



# Healthy Cooking & Baking Swaps

## WITH PULSES

**REPLACE:**  
½ OR ALL  
SHREDDED  
PORK

### TACOS

OR: replace ½ the  
meat in any recipe



#### BENEFITS:

Fewer CALORIES    Less FAT    More FIBER

**WITH THIS:**

COOKED  
PARDINA  
LENTILS

**REPLACE:**  
½ OR ALL  
RICOTTA  
CHEESE

### LASAGNA



#### BENEFITS:

Fewer CALORIES    Less FAT    More FIBER

**WITH THIS:**

PUREED  
CANNELLINI  
BEANS

**REPLACE:**  
UP TO ½  
ALL-PURPOSE  
FLOUR

### MUFFINS

OR: replace ½ the flour called for  
in any baked goods recipe



#### BENEFITS:

More PROTEIN    More FIBER    More FOLATE    More IRON

**WITH THIS:**

CHICKPEA  
FLOUR

**REPLACE:**  
1 CUP  
ALL-PURPOSE  
FLOUR

### BROWNIES



#### BENEFITS:

More PROTEIN    More FIBER

**WITH THIS:**

1 15 oz. CAN  
BLACK  
BEANS,  
PUREED

**REPLACE:**  
½ OR ALL  
QUINOA

### VEGGIE BOWLS



#### BENEFITS:

More PROTEIN    More FIBER

**WITH THIS:**

COOKED  
GREEN  
LENTILS

**REPLACE:**  
MAYONNAISE

### SANDWICH SPREAD



#### BENEFITS:

Less FAT    More PROTEIN    More FIBER

**WITH THIS:**

HUMMUS

**REPLACE:**  
½ OR ALL  
GROUND  
BEEF

### BURGERS



#### BENEFITS:

Fewer CALORIES    Less FAT    Less SATURATED FAT    More FIBER

**WITH THIS:**

MASHED  
PINTO  
BEANS

**REPLACE:**  
UP TO ½  
CHEESE  
SAUCE

### MAC N' CHEESE



#### BENEFITS:

Less FAT    More FIBER

**WITH THIS:**

YELLOW  
SPLIT PEA  
PUREE

**REPLACE:**  
½ OR ALL  
OIL

### CHOCOLATE CHIP COOKIES



#### BENEFITS:

More PROTEIN    More FIBER

**WITH THIS:**

RED  
LENTIL  
PUREE

**REPLACE:**  
½ OR ALL  
BUTTER

### BANANA BREAD

OR: Replace ½ the butter called for  
in any baked goods recipe



#### BENEFITS:

Fewer CALORIES    Less FAT    More PROTEIN    More FIBER

**WITH THIS:**

WHITE  
BEAN  
PUREE