.

10. Reduce added sugar and cut back on butter by swapping in some unsweetened applesauce in their place like in these **sweet breakfast rolls**. You can also use pureed butternut squash, canned pumpkin puree, or pureed black beans to replace some of the sugar and fat in other pastries or dessert recipes.