



# The Secret Behind Ingredient Swaps

## Irish Colcannon Soup

A traditional Irish soup made with potatoes, cabbage, and cream. Originated in Ireland, this soup is a staple in the colder seasons. It will be served at the soup station at Rush.

Yield: 7 cups

Makes: 8, 7-ounce servings

### Ingredients:

¾ cup chopped yellow onion  
 2 cups chopped cabbage  
 2 cups chopped potatoes  
 1 clove fresh garlic, minced  
 3 cups water

2 Tablespoons heavy cream  
 ½ cup 2% milk  
 1/8 teaspoon black pepper  
 1 Tablespoon vegetable base

### Preparation:

1. Sauté onions in butter until softened.
2. Add garlic and sauté.
3. Add water, soup base, cabbage, potatoes, thyme, bay leaves and pepper. Bring to boil and simmer until vegetables are tender.
4. Puree soup leaving some cabbage visible.
5. Reduce heat and add heavy cream and milk.

### Healthy Swaps at Rush:

- This Colcannon soup recipe swaps 75% of the heavy cream for 2% milk, which decreases the number of calories, fat, and saturated fat in the final product.
- Many of the salad dressings are homemade at Rush and fat-free. The oil in the recipes are substituted with pureed fruit and vegetables, nonfat plain yogurt, vinegars, and fruit juices.
- We use cooking spray in place of butter for paninis, omelets, pancakes, burgers and other items made on the grill.

## Nutrition Facts

Serving Size 1 Serving (210g)  
 Serving Per Container 1

Amount Per Serving		Calories from Fat 30	
		% Daily Values*	
<b>Calories</b>	90		
<b>Total Fat</b>	3.5g	<b>5%</b>	
Saturated Fat	2g	%	
Trans Fat	0	%	
Polyunsaturated Fat	0	%	
Monounsaturated Fat	1g	%	
<b>Cholesterol</b>	10mg	%	
<b>Sodium</b>	570mg	<b>19%</b>	
<b>Total Carbohydrate</b>	13g	<b>4%</b>	
Dietary Fiber	2g	%	
Sugars			
<b>Protein</b>	2g	<b>5%</b>	
Vitamin A	6%	•	Vitamin C 25%
Calcium	6%	•	Iron 2%
Vitamin E	0%	•	Vitamin B6 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrates		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram  
 Fat 9 • Carbohydrates 4 • Protein 4

# Healthy Swaps at Home

Interested in making your recipes a little healthier - without sacrificing taste? Use the swaps below as a guide as you experiment in your own cooking. These swaps listed below are suggestions taken and may impact recipes differently. Check out the full lists at <http://greatist.com/health/83-healthy-recipe-substitutions> and <http://greatist.com/health/healthy-baking-recipe-substitutions-infographic>.

## Substitute for...1 Egg

Substitution	Preparation	Benefits
1 T. ground flax + 3 T. warm water	Baking, especially for muffins, cookies, & cakes	Fiber, omega-3
1 T. ground chia + 3 T. water	Baking, especially muffins, cakes, and cookies	Fiber, omega-3
2 egg whites	Anything	Lower in cholesterol
¼ cup egg substitute	Cooking and baking	Lower in cholesterol

## Substitute for...1 cup Flour

Substitution	Preparation	Benefits
1 cup drained, rinsed, pureed white or black beans	Baking brownies	Increased fiber
1 cup whole wheat flour	Baking anything	5 times more fiber than refined flour

## Substitute with...Greek Yogurt

Item	Substitution	Benefits
1 cup butter	¼ cup Greek yogurt + ½ cup butter	Increased protein, decreased fat
1 cup oil	¾ cup Greek yogurt	Increased protein, decreased fat
1 cup mayonnaise	1 cup Greek yogurt	Increased protein, decreased fat
1 cup sour cream	1 cup Greek yogurt	Increased protein, decreased fat
1 cup cream cheese	1 cup Greek yogurt	Increased protein, decreased fat
1 cup buttermilk	2/3 cup Greek yogurt + 1/3 cup buttermilk	Increased protein, decreased fat

## Substitute for...1 cup Butter

Substitution	Use	Benefits
1 cup mashed avocado	Best for chocolate desserts	Decreased saturated fat, increased good fat
1 cup mashed banana	Baking, especially cookies, muffins, dense cakes, breads	Reduced fat, increased potassium, increased fiber
½ cup of applesauce + ½ cup of butter	Baking, especially for muffins, sweet breads, and boxed mixes	Reduced fat
1 cup pureed beans	Baking with boxed chocolate mixes	Increased fiber and protein, reduced fat
1 cup pureed pumpkin	Baking	Increased fiber, reduced fat
½ cup canola oil + ½ cup butter	Baking	Reduced saturated fat