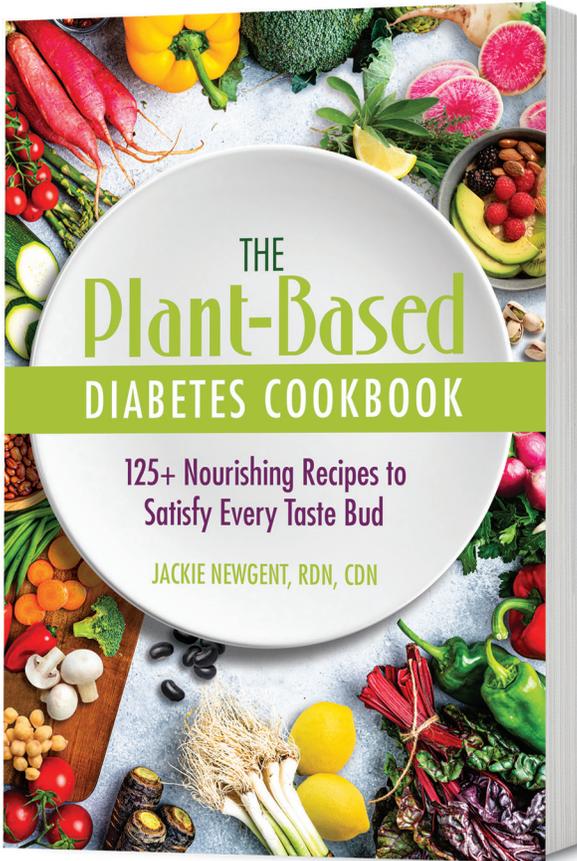


The Plant-Based Ingredient Swap Guide

by Jackie Newgent, RDN, CDN



Every recipe in *The Plant-Based Diabetes Cookbook* is already 100% plant-based. But what if you want to makeover other recipes that include animal-based ingredients so that they are a bit more plant-based or totally vegan? You'll need to swap those ingredients! When doing so, you'll want to make sure you're considering the following.

Do the plant-based swaps . . .

- Provide just as much tastiness?
- Still work properly in the recipe, like providing good texture?
- Have wholesome ingredients?
- Fit into your diabetes-friendly eating plan, such as being low in added sugars?
- Meet all your other personal needs, like cost, availability, and more?

Know that there is no right or wrong way to make ingredient replacements. Sometimes, it will involve a bit of trial and tweaking. But to make it easier for you, I'm getting you started here with my top plant-based ingredient swaps.

Generally, you'll be able to use the exact same amount of the plant-based selections as their original counterparts. In some cases, there are several options to choose from in the right column. Just pick whatever you think pairs best with your recipe or simply go with your favorite.

Keep in mind that you'll want to carefully read food labels of store-bought ingredients and choose wisely, such as selecting a lower sodium option if deciding between two brands. And for all of the ingredients, you'll still want to appropriately plan them into your meals to meet your personal nutritional goals.

Please add to or update this guide to make it your very own!

25 PLANT-BASED INGREDIENT SWAPS

INSTEAD OF:	TRY EQUIVALENT AMOUNTS OF THE FOLLOWING:
MAYONNAISE, FOR CREAMY SALADS	<ul style="list-style-type: none">• Vegan mayo• Aquafaba mayo (made from chickpea liquid)• Homemade lemony tahini sauce
MAYONNAISE, IN SANDWICHES	<ul style="list-style-type: none">• Hummus• Black bean dip• Guacamole• Mashed or whipped avocado + squirt of lemon
BUTTER, IN SAUTÉING	<ul style="list-style-type: none">• Sunflower oil• Avocado oil• Extra-virgin olive oil (not for high heat use)

INSTEAD OF:	TRY EQUIVALENT AMOUNTS OF THE FOLLOWING:
BUTTER, IN BAKING	<ul style="list-style-type: none"> • Pureed or whipped avocado • Sunflower or avocado oil • Canned pumpkin or sweet potato puree • Mixture of canned pumpkin + avocado oil • Cultured vegan butter* • Virgin, unrefined coconut oil*
REGULAR CHEESE SLICES, CUBES, SHREDS, OR SOFT	<ul style="list-style-type: none"> • Vegan cheese alternative, ideally based on tree nuts, such as cashew
PARMESAN OR ROMANO CHEESE, GRATED	<ul style="list-style-type: none"> • Vegan parmesan-style cheese alternative • Nutritional yeast flakes (also known as “nooch”) + optional lemon zest to taste
CHEESE SAUCE	<ul style="list-style-type: none"> • Cooked diced butternut squash blended with a big splash of plain, unsweetened plant-based milk + nutritional yeast, onion and/or garlic powder, and sea salt to taste
SOUR CREAM	<ul style="list-style-type: none"> • Vegan sour cream, ideally based on tree nuts, such as almonds • Plain, unsweetened 100% plant-based Greek-style yogurt + squirt of lemon juice • Water-soaked, drained raw cashews blended with a big splash of plain, unsweetened plant-based milk, a little splash of cider vinegar and lemon juice, and nutritional yeast flakes to taste
MILK	<ul style="list-style-type: none"> • Plain, unsweetened, plant-based milk, such as oat, flax, soy, almond, macadamia, cashew, rice, hemp, pea, peanut, or coconut milk beverage
HEAVY CREAM	<ul style="list-style-type: none"> • Canned organic coconut cream* • Homemade cashew cream: Soak cashews in hot water 30 minutes, drain, and blend with equal amount of cold water until smooth
ICE CREAM	<ul style="list-style-type: none"> • Store-bought oat-, nut-, avocado-, or organic soy-based ice cream • “Nice cream” (pureed frozen banana)
EGG, SCRAMBLED	<ul style="list-style-type: none"> • Liquid vegan egg • Semi-mashed chickpeas or crumbled firm tofu sautéed with seasonings, such as ground turmeric, onion powder, smoked paprika, and sea salt
EGG, IN BAKING	<ul style="list-style-type: none"> • Liquid vegan egg • Chia gel or flax “egg”: 1 egg = 1 tablespoon ground or whole chia seeds or flaxseed meal mixed with 3 tablespoons water; let stand 10 minutes • 1 egg = ¼ cup silken tofu, mashed banana, pumpkin puree, or plain, unsweetened, plant-based, Greek-style yogurt
DELI MEAT	<ul style="list-style-type: none"> • Plant-based deli slices • Marinated and baked or grilled extra-firm tofu, extra-thinly sliced
CHICKEN, TUNA, OR EGG (FOR CREAMY SALAD)	<ul style="list-style-type: none"> • Chickpeas or white beans—or a combination • Plant-based fish-free tuna shreds • Vegan hard-boiled eggs
CHICKEN WINGS	<ul style="list-style-type: none"> • Roasted or sauteed cauliflower florets, with or without breading, and seasoned with paprika, garlic, sea salt and black pepper • Frozen plant-based buffalo chicken wings

INSTEAD OF:	TRY EQUIVALENT AMOUNTS OF THE FOLLOWING:
GYRO MEAT OR SHREDDED BEEF	<ul style="list-style-type: none"> • Maitake or sliced portabella mushrooms, sauteed and well-seasoned, including paprika, oregano, sea salt, and black pepper
BURGER PATTIES	<ul style="list-style-type: none"> • Fresh or frozen veggie burger patties, based on pulses (dry beans, chickpeas, peas, or lentils) or non-GMO plant-based beef • Grilled jumbo portabella mushroom caps, seasoned with sea salt and black pepper
STIR-FRY MEAT	<ul style="list-style-type: none"> • Seitan, tempeh, or extra-firm tofu cubes, slices, or strips • Packaged plant-based steak strips
GROUND MEAT OR GROUND SAUSAGE	<ul style="list-style-type: none"> • Chopped baby bella mushrooms or crumbled tempeh, sautéed and well-seasoned with black pepper (+ red pepper flakes, fennel seeds, and thyme for sausage flavor)
PULLED OR BBQ PORK OR CHICKEN	<ul style="list-style-type: none"> • Pulled or BBQ shredded young green jackfruit or shredded king oyster mushrooms
BACON	<ul style="list-style-type: none"> • Portabella or eggplant thin slices, slow-roasted till crisp and well-seasoned, including smoked paprika, chili powder, sea salt, and black pepper • Packaged plant-based bacon
HOT DOG	<ul style="list-style-type: none"> • Slow-roasted, frankfurter-shaped carrot, brushed with flavorful sauce, including ketchup, mustard, and smoked paprika • Packaged plant-based hot dog
WORCESTERSHIRE SAUCE	<ul style="list-style-type: none"> • Vegan Worcestershire sauce (no anchovy) • Combination of soy sauce, white wine vinegar, and unsweetened ketchup • Coconut aminos
HONEY (IT COMES FROM BEES!)	<ul style="list-style-type: none"> • Date syrup • Coconut nectar • 100% fruit-sweetened fruit spread/jam

*Consider only occasional use due to high saturated fat content.

For more plant-based ideas, follow Jackie Newgent, RDN, CDN, on social media @jackienewgent and visit her recipe blog at <https://jackienewgent.com>.

