

## Substitute and Save with Yogurt

An easy way to save on fat, calories, and cholesterol is to substitute plain yogurt for high fat ingredients, like sour cream and mayonnaise. Here are some tips!

### Use plain yogurt in place of HALF the sour cream when making:

- Dips for fruits and vegetables
- Sauces for meat, fish, and poultry
- Mexican food such as tacos, enchiladas, and tostadas
- Beef stroganoff
- Twice-baked potatoes
- Dessert toppings and fillings



### Use plain yogurt in place of HALF the mayonnaise when preparing:

- Creamy salad dressings
- Sandwich fillings like tuna salad or chicken salad
- Fruit and vegetable salads



### COOKING TIPS:

Yogurt can lose some of its body and become thin if mixed too much. For best results, add yogurt to products carefully, making sure not to over-stir, beat excessively, or over-heat. To help prevent separation of yogurt in cooking, blend 1 tablespoon of corn starch with a small amount of yogurt. Stir this mixture into the remaining cup of yogurt and use in recipes according to the directions.

Source: Department of Nutrition and Dietetics, The Ohio State University Wexner Medical Center.



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