



## HERBS, SPICES AND SEASONINGS SUBSTITUTIONS

FOOD	AMOUNT	SUBSTITUTE
Allspice	1 tsp	1/2 tsp cinnamon, 1/2 tsp ground cloves OR 1/2 tsp ground cinnamon, 1/4 tsp. ground cloves, 1/4 tsp ground nutmeg
Ammonium carbonate	3/4 tsp	1 tsp baking soda
Anchovy, mashed	1	1 tsp anchovy paste
Anise Extract	1 tsp	1 1/2 tsp anise seed
Aniseed	1 tsp	1 tsp Fennel seed or a few drops anise extract
Apple Pie Spice	1 tsp	Mix 1/2 tsp ground cinnamon, 1/4 tsp ground ginger, 1/8 tsp ground allspice and 1/8 tsp ground nutmeg OR 1 tsp cinnamon plus 1/8 tsp ground nutmeg OR 1/2 tsp cinnamon, 1/4 tsp nutmeg, and 1/8 tsp cardamom OR 1/2 tsp ground cinnamon, 1/4 tsp ground nutmeg, 1/8 tsp ground allspice, 1/8 tsp ground cardamom
Arrowroot	1 tbsp	2 tbsp all-purpose flour OR 1 tbsp cornstarch
Basil	1 tsp	1 tsp Oregano or thyme
Bay Leaf	1 whole	1/4 tsp crushed
Beau monde	1 tbsp	2 tsp onion powder, 1 tsp celery salt
Cardamom	1 tsp	1 tsp Ginger OR 1 tsp ground cinnamon
Cayenne	1/8 tsp	4 drops tabasco sauce
Celery Salt	1 tsp	3/4 tsp salt, 1/4 tsp crushed celery seed
Celery seed (for pickling)	1 tbsp	1 tbsp dill seed
Chervil	1 tsp	1 tsp dried parsley flakes plus 1/8 tsp rubbed, dried sage OR 1 tsp parsley
Chili Hot Red, dried, whole	1 tsp	1 tsp Crushed red pepper

Chili Powder, hot	1 tsp 1 tsp 1 tbsp	1 tsp regular chili powder plus 1/8 tsp ground red pepper OR Dash bottled hot pepper sauce plus a combination of oregano and cumin OR 2 tsp cumin, 1 tsp cayenne, 1 tsp oregano, 1/2 tsp garlic powder
Chinese Five Spice	1 tsp	1/4 tsp each of: Crushed anise seeds, ground cinnamon, ground cloves and ground ginger
Chives		Green onion, onion, or leek
Cilantro		Parsley
Cinnamon	1 tsp	1/4 tsp Nutmeg or allspice
Cinnamon Sugar	1 cup	7/8 cup granulated sugar, 2 tbsp ground cinnamon
Cloves		Allspice, cinnamon, or nutmeg
Cumin		Chili powder
Curry Powder	1 tbsp	1/2 tsp ground cardamom, 1/2 tsp cayenne, 1/2 tsp ground coriander seed, 1/2 tsp cumin, 1/2 tsp ground ginger, 1/2 tsp turmeric
Dill	3 tsp fresh chopped	1 tsp dried dill
Dried Herbs	1/2 tsp dried	1 tsp fresh
Fennel seeds	1 tsp	1 tsp caraway seeds
Fines Herbs	1 tsp or 1/3 cup	1/4 tsp each of dried thyme leaves, oregano leaves, sage leaves and rosemary OR 3 tbsp parsley flakes, 2 tsp dried chervil, 2 tsp dried chives, 1 tsp dried tarragon
Five Spice Power	5 tsp	1 tsp ground anise, 1 tsp ground fennel, 1 tsp ground cloves, 1 tsp ground cinnamon, 1 tsp ground pepper
Garlic	1 clove fresh	1/8 tsp garlic powder OR 3/4 tsp minced garlic OR 1/2 tsp garlic salt OR 1/2 tsp garlic juice OR 1 tsp garlic paste
Garlic Powder	1/8 tsp	1/2 tsp garlic juice OR 1 tsp garlic paste OR 1/2 tsp garlic salt
Garlic Salt	1/2 tsp	1/2 tsp garlic juice OR 1 clove garlic, minced OR 1/8 tsp garlic powder

Ginger	1 tbsp	Allspice, cinnamon, mace, or nutmeg OR 1/8 tsp powdered ginger
Gingerroot (grated fresh)	1/2 tsp	1/4 tsp ground ginger
Herbs, dried leaf	1 tsp	1/4 tsp herbs, powdered
Herbs, fresh	1 tsp 1 tbsp	1/2 tsp herbs, dried 1 tsp herbs, dried
Italian Seasoning	2 tbsp	1 tsp each of: basil, oregano, marjoram, rosemary, sage and thyme
Leeks (sliced)	1/2 cup	1/2 cup sliced green onions or shallots
Mace		Allspice, cinnamon, ginger, or nutmeg
Marjoram		Basil, thyme
Mint		Basil, marjoram, or rosemary
Nutmeg		Cinnamon, ginger, or mace
Onion Powder	1 tsp	1 tbsp instant minced onion
Oregano		Thyme, basil, or marjoram
Parsley, dried	1 tsp	1 tsp Chervil or cilantro
Parsley, fresh, chopped	1 tbsp	1 tsp parsley flakes
Pepper flakes, hot	1 tsp	1/2 tsp cayenne
Poultry Seasoning	1 tsp 1 1/3 tsp	3/4 tsp sage, 1/4 ground thyme OR 3/4 tsp sage, 1/4 tsp thyme, 1/8 tsp ground cloves, 1/4 tsp pepper
Pumpkin Pie Spice	1 tsp	1/2 tsp ground cinnamon, 1/4 tsp ground ginger, 1/8 tsp ground allspice, 1/8 tsp ground nutmeg OR 1/2 tsp ground cinnamon, 1/8 tsp ground nutmeg, 1/8 tsp ground mace, 1/8 tsp ground ginger, 1/8 tsp ground cloves
Red Pepper		Dash bottled hot pepper sauce or black pepper
Rosemary		Thyme, tarragon,
Sage		Poultry seasoning, marjoram, or rosemary
Salt, seasoned	4 tsp	2 tsp salt, 1/2 tsp sage, 1/2 tsp parsley flakes, 1/2 tsp onion powder, 1/4 tsp marjoram, 1/4 tsp paprika
Salt, table	1 tbsp	1 1/2 tbsp kosher salt

Savoury		Thyme, marjoram, or sage
Sesame Seed	1 tbsp	1 tbsp finely chopped blanched almonds
Tarragon		Chervil, dash fennel seed, or dash aniseed
Thyme		Basil, marjoram, oregano,
Tumeric	1 tsp	1 tsp dry mustard

### ASSORTED BAKING INGREDIENTS

FOOD	AMOUNT	SUBSTITUTE
Baking Mix	2 cups	Mix 1 3/4 cups all-purpose flour, 2 1/2 tsp baking powder, 3/4 tsp salt and 1/3 cup shortening
Baking Powder	1 tsp	1/4 tsp baking soda plus 1/2 tsp cream of tartar OR 1/4 tsp baking soda plus 1/2 cup sour milk, buttermilk, or plain yogurt OR 1/4 tsp baking soda plus 1/2 tsp vinegar or lemon juice used with sweet milk to make 1/2 cup
Biscuit Mix	2 1/4 cups	2 cups flour sifted, 1 tbsp baking powder, 1 tsp salt, 1/4 cup shortening
Cake Flour	1 cup	1 cup minus 2 tbsp all-purpose flour, sifted OR 1 cup all-purpose flour sifted 3 times, then measured to make 1 cup OR 7/8 cup all-purpose flour plus 2 tbsp cornstarch
Carob Powder	1 tbsp	1 tbsp cocoa powder
Chocolate	1 square unsweetened	3 tbsp unsweetened baking cocoa plus 1 tbsp butter, vegetable shortening or margarine OR 3 tbsp carob powder plus 2 tbsp water
	1 oz semisweet baking or bittersweet	1 oz unsweetened baking chocolate plus 1 tbsp sugar
	1 cup semisweet chips	6 oz semisweet baking chocolate, chopped
Cocoa	1/4 cup or 4 tbsp	1 oz (square) chocolate (decrease fat called for in recipe by 1/2 tsp)

Coconut	1 tbsp grated, dry	1 1/2 tbsp fresh, grated
Coconut Cream	1 cup	1 cup cream
Coconut Milk	1 cup	1 cup milk
Cornmeal, self-rising	1 cup	1 cup plain cornmeal, 1 tsp baking powder, 1/2 tsp salt
Cornstarch	1 tbsp	2 tbsp all-purpose flour OR 2 tbsp tapioca OR 2 1/2 tsp arrowroot
Corn Syrup	1 cup light	Mix 1 cup granulated sugar with 1/4 cup liquid used in recipe OR 1 1/4 cups light brown sugar, 1/3 cup liquid OR 1 cup honey
	1 cup dark	1 cup light corn syrup OR 3/4 cup light corn syrup plus 1/4 cup molasses OR 1 cup maple-flavoured syrup
Cream of Tartar	1/2 tsp	1 1/2 tsp lemon juice or vinegar
Flour, all-purpose	1 tbsp (for thickening)	1/2 tbsp cornstarch, potato starch, rice starch, or arrowroot starch OR 1 tbsp granular tapioca OR 2 tsp quick-cooking tapioca OR 1/2 tbsp arrowroot OR 1 egg, 2 egg whites, or 2 egg yolks OR 1 tbsp corn flour OR 7/8 tbsp rice flour OR 2 tbsp browned flour OR 1 1/2 tbsp whole wheat flour OR 1/2 tbsp whole wheat flour plus 1/2 tbsp all-purpose flour
Flour, cake	1 cup sifted	1 cup minus 2 tbsp all-purpose flour, sifted OR 1 cup all-purpose flour sifted 3 times, then measured to make 1 cup OR 7/8 cup all-purpose flour plus 2 tbsp cornstarch
Flour, corn		All-purpose flour
Flour, gluten	13 tbsp	1 cup all-purpose flour
Flour		Cornmeal
Flour, pastry	1 cup	7/8 cup all-purpose flour

Flour, potato	1 tbsp	2 tbsp all-purpose flour OR 1 tbsp cornstarch
Flour, rice	7/8 cup	1 cup all-purpose flour
Flour, rye	1 1/4 cup	1 cup all-purpose flour
Flour, self-rising	1 cup	1 cup all-purpose flour plus 1 1/2 tsp baking powder and 1/2 tsp salt
Flour, whole wheat, coarse	1 cup	7/8 cup all-purpose flour
Flour, whole wheat, fine		All-purpose flour
Marshmallow	1 regular	10 mini marshmallows
Marshmallow Creme	1 jar	Melt 16 ounces of marshmallows and 3 1/2 tbsp corn syrup in a double boiler
Marshmallows, miniature	1 cup	10 large marshmallows
Marzipan	2 1/2 cups	2 cups almond paste, 1 cup powdered sugar, 2 tbsp corn syrup
Molasses	1 cup	1/2 cup honey (flavor will be milder) OR 3/4 cup sugar, 1/4 cup water
Onion Soup Mix, dry	2 tbsp	1 tbsp instant minced onion, 1 beef stock cube
Sugar, brown	1 cup	1 cup granulated sugar plus 1 tbsp molasses or dark corn syrup
Sugar, brown, dark	1 cup	1 cup granulated sugar plus 2 tbsp molasses or dark corn syrup
Sugar, confectioners' or powdered	1 cup	3/4 cup granulated sugar OR 1 cup granulated sugar and 1 tsp of cornstarch finely ground in blender.
Sugar, cube	1	1/2 tsp granulated sugar
Sugar, granulated	1 cup	1 cup light brown sugar (packed) OR 2 cups powdered sugar OR 3/4 cup honey (reduce liquid in recipe by 1/4 cup) OR 1 3/4 cups confectioners' sugar (not for baking)
Sugar, superfine		Grind granulated white sugar in a blender or food processor

Sugar, white	1 cup	1 cup Sugar Twin or Sprinkle Sweet
	2 tsp	1 packet Equal
	1 tsp	10 drops of Sweet 10
	1/2 cup	1 tbsp of Sweet 10
Vanilla Bean	2-inch piece	1 tsp pure vanilla extract
Yeast, compressed	1 cake	1 package or 2 tsp active dry yeast
Yeast, regular or quick active dry	1 pkg (1/4 oz)	2 1/4 tsp regular or quick active dry OR 1 pkg (.6 oz) compressed cake yeast

### CHEESE AND DAIRY PRODUCTS

FOOD	AMOUNT	SUBSTITUTE
Butter	1 cup	1 cup margarine OR 1 1/3 cup whipped butter (for sauteing) OR 1 cup hydrogenated fat plus 1/2 tsp salt OR 7/8 cup oil plus 1/2 tsp salt OR 7/8 cup vegetable shortening OR 7/8 cup oil OR 3/4 cup olive oil
Buttermilk or Sour Milk	1 cup	Mix 1 tbsp white vinegar or lemon juice with 1 cup milk, let stand 5 minutes OR 1 cup whole milk, 1 3/4 tsp cream of tartar OR 1 cup water, 1/4 cup buttermilk powder OR 3/4 cup of plain yogurt and 1/4 cup of milk 1 cup plain yogurt (for baking) OR 1 cup sour cream (for baking)
Cheese, goat		Feta cheese
Cheese, mascarpone		Cream cheese
Cheese, parmigiano reggiano		Domestic Parmesan, Grana Padano, aged Asiago, Pecorino Romano
Cheese, ricotta		Cottage cheese
Cheese, Romano		Parmesan cheese
Cheese, sharp cheddar	1 cup	1 cup cheddar (mild), 1/8 tsp dry mustard, 1/4 tsp Worcestershire sauce

Cottage cheese		Ricotta or farmer cheese
Cream Cheese		Part skim milk ricotta cheese or low-fat cottage cheese beaten until smooth
Cream, half and half	1 cup	7/8 cup whole milk plus 1/2 tbsp butter OR 3 tbsp oil plus milk to equal 1 cup OR 1 cup evaporated milk OR 3/4 cup whole milk plus 1/4 cup heavy cream OR 2/3 cup skim or low-fat milk plus 1/3 cup heavy cream
Cream, heavy	1 cup (not for whipping)  1 cup whipped	3/4 cup sweet milk plus 1/3 cup butter OR 2 cups whipped dessert topping OR 1 cup evaporated milk  2/3 cup buttermilk plus 1/3 cup oil
Cream, light	1 cup  1 cup (for cooking)	1/2 cup heavy cream, 1/2 cup whole milk OR 7/8 cup sweet milk plus 3 tbsp butter OR 1 tbsp melted butter plus enough milk to make 1 cup  7/8 cup whole milk, 3 tbsp butter OR 1 cup undiluted evaporated milk
Cream, soured	1 cup	7/8 cup sour milk plus 3 tbsp butter OR 7/8 cup buttermilk plus 3 tbsp butter
Cream, whipped, sweetened	1 cup	4 oz whipped topping OR 1 1/4 oz dessert topping mix, prepared OR 13 oz. can evaporated milk chilled for 12 hours plus 1 tsp lemon juice. Whip until stiff. OR 1/2 cup ice-cold water and 1/2 cup non-fat dry milk. Beat until stiff. Add 1/2 cup sugar while beating. Add 2 tbsp lemon juice and beat until mixed.
Cream, whipping	1 cup	2/3 cup evaporated milk, 4 tsp lemon juice or vinegar OR 1/2 cup non-fat dry milk, 1/3 cup water, 1 tbsp lemon juice
Crème fraîche	1 cup	1/2 cup sour cream plus 1/2 cup heavy cream
Half and Half	1 cup	7/8 cup whole milk, 1 1/2 tsp butter OR 1/2 cup whole milk, 1/2 cup light cream OR 3/4 cup whole milk, 1/4 cup heavy cream OR 2/3 cup low-fat or skim milk, 1/3 cup heavy cream
Milk, condensed, sweetened	1 cup	1 cup non-fat dry milk, 1/2 cup boiling water, 2/3 cup sugar, 3 tbsp melted butter (process in blender until smooth) OR 1 cup evaporated milk plus 1 1/4 cup of sugar cooked over low heat until sugar is dissolved.



Milk, evaporated	1 can (12 oz)	12 oz cream OR Whip until smooth: 1 cup non-fat dry milk, 1 3/4 cups warm water. Keep refrigerated.
Milk, regular or low-fat	1 cup	1/2 cup evaporated milk plus 1/2 cup water OR non-fat dry milk prepared as directed on package
Milk, skim	1 cup	3/4 cup water, 1/3 cup nonfat dry milk
Milk, sour	1 cup	1 cup sweet milk plus 1 tbsp vinegar or lemon juice
Milk, sweet	1 cup	1/2 cup evaporated milk plus 1/2 cup water OR 1 cup reconstituted nonfat dry milk plus 2 tsp butter
Milk, whole	1 cup	1/2 cup evaporated milk, 1/2 cup water OR 1 cup nonfat milk, 2 1/2 tsp butter OR 1 cup skim milk, 1 tbsp melted butter OR 7/8 cup skim milk, 1/8 cup heavy cream OR 5/8 cup skim milk, 3/8 cup half and half OR 2/3 cup 1% milk, 1/3 cup half and half OR 3/4 cup 2% milk, 1/4 cup half and half OR 1 cup water, 4 tbsp dry whole milk OR 1 cup water plus 1 1/2 tsp butter (in baking) OR 1 cup reconstituted nonfat dry milk plus 2 1/2 tsp butter
Sour Cream	1 cup	1 cup plain whole yogurt, 3 tbsp melted butter OR 3/4 cup buttermilk plus 1/4 cup oil OR 3/4 cup milk, 3/4 tsp lemon juice and 1/3 cup butter or margarine OR 1/2 cup cottage cheese and 1/2 cup. of plain yogurt.
Sour Cream (for baking)	1 cup	3/4 cup sour milk or buttermilk, 1/3 cup butter OR 1 cup plain yogurt, 1 tsp baking soda OR 1 tbsp lemon juice, 7/8 cup plus 1 tbsp evaporated milk
Sour Cream (for dips)	1 1/4 cups	1 cup cottage cheese, 1/4 cup plain yogurt or buttermilk (blend in processor) OR 1 cup cottage cheese, 1 tbsp lemon juice, 1/4 cup milk or water, 1/8 tsp salt (blend in processor) OR 8 oz cream cheese, 1/4 cup milk (blend in processor)
Whipping Cream (whipped)		Frozen (thawed) whipped topping OR Prepared whipped topping mix
Yogurt, plain		Sour cream OR Buttermilk OR Cottage cheese blended until smooth

## EGGS

FOOD	AMOUNT	SUBSTITUTE
Egg (for baking)	1	1 egg yolk, 1 tbsp water
Egg	1	Mix 2 tbsp of milk with 1/2 tsp baking powder OR 2 egg yolks OR 1 egg white plus 2 tsp oil OR 2 egg whites OR 1/4 cup cholesterol-free egg substitute OR 2 egg yolks (for puddings or custard) OR 2 egg yolks plus 1 tbsp water (for bars or cookies)
Egg Substitute	1 egg	2 egg whites plus 1-3 tsp vegetable oil for each yolk omitted OR 1 egg white, 2 1/4 tsp nonfat dry milk powder, 2 tsp vegetable oil
Egg White	1	1 tbsp meringue powder plus 2 tbsp water
Egg Yolks	2 1 large egg yolk	1 whole egg 2 tbsp egg substitute

## FATS, OILS AND VINEGARS

FOOD	AMOUNT	SUBSTITUTE
Balsamic Vinegar		cider vinegar
Chili Oil	1/4 tsp	1/4 tsp salad oil plus pinch of cayenne
Sesame Oil	1 tbsp	1 1/2 tsp sesame seeds sautéed in 1/2 tsp vegetable oil
Shortening, melted	1 cup	1 cup cooking oil (cooking oil should not be substituted if recipe does not call for melted shortening)
Shortening	1 cup	1 1/8 cups butter or margarine (decrease salt by 1/2 tsp)
Vegetable Oil		Olive oil
Vinegar		Lemon juice
Vinegar, Chinese		Balsamic vinegar
Vinegar		Balsamic vinegar

## FRUITS AND VEGETABLES

FOOD	AMOUNT	SUBSTITUTE
Capers		Chopped green olives
Celery	1/2 cup (1 rib)	1/4 cup celery flakes OR 1/2 cup green pepper or fennel bulb
Chile, Scotch Bonnet		Habanero chili
Chile, Serrano		Jalapeño chile
Chives		Scallion greens
Currants, dried		Raisins or chopped dates
Dates, chopped		Dried currants OR Chopped figs OR Chopped prunes OR Chopped raisins
Horseradish	1 tbsp fresh	2 tbsp bottled
Leeks		Shallots
Lemon or Lime Juice (fresh)		Bottled lemon or lime juice or white vinegar
Lemon or Lime Peel (grated)		Dried lemon or lime peel
Mushrooms, fresh	1 cup cooked sliced 1 lb 1 lb	1 can (115g) mushroom stems and pieces, drained OR 340g canned mushrooms OR 85g dried mushrooms, reconstituted
Mushrooms, powdered	1 tbsp	3 tbsp whole dried mushrooms OR 115g fresh OR 60g canned
Onion, fresh	1/4 cup minced	1 tbsp instant minced onion OR 1 tbsp onion flakes OR 1 tsp onion powder
	1 med-size onion, chopped (2/3 cup)	1 tbsp onion powder OR 1/4 cup instant minced or chopped onion
Onion Juice	2 tbsp	3/4 tsp instant minced onion OR 3/4 tsp onion flakes

Orange	1 medium	6-8 tbsp juice
Orange Peel (fresh, grated)	1 tsp	1 tsp dried orange peel OR 1/2 tsp orange extract OR 2 tbsp orange juice (for flavouring)
Peas, Snow		Sugar snap peas
Pimento	2 tbsp chopped	3 tbsp red bell pepper, chopped
Peppers, Green Bell	1 tbsp dried	3 tbsp fresh green pepper, chopped
Peppers, Red Bell	1 tbsp dried	3 tbsp fresh red bell pepper, chopped OR 2 tbsp pimento, chopped
Potatoes, mashed	450g	1 1/3 cups instant mashed potatoes, prepared
Raisins		Currants, dried cherries, dried cranberries, chopped dates or chopped prunes
Shallots, chopped		Green onions (white part only) OR Onions, dash crushed garlic
Tomato Juice	1 cup	1/2 cup tomato sauce plus 1/2 cup water
Tomato Paste	1/2 cup	1 cup tomato sauce cooked uncovered to reduce to 1/2 cup
Tomato Sauce	2 cups	3/4 cup tomato paste plus 1 cup water
Tomato Soup	2 cups	1 cup tomato sauce plus 1/4 cup water
Tomatoes	1 can	2 1/2 cups chopped, peeled fresh tomatoes, simmered about 10 minutes
Tomatoes, chopped	450g can	3 fresh medium tomatoes OR 450g can stewed tomatoes
Truffles	1 oz	30g shiitake mushrooms

## MISCELLANEOUS

FOOD	AMOUNT	SUBSTITUTE
Bread Crumbs		Finely crushed cracker crumbs, corn flakes or quick-cooking or old-fashioned oats
	1/3 cup dry	1 slice bread
	3/4 cup soft	1 slice bread
	1 cup soft	2 slices bread OR 3/4 cup cracker crumbs OR 1 1/3 cups oatmeal (uncooked)
Broth, chicken or beef	1 cup	1 cup boiling water, 1 stock cube
Bulgur, cooked		Cooked couscous or brown rice
Chili Paste		Red pepper flakes, cayenne, or bottled hot sauce
Chili Sauce	1 cup	1 cup tomato sauce, 1/4 cup brown sugar, 2 tbsp vinegar, 1/4 tsp cinnamon, dash of ground cloves, and dash of allspice OR 1 cup catsup, 1/4 tsp cinnamon, dashes of ground cloves and allspice
Cocktail Sauce	1 1/4 cups	1 cup ketchup or chili sauce, 3 tbsp horseradish, 1 tbsp lemon juice, 2 tsp worcestershire sauce
Coconut, grated	1 cup	1 1/3 cups coconut, flaked
Coconut Cream		Whipping cream
Coconut Milk	1 cup	1 cup whipping cream plus 1/2 tsp each of coconut extract and granulated sugar OR 1 cup whole or 2% milk OR 3 tbsp cream of coconut, 7/8 cup water or low-fat milk
Cracker Crumbs		Dry bread crumbs
Espresso, Instant	1 tsp	2 tsp instant coffee OR 1 1/2 tsp of dark roast instant coffee OR 1/2 tsp instant coffee plus 1/2 tsp dark cocoa powder
Honey	1 cup	1 1/4 cups granulated sugar with 1/4 cup water or apple juice OR 7/8 cup buttermilk plus 2 tbsp melted shortening, whipped OR 1 cup corn syrup

Horseradish, bottled	2 tbsp	1 tbsp horseradish, dried, 1 tbsp vinegar, 1 tbsp water
Horseradish, fresh	1 tbsp	2 tbsp bottled
Ketchup, Catsup	1 cup	1 can tomato sauce plus 1/2 cup granulated sugar and 2 tbsp white vinegar OR 1 cup chili sauce
Mayonnaise, commercial	1 cup	1 cup cottage cheese (process in blender until smooth) OR 1/2 cup mayonnaise, 1/2 cup plain yogurt OR 1 cup salad dressing OR 1 cup sour cream OR 1 cup yogurt
Mayonnaise, homemade	1 cup	1 cup commercial mayonnaise, 1 tsp lemon juice, 1 tsp prepared mustard
Mustard, dry (for wet mixtures)	1 tsp	1 tbsp prepared mustard
Mustard, prepared	1 tbsp	1 tbsp dry mustard, 1 tsp vinegar, 1 tsp water, milk or cream, 1 tsp sugar
Pancake Syrup		1/2 cup brown sugar plus 1 1/2 cup water plus 2 1/2 tsp cornstarch. Cook until slightly thickened.
Pepperoni		Salami
Pie Crust Mix	8 cups	6 1/4 cups flour, 1 tbsp salt, 2 1/2 cups shortening
Red Pepper Sauce	3 or 4 drops	1/8 tsp ground red pepper (cayenne)
Rice	1 cup regular, uncooked	1 cup uncooked converted rice (3 cups cooked) OR 1 cup uncooked brown rice OR 1 cup uncooked wild rice
	1 cup cooked	1 cup cooked bulgur wheat OR 1 cup cooked pearl barley
Salami		Pepperoni
Tabasco Sauce	4 drops	18 tsp cayenne OR 1/4 tsp black pepper
Taco Seasoning	1 pkg (35g size)	4 tsp instant minced onion, 2 tsp chili powder, 2 tsp salt, 1 tsp garlic powder, 1 tsp cornstarch, 1 tsp ground cumin, 1 tsp cayenne

Tapioca	1 tbsp	1 1/2 tbsp all-purpose flour OR 2 tbsp pearl tapioca
Tartar Sauce	1/2 cup	6 tbsp mayonnaise, 2 tbsp pickle relish
White Sauce	1 cup	canned cream-style soup (undiluted)
Wine (for cooking)		Apple juice or cider
Wine (for marinade)	1/2 cup	1/4 cup vinegar, 1/4 cup water, 1 tbsp sugar
Wine, Red		apple cider, beef broth, tomato juice or water
Wine, White		white grape juice, apple juice, apple cider vinegar, chicken broth, or water
Worcestershire Sauce	1 tsp	1 tsp bottled steak sauce OR 1 tbsp soy sauce, 4 drops tabasco sauce, 1/8 tsp lemon juice, dash sugar

### HEALTHY SUBSTITUTIONS

FOOD	SUBSTITUTE
Avocados	Water chestnuts
Baked Goods	Fat-free baked goods
Biscuits	Fat-free biscuit mixes
Brownies	Angel food cake, fruit, gelatin desserts
Cheese	Non-fat or low-fat cheeses, ricotta, cottage cheese
Chips, Corn Chips, Potato Chips	Air-popped popcorn, crackers, vegetable sticks, baked tortilla chips
Chocolate	Chocolate syrup, cocoa, fat-free pudding, light chocolate topping
Chocolate Candy	Jelly beans, hard candy
Coconut Oil	Canola, safflower, sunflower, corn or olive oil
Coffee Creamer	Low-fat or non-fat milk, powdered creamer without tropical oils, powdered non-fat milk
Cookies	fig bars, gingersnaps, graham crackers, vanilla wafers
Crackers	Fat-free crackers, soda crackers, toasted bread sticks

Cream	Evaporated skim milk
Cream Cheese	Fat-free cream cheese
Cream Sauces	Marinara sauces
Creamy Dressings	Dilute with cucumbers, tomatoes, other vegetables or with low-fat yogurt or cottage cheese
Croissants	Baked donut holes
Danish Pastry	Muffins, fat-free pastries
Donut	Muffins, raisin-cinnamon bagel, fat-free pastries
Pastry	Fat-free pastries
Eggs	Egg substitutes, egg whites
French Fries	Baked or mashed potatoes, carrot sticks, oven-baked "fries"
Fried Foods	Baked, broiled, boiled, grilled, microwaved, poached, raw, roasted, sautéed, simmered, or steamed Foods
Granola, Granola Bars	Nutritious cereal, dried fruit or cereal/fruit mix
Gravy	Prepare, refrigerate and skim off fat or use low-fat gravy in jars, mixes, or Worcestershire sauce
Ground Beef	Lean ground
Hamburger	Ground chicken or turkey, or low-fat ground beef
Hot Dogs	Low-fat hot dogs, turkey frankfurters
Ice Cream	Frozen diet bars, fat-free frozen dessert, low-fat ice cream, frozen yogurt, ice milk
Lamb	Fish or poultry
Lunch Meats	Low-fat turkey meat or water-packed tuna
Margarine	Fat-free or low-fat margarine or olive oil
Mayonnaise	Fat-free or low-fat mayonnaise
Muffins	Fat-free mixes
Nuts and Seeds	Grape-nuts cereal, popcorn, pretzels



Oil	Applesauce (for baking purposes), applesauce plus skim milk (if oil is only liquid), butter buds (mixed to form a liquid), corn syrup, non-stick cookery, spray
Olives	Pickles
Palm Kernel Oil	Canola, corn, olive, safflower, or sunflower oil
Pastrami	Turkey pastrami
Pie Crust	Graham cracker crust
Ranch Dressing	Make with non-fat or low-fat mayonnaise
Red Meat	Fish, poultry
Salad Dressings	Non-fat salad dressings
Salami	Turkey salami
Sausage	Low-fat sausages
Soups	Condensed low-fat, reduced sodium soups
Sour Cream	Fat-free sour cream, non-fat yogurt, sour half & half, sour half & half mixed with low-fat yogurt, low-fat yogurt
Spaghetti Sauce	Prepared low-fat spaghetti sauce
Veal	Fish, poultry
Whipped Cream	Vanilla-flavored non-fat or low-fat yogurt
White Sauces	Tomato sauces
Whole Eggs	Egg whites
Whole Milk	Skim or low-fat milk

**Source: [Recipetips.com](http://Recipetips.com)**