CS2

Healthy Ingredient Swap

Time: 70 Minutes

Discover good-for-you ingredient substitutions that preserve the deliciousness of your favorite recipes!

Identify and choose healthy ingredient and snack substitutions.

Create a healthier version of a dip recipe using tasty substitutions.

- Review resource list and print it out. Purchase all necessary supplies after reviewing the **HFL Cost Calculator**.
- Set up demo station with the necessary activity resources.
- Divide ingredients per team and place bag at front of room.
- Provide computer, internet access, and projector, if available.

(10 Minutes)

- Welcome participants and introduce yourself.
- Give a brief description of the educational experience.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the **Welcome Toolkit**.

(10 Minutes)

- Play video or demonstrate content (see demo script).

(20 Minutes)

- Participants will divide into teams and compete to match ingredients to the correct measurements in order to create a healthy version of a creamy spinach dip.
- They must 9.255o2(p)1-9.2(a)-2e6w.2(a)-3.8(n)0.9(t)-22.4(h)-vppr5(y mo)7nr3.7(e)-5(e1e)-2.(r)-y3w(e1e)-i3w(6i)23rk3.79c

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

Video – **Healthy Recipe Swaps**

Video – **Creamy Spinach-Feta Dip Recipe**

Find these resources in this lesson

Recipe – **Creamy Spinach-Feta Dip**

Handout – **Life is Sweet with These Easy Sugar Swaps Infographic**

Handout – **Conquer Cravings with These Healthy Substitutions**

Worksheet – **Creamy Spinach-Feta Dip**

Handout – **Setting SMART Goals**

Chairs and tables for participants

Demo table

Pens for participants

Folders

Computer, internet access and projector, if available

Monounsaturated fat example (avocado, peanut butter)

Polyunsaturated fat example

No-salt-added or low-sodium canned beans or vegetables

A bag of unsweetened frozen fruit or a can of fruit packed in water or its own juice

Cooking spray (made with nontropical oil)

Olive oil

Vinegar

Fresh herbs

Low-sodium, whole-grain crackers or bread

Unsweetened applesauce

10 ounces frozen packaged spinach

½ cup fat-free plain yogurt

Creamy Spinach-Feta Dip

Makes 6 servings; ¼ cup per serving
Per serving: 64 Calories; 1.5 g Saturated Fat; 207 mg Sodium

Spinach dip is an all-time favorite appetizer. This healthier version preserves

10 ounces frozen, chopped spinach, thawed and squeezed dry*
½ cup fat-free plain yogurt
½ cup low-fat sour cream
½ cup fat-free feta cheese, crumbled
1 teaspoon bottled minced garlic
1/3 cup chopped fresh parsley or dill
2 teaspoons dried parsley or dill
½ teaspoon black pepper
6 whole-grain pitas, quartered

1. In a food processor or blender, process all the ingredients except the pita slices.
2. Serve the dip with the pita slices.

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