

OIL-FREE COOKING TIPS

by Lifestyle & Culinary Medicine Team

Baking, Sauteing, caramelizing and Roasting without Oil

Sauteing and Caramelizing:

1. Replace oil with water or vegetable broth. Add 1-2 tsp broth or water at a time over medium-medium high heat. I prefer vegetable broth because the natural sugars in the vegetable broth add more flavor when caramelizing, but water works just the same. Make sure you add more broth or water only after the water or broth in the pan has evaporated. Otherwise you will steam your veggies. Don't worry about any of the brown bits in the pan. Once you start to see that, it's the perfect time to add another 1-2 tsp water or broth to deglaze the pan.

Roasting:

1. Replace oil with tahini. We like to do this for roasted potatoes, carrots, etc. About 4 potatoes requires 2 tbsp tahini. Toss potatoes in tahini then add your seasonings.
2. Place on your baking mat or parchment paper and bake at 400 degrees for 20 mins flipping halfway between.
3. Replace oil with 2-3 tbsp vegetable broth or balsamic vinegar if you want to add acidity and caramelization. Then bake at 400 for 20 minutes.

Baking:

1. You can replace oil with pureed banana or applesauce. e.g., when making a banana bread recipe that calls for $\frac{1}{3}$ cup of oil, replace with a 1:1 ratio of applesauce or add 1 mashed banana for each $\frac{1}{3}$ cup of oil.