

Fact sheet - recipe adaptation

Spaghetti Bolognese

Mince is usually high in fat, unless an expensive brand (ground beef) is bought - turkey mince is a leaner alternative.

How to reduce fat:

- Place the mince in a dry saucepan over a low heat.
- Stir all the time to prevent burning, until it browns.
- Throw away all the fat that melts out from the meat, or alternatively, leave the meat in the fridge overnight so that it solidifies.
- Add onions, vegetables, garlic, tinned tomatoes, herbs and spices. Do not add any earlier, otherwise they will absorb the fat.

Calorie Comparison

Mince without draining the fat = 250 calories

Mince with the fat drained = 180 calories

Increase fibre - use whole wheat spaghetti

Shepherds' pie

- Cut Fat - cook the mince as above.
- Do not add any fat (e.g. margarine) to the mash, and use low fat milk.
- Increase fibre - add cooked red kidney beans or cooked lentils and onion to the mince before cooking in the oven.

Chilli Con Carne

- Cut fat - cook mince as above.
- Increase fibre - red kidney beans are high in fibre.
- Serve with brown rice.
- Cut salt and sugar - if using tinned kidney beans, wash well before adding to the mince

Custard

- Cut fat - use low fat milks
- Cut sugar - use a sweetener (add after boiling custard)

Save 200-300 calories per pint

Cheese Sauce

- Cut fat - make the white sauce with low fat milk and no fat (blend milk with flour - not the 'roux' method)
- Add medium fat cheese rather than cheddar.
- Cut salt - add mustard and black pepper and only a pinch of salt.

Save 400-600 calories per pint

Lasagne

- Cut fat - cook mince as previously described, and make the cheese sauce as above
- Increase fibre - use whole wheat lasagne, add more vegetables to the mince