

Recipe Makeover Assignment

There are two parts to this makeover activity: 1) to revise a recipe and 2) utilize information from the lectures related to healthy fat intake to assess the recipe and makeover.

Typically, when recipes are revised to be healthier, the focus is on reducing calories. Often recipe makeovers do not pay close enough attention to maintaining texture, flavor or the concept of the dish (recall the enchilada makeover video). In this course, we have considered four levels of recipe makeovers under the Healthy Cuisine focus:

1. **First Priority:** Can you add more fiber? By adding fiber, you naturally add ingredients that include vitamins, minerals and phytonutrients and increase satiety for the consumer.
2. **Second Priority:** Can you reduce overall calories without dramatically reducing taste, flavor and textures? Lower fat options for dairy, less added sugars, Leaner meats and poultry products or eliminate animal products etc.
3. **Third priority:** Can you use “Fats that give back”? Using plant-based oils with Omega-3 fatty acids or substituting MUFAs and PUFAs for saturated fats and if using animal products, consider the source.
4. **Fourth priority:** Can you improve nutrient density by eliminating or reducing ingredients that do not improve health and may detract from good health? Using ingredients with less exposure to pesticides, herbicides, exogenous hormones, antibiotics or have fewer additives, preservatives, coloring agents, artificial flavors or salt (note that salt is important for balancing taste, maintaining texture and can have a preservative role).

Overall priority: The best makeovers maintain similar textures, taste, flavor and overall concept of the dish

Nachos:

1. a. I would change the iceberg lettuce for a green bell pepper.
 - I would do this because I find that it not only can add spice to the dish, but offers 2 grams of dietary fiber compared to the .1g in iceberg lettuce. These are great raw but can also be roasted for a smokey flavor.
- b. I would add black beans to the recipe.
 - Black beans not only offer 6 grams of dietary fiber, but would make this dish more hearty, and complement the other flavors. If one did not like the texture of black beans, a puree could also be drizzled over the nachos.

- c. I would add roasted corn to this recipe.
 - The corn would benefit this dish by offering 4 grams of fiber, and roasting the corn would add a sweet and smokey flavor to this dish.
2. The item in this dish with the most fiber is the black beans at 6 grams/serving. The USDA food list was utilized for this assignment.
3. I would replace the Kraft Velveeta cheese at 679 Kcals per ½ lb. with a white queso, which is about half of the calories at 336 Kcals. This will not only reduce the calories, but also allow for the same silky cheese texture desired in nachos.
4. I would say that I would very be likely to eat this dish. Not only do these items added or replaces offer higher nutritional density included fiber, but provide delicious flavors and texture to the traditional nacho dish.

Pizza

1. a. I would replace the pizza dough with a large whole wheat pita bread.
 - This would not only offer 4.7 grams of fiber, but also provide a thicker “crust” that is still able to get crispy. The pita would also add a nutty or grain-like flavor.
- b. I would change the Ragu sauce to a pesto sauce. Its ingredients are: basil, lemon juice, pine nuts, olive oil, black pepper, salt, and grated parmesan cheese.
 - This would not only reduce the sugar and sodium, but offer a more fresh and lighter taste than a typical heavy red tomato based sauce.
- c. I would replace the Italian sausage with sliced tomatoes.
 - This would offer additional dietary fiber of 2.2 grams for a large red tomato, and also offer the same traditional tomato flavor that is typically included on a pizza.
2. I used the USDA Food List for this assignment. The highest substitution for dietary fiber would be the whole wheat pizza at 4.7 grams of fiber.
3. The replacement that I would use to reduce the amount of calories would be to replace the pizza dough with the whole wheat pita, because the entire pita is only 76 calories total.
4. I think that I would be very likely eat this dish for a couple of reasons. I really love the light and fresh taste of pesto sauce, and when I make a quick pizza at

home I will always use a whole wheat pita. It is thick but still gets a nice crisp to it, and can be quickly made on broil.