5 Ways to Lighten up any Recipe

1. Replace ground beef with lean turkey: it will cut the fat content of your meal by almost half and because less grease is a result more meat will be in a package of turkey.

2. Mine high-fat ingredients: by using less of a high fat ingredient you will still get the flavor without all of the fat. For example using less bacon in a dish that calls for bits of it will help lower the fat content.

3. Change your coating: using different breading such as Panko or a low sugar, high-fiber cereal for breading meat or making meat balls will cut the amount of fat and calories in your dish.

4. Swap sour cream for Greek yogurt: Greek yogurt contains less calories and fat and has a lot more protein than sour cream, yet the flavor of plain Greek yogurt is similar to sour cream and allows it to be substituted very easily.

5. Thicken with veggies: use pureed vegetables to thicken gravy, soups, and sauces instead of the cream. You will still get a creamy consistency but with a lot lower calorie and fat content.

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