

Estimating Exchanges in Recipes

Meat Loaf

Ground beef and egg are a binder. Bake meat loaf using a rack to allow fat and juices to drain during cooking. May baste with tomato juice if desired. A 3-ounce serving equals three medium-fat exchanges. Estimate a 3-ounce serving as the same size as a deck of cards.

Macaroni & Cheese

Macaroni can be a starch exchange (1/2 cup = 1 exchange). One ounce of shredded cheese is one high-fat exchange. Mix together and put in a small baking dish. Add skim milk—one milk exchange (1 cup) or serving. Caraway seeds, salt, and pepper—free. Bake as any macaroni dish.

Creole Liver

The liver is one lean meat exchange for each ounce; add 1/2 cup tomatoes, 2 tablespoons chopped onions, celery, and green pepper for one vegetable exchange. Garlic powder, lemon pepper, salt, and pepper—free. Combine all vegetables in a pan and add liver. If necessary, add water in order to cover with liquid. Simmer 20 or 25 minutes.

Chili or Chili Mac

Ground meat, browned and drained, is one medium-fat meat exchange per ounce. Kidney beans or macaroni (1/2 cup) equal one starch exchange. Half a cup of tomatoes and green onion—one vegetable exchange. Onions, if mature or dry—one vegetable exchange per cup. Chili powder, salt, pepper—free.

Spanish Omelet

One egg is one medium-fat meat exchange. Chopped green onions and green pepper—one vegetable exchange per half cup. If you use a teaspoon of butter or margarine—one fat exchange. Top with salsa.

Vegetable Soup

Fat-free broth—free. Mixed vegetables, peas, carrots, mature onions (1 1/2 cups) equal one vegetable exchange.

Oven Browned Chicken

¼ cup of chicken (skin removed)—one lean meat exchange. ¾ cup cornflakes—starch exchange. Salt, pepper—free. Crush the cornflakes and roll the chicken in the flakes. Place in baking dish and bake in moderate oven until done.

Cheeseburger

A 2-ounce cooked beef patty equals two medium-fat meat exchanges. An ounce of sliced cheese is one high-fat meat exchange. One small hamburger bun (2-inch diameter) is two starch exchanges. Tomato, lettuce, and green onion—free. Unsweetened dill pickle—free.

Pickled Beets

½ cup beets—free. Diet sweeteners, vinegar, spices—free.

Cucumber Relish

Free relish for meat. Grate cucumbers and add to a small piece of red pepper, finely chopped. Add salt, pepper, vinegar, diet sweetener, if desired.

Uncooked Tomato Pickle (May be used free as relish for meat)

4 quarts ripe tomatoes
1 to 1 ½ cups green onions, chopped
4 cups chopped celery
¼ cup sweet red pepper, chopped
2 ½ cups vinegar
Salt
2 tablespoons mustard seed
1 tablespoon (or desired sweetness) diet sweetener
Mix all ingredients together and refrigerate.

Holiday Relish

Green pepper, red pepper
Green onions
Vinegar
Salt and pepper
Diet sweetener (such as saccharin, sucralose, or acesulfame)

Dice green pepper, 1 red pepper, and ½ small onion. Add 1 tablespoon vinegar and diet sweetener. Put in saucepan and add enough water to cook. Cook until tender. Salt to taste. May be used as a free relish. If entire amount is used, substitute for vegetable exchange.

Low-Calorie Catsup (free if used in small amounts)

1 cup tomato puree
1 tablespoon lemon juice
½ teaspoon dry mustard
1/8 teaspoon allspice and 1 teaspoon diet sweetener

Put all ingredients in a saucepan, bring to a boil and simmer to desired consistency.

Baked Custard

Each egg—one medium-fat meat exchange
Skim milk—each cup is equal to one milk exchange

Add liquid diet sweetener, vanilla, and nutmeg.
Bake as any custard.

Baked Apple

1 apple, cored
1 teaspoon butter
Cinnamon and diet sweetener

Bake apple in moderate oven until tender for 20 minutes. Baked apple is one fruit exchange and one fat exchange.

Deep-Dish Apple Pie

1 cup diced apples (3-inch diameter apples)
1/3 cup cake flour
2 teaspoons diet sweetener
1 tablespoon margarine, butter, or shortening
Nutmeg and cinnamon
Salt

Divide the diced apples, spices and liquid diet sweetener evenly into two 4-inch casserole dishes. Mix the flour, shortening, and salt into the dough. Roll onto a lightly floured board. Divide evenly on top of the two deep-dish pies. Bake at 400 degrees about 30 minutes, or until done. Each pie is one fruit exchange, one starch exchange, and one fat exchange.

Tuna or Chicken and Noodles

Noodles—one starch exchange for each ½ cup (cooked). Add the diced meat or fish—one lean meat exchange for every ounce. Moisten with fat-free broth and bake as any noodle dish. Stew if you wish.

Spanish Rice

Rice—one starch exchange for every 1/3 cup (cooked). Tomatoes, green peppers, and green onion—one vegetable exchange for each ½ cup (cooked). Ground meat—medium-fat exchange for each ounce. Prepare as any Spanish rice.

Stuffed Peppers

Ground meat—one medium-fat exchange for each ounce. Rice—one starch exchange for each 1/3 cup (cooked). Add salt, pepper, garlic powder, and oregano to tomato sauce. Add rice and bake.

Graham Cracker Pudding

Two graham crackers (2 ½ inches square)—one starch exchange. Roll the crackers into crumbs. Add ½ teaspoon of butter or margarine—1/2 fat exchange. Sweeten graham cracker crumbs with diet sweetener and line a muffin pan. Make a dietetic pudding using skim milk. Fill muffin pan with pudding. Fruits may be added depending on the number of fruit exchanges available. Remember to use part of your milk allowance for the skim milk.

Adapted from the Texas Cooperative Extension's *Special Food Needs*

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