

CUT BACK ON ADDED SUGAR

Sugar is everywhere in the American diet, though largely invisible. We consume more than 70 pounds of it per person per year, very little from naturally occurring sugars such as those found in fruit and milk. Added sugars (those put in during processing) are one of the main reasons packaged foods—even savory foods like marinara sauce, salad dressing, and breads—can be calorically dense. A sugar-laden diet could not only increase your risk of heart disease (see page 61 for details) but also lead to weight gain and diabetes. Our consumption of added sugars has increased by more than 30% over the past three decades, so it's no surprise that for the first time, the USDA's Dietary Guidelines committee is proposing a limit on added sugars: no more than 10% of total daily calories. That's about 50 grams (or 200 calories) in a 2,000-calorie-

per-day diet. But this is difficult to calculate when our current labeling system doesn't require added sugars to be listed on packaging. The good news is that there's a pending FDA proposal that would require food companies to list added sugars as a subset of total sugars. Here and on page 61 are information, tips, recipes, and resources to help you cut back.



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NATURAL VS. ADDED

Added sugars are sweeteners that are added either by food manufacturers during processing or in the home kitchen while cooking or baking. Naturally occurring sugars are those inherent to the food, such as fructose in fruit or lactose in milk.



SMOKY CHIPOTLE BAKED BEANS

Hands-on: 23 min.

Total: 1 hr. 10 min.

You might be surprised to learn that baked beans often contain a good bit of sugar—usually from brown sugar, molasses, and/or ketchup. A classic recipe might have 15g total sugars per ½-cup serving; ours contains just 5g (only 2g added from a little maple syrup), allowing the smoky flavors of bacon, chipotle, and smoked paprika to pop.

- 4 center-cut bacon slices, chopped
- 1 cup finely chopped onion
- 2 tablespoons white miso (soybean paste)

- 4 garlic cloves, minced
- ½ cup unsalted chicken stock
- 1½ tablespoons maple syrup
- 1 tablespoon chopped canned chipotle chiles in adobo sauce
- 1½ teaspoons cider vinegar
- ½ teaspoon smoked paprika
- 3 (15-ounce) cans unsalted navy beans or Great Northern beans
- 1 (8-ounce) can unsalted tomato sauce

1. Preheat oven to 350°.
2. Cook bacon in a 10-inch cast-iron skillet or other ovenproof skillet over medium heat 5 minutes

or until crisp, stirring occasionally. Remove bacon from pan with a slotted spoon, reserving drippings. **3.** Add onion to drippings in pan; cook 4 minutes, stirring occasionally. Add miso and garlic; cook 2 minutes, stirring frequently. Stir in stock and remaining ingredients; bring to a simmer. Place pan in oven; bake at 350° for 45 minutes or until sauce is thick. Remove pan from oven; sprinkle beans with bacon.

👉 **SERVES 8** (serving size: about ½ cup)
CALORIES 184; **FAT** 1.4g (sat 0.3g, mono 0g, poly 0g); **PROTEIN** 11g; **CARB** 33g; **FIBER** 10g; **SUGARS** 5g (est. added sugars 2g); **CHOL** 3mg; **IRON** 4mg; **SODIUM** 230mg; **CALC** 115mg



SAVORY GRANOLA

Hands-on: 8 min. Total: 30 min.

STAFF FAVE Meet your new granola, which has two-thirds less sugar than most store-bought varieties.

We like it with a little extra kick, but knock the red pepper back for less heat. Stir into yogurt, sprinkle over fresh fruit, or toss into salads.

- 1¼ cups old-fashioned rolled oats
- ½ cup pecan halves
- ½ cup coarsely chopped walnut halves
- ½ cup dry-roasted sunflower seed kernels
- 2 tablespoons uncooked quinoa
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 teaspoon fresh thyme
- 1 teaspoon kosher salt
- ¾ teaspoon ground red pepper
- ¼ teaspoon ground cinnamon
- 1 large egg white

Cooking spray

1. Preheat oven to 325°.
2. Combine oats, pecans, walnuts, sunflower seeds, and quinoa in a large bowl.
3. Combine olive oil and next 6 ingredients (through egg white) in a bowl, stirring well with a whisk. Pour olive oil mixture over oat mixture; toss to coat. Spread mixture on a jelly-roll pan coated with cooking spray. Bake at 325° for 20 minutes or until browned, stirring occasionally. Cool completely.

👉 **SERVES 12** (serving size: about ⅓ cup)
CALORIES 162; **FAT** 11.7g (sat 1.3g, mono 4.5g, poly 5.4g); **PROTEIN** 4g; **CARB** 12g; **FIBER** 2g; **SUGARS** 4g (est. added sugars 3g); **CHOL** 0mg; **IRON** 1mg; **SODIUM** 166mg; **CALC** 18mg



TANGY LEMON CHEESECAKE BARS

Hands-on: 25 min.

Total: 3 hr. 30 min.

STAFF FAVE Classic lemon squares can contain 36g sugar per piece. We put a puckery cheesecake spin on ours—cutting sugar to just 6g per bar—which allows the bright citrus to shine.

Crust:

- 4 ounces whole-wheat pastry flour (about 1 cup)
- ⅓ cup sliced almonds, toasted
- 3 tablespoons powdered sugar
- 1 tablespoon canola oil
- ¼ teaspoon kosher salt
- ¼ cup cold butter, cut into small pieces

Cooking spray

Filling:

- ¾ cup fat-free Greek yogurt
- ⅓ cup granulated sugar
- 1 tablespoon grated lemon rind
- ⅓ cup plus 1 tablespoon fresh lemon juice
- 1 teaspoon vanilla extract
- ¼ teaspoon kosher salt
- 1 (8-ounce) package ⅓-less-fat cream cheese
- 2 large eggs

1. Preheat oven to 350°.
2. To prepare crust, weigh or lightly spoon flour into a dry measuring cup; level with a knife. Place flour, almonds, powdered sugar, oil, and ¼ teaspoon salt in a food processor; pulse until almonds are finely ground. Add butter; pulse until mixture resembles coarse meal. Pour mixture into an 11 x 7-inch glass baking dish coated with cooking spray. Pat mixture down into an even layer, patting firmly without compacting too tightly (which will make crust tough). Bake at 350° for 23 minutes or until lightly browned. Remove from oven; cool completely.
3. Reduce oven temperature to 325°.

4. To prepare filling, rinse processor, and wipe dry. Place yogurt and next 6 ingredients (through cream cheese) in processor; process until smooth. Add eggs; process until smooth. Pour mixture over crust, spreading evenly. Bake at 325° for 30 minutes or until set.

5. Cool completely on a wire rack. Cover and refrigerate 3 hours or until chilled.

👉 **SERVES 18** (serving size: 1 piece)
CALORIES 129; **FAT** 7.7g (sat 3.5g, mono 2.6g, poly 0.8g); **PROTEIN** 4g; **CARB** 12g; **FIBER** 1g; **SUGARS** 6g (est. added sugars 5g); **CHOL** 37mg; **IRON** 0mg; **SODIUM** 130mg; **CALC** 34mg



CHOCOLATE STOUT BROWNIES

Hands-on: 21 min. Total: 55 min.

The typical brownie has nearly 20g sugar—masking the flavor of the chocolate in an overwhelming wave of sweetness. Here we cut sugar in half for a richer, denser brownie that truly satisfies.

- 1.5 ounces whole-wheat pastry flour (about ⅓ cup)
- ¼ cup unsweetened cocoa
- ½ teaspoon kosher salt
- ¼ cup butter
- 2 tablespoons canola oil
- 4½ ounces 60% bittersweet chocolate, divided
- ⅔ cup coffee stout beer
- ¼ cup granulated sugar
- 2 tablespoons brown sugar
- 1 teaspoon vanilla extract
- 1 large egg
- 1 large egg yolk

Cooking spray

1. Preheat oven to 350°.
2. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, cocoa, and salt in a medium bowl.
3. Combine butter, oil, and 3 ounces chocolate in a large bowl over simmering water.

LIMIT ADDED SUGARS

All forms of added sugars—whether white, brown, honey, organic molasses, fruit juice concentrate, or agave—are simple sugars. The body breaks these down rapidly, causing blood sugar and insulin levels to rise. They leave no sense of satiety or satisfaction and should be limited.

Cook over low heat until smooth, stirring occasionally. Remove from heat; cool slightly. Add beer, granulated sugar, brown sugar, vanilla, egg, and egg yolk. Beat with a mixer at medium speed 1 minute or until combined. Add flour mixture to chocolate mixture, stirring just until combined. Finely chop remaining 1½ ounces chocolate. Stir chocolate into chocolate mixture. **4.** Pour the batter into an 8-inch square glass or metal baking pan coated with cooking spray. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out with moist crumbs clinging. Cool in pan on a wire rack.

👉 **SERVES 16** (serving size: 1 square)
CALORIES 131; **FAT** 8.5g (sat 4g, mono 3.1g, poly 0.8g); **PROTEIN** 2g; **CARB** 12g; **FIBER** 1g; **SUGARS** 8g (est. added sugars 8g); **CHOL** 31mg; **IRON** 1mg; **SODIUM** 68mg; **CALC** 14mg

—Recipes by Sidney Fry, MS, RD, and Ann Taylor Pittman

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“When baking with less sugar, the flavors of everything else come out so much more. A chocolate custard becomes intensely chocolaty. A blueberry muffin tastes of tart ripe fruit. A walnut-date shortbread is nutty and fruity and buttery. To accentuate all of these flavors, if you reduce sugar also increase any flavorings that are in the recipe. Salt, vanilla, almond extract, spices—every flavor will have a larger platform on which to shine.”

—JOANNE CHANG, AUTHOR OF BAKING WITH LESS SUGAR

NEW NUMBERS Starting with this issue, you'll see total sugars and estimated added sugars in the nutrition stats located at the end of each recipe to help you keep added sugars in check.