

## Adapting Your Own Recipes

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It is possible to adapt your own favourite recipes so that they are lower in saturated fat by using less oil and less high fat food than those stated in the recipe.

Cream is replaced with low fat fromage frais.

The use of herbs will improve the flavour of many low-fat recipes and are easy to grow in your own garden and are available in supermarkets.

Dried herbs are also very good to use; here are some ideas on their uses: -

Lemon balm	Summer drinks, jam and salad dressings.
Bay	Marinades, savoury dishes, rich stock and rice.
Borage	Candied flowers, punches and salads.
Tansy	Meats, eggs, salads, pancakes and cakes.
Chives	Salads, soups, cottage cheese and eggs.
Basil	Tomatoes, egg and meat dishes.
Comfrey	Alternative to spinach, use like celery.
Chervil	Add to soups, spinach and all egg dishes.
Dill	Fish dishes, yoghurt and sauces.
Thyme	Roast meat, poultry and bouquet garni.
Fennel	Fish dishes, meats and dressings for salads.
Rosemary	All meat, casseroles, fish, rice and egg dishes.
Mint	Sauces, jellies, summer drinks and mixed herbs.
Parsley	Casseroles, soups, salads, bouquet garni and fish dishes.



Marjoram	Stuffing, egg dishes, cheese dishes, meat & casseroles.
Tarragon	Meat dishes, salads, egg and cheese dishes.
Sage	Rich meats, chicken stuffing, salads, game sausages and cheeses.
Garlic	Fish, meat, vegetables, salads, flans, sauces & pasta dishes.
Savoury	Pork, meat, game and bean and lentil soups.
Salad Burnet	Salads, fruit cups, punches and summer wine.

(This list is from previous editions of "Healthy Lifestyle Recipes".  
Please see the main chapter on herbs and spices, which is provided by kind  
permission of Schwartz Herbs and Spices.)

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