

Beans, Rice And Everything Nice

How to Substitute Oil on a Whole-Foods Plant-based Diet

Cooking Method	Fat-Free Substitutions	Higher Fat substitutions
Sautéing	nothing, or a little as needed: <ul style="list-style-type: none">• water, broth, juice, vinegar, wine, beer (gluten-free of course), tamari (also gluten-free), or any combination to create wonderful rich flavours	
Roasting	<ul style="list-style-type: none">• parchment paper• silicone mat• pizza stone	
Salad Dressings & Spreads replace oil 1:1 with	<ul style="list-style-type: none">• thick water (heat 1 cup liquid with 1 tbsp cornstarch until thickened)• for small amounts, use water drained from canned beans (Aqua Faba)• peeled & blended zucchini	<ul style="list-style-type: none">• ground flax or chia seed (1 tbsp / cup of liquid)• avocado
Baking replace oil 1:1 with	<ul style="list-style-type: none">• unsweetened applesauce• pureed fruit, fresh or canned• canned pumpkin puree• cooked mashed sweet potato	<ul style="list-style-type: none">• soft or silken tofu• non-dairy yogurt• pureed avocado• nut butters• nut butter mixed with fruit puree / applesauce

Choosing to follow a plant-based diet is a huge step forward in improving your health and the impact your diet has on the environment and our fellow Earthlings. Despite what the media and the latest diet fads tell us, the benefits of a very low-fat diet have been known for a long time. Oil is a calorically-dense, highly-processed food so stripped of nutrients that it promotes poor health (including heart disease, cancer, obesity, and diabetes) just as much as saturated animal fat. The purpose of this post is not to convince you to give up oil but to show you how.

Oil serves several functions in recipes. It creates a slippery mouth-feel, acts like glue to adhere seasonings to food, suspends flavourings in solution, and keeps foods from sticking to cooking surfaces. With some good cooking techniques, you can create dishes without oil that you will enjoy as much if not more.

To your Health and Happiness,

Beans and Rice

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