

SWAP THIS FOR THAT

A KEY STRATEGY FOR REDUCING WASTE—MAKE DO WITH WHAT YOU HAVE. THIS SNIP-AND-POST PAGE HELPS YOU FIND THE BEST SUBSTITUTIONS.

IF YOU DON'T HAVE:	AMOUNT	SUBSTITUTE:
Baking mix (such as Bisquick)	1 cup	1 cup pancake mix
Baking powder	1 tsp.	½ tsp. cream of tartar + ¼ tsp. baking soda
Balsamic vinegar	1 Tbsp.	1 Tbsp. cider vinegar or red wine vinegar + ½ tsp. sugar
Beer (as an ingredient)	1 cup	1 cup non-alcoholic beer OR 1 cup chicken broth
Bread crumbs	1 cup	1 cup cracker crumbs, matzo meal, OR ground oats
Broth, beef or chicken	1 cup	1 bouillon cube + 1 cup boiling water OR 1 Tbsp. soy sauce + enough water to make 1 cup OR 1 cup vegetable broth
Brown sugar, packed	1 cup	1 cup granulated sugar + 2 Tbsp. molasses
Butter	1 cup	1 cup shortening + ¼ tsp. salt, if desired
Buttermilk	1 cup	1 cup plain yogurt OR 1 Tbsp. lemon juice or vinegar + enough milk to make 1 cup (let stand 5 minutes before using)
Cheddar cheese, shredded	1 cup	1 cup shredded Colby cheese OR Co-Jack cheese
Chocolate, semisweet or bittersweet	1 oz.	3 Tbsp. semisweet or bittersweet baking pieces OR 1 oz. unsweetened chocolate + 1 Tbsp. sugar
Chocolate, unsweetened	1 oz.	3 Tbsp. unsweetened cocoa powder + 1 Tbsp. cooking oil or shortening, melted
Cornstarch (for thickening)	1 Tbsp.	2 Tbsp. all-purpose flour
Corn syrup, light	1 cup	1 cup granulated sugar + ¼ cup water
Cream cheese	1 cup	1 cup pureed cottage cheese OR 1 cup plain yogurt, strained overnight in a cheesecloth-lined strainer
Egg	1 whole	¼ cup refrigerated or thawed frozen egg product OR 2 egg whites OR 2 egg yolks
Flour, cake	1 cup	1 cup minus 2 Tbsp. all-purpose flour
Garlic	1 clove	½ tsp. bottled minced garlic OR ⅛ tsp. garlic powder
Ginger, grated fresh	1 tsp.	¼ tsp. ground ginger
Half & half or light cream	1 cup	1 Tbsp. melted butter + enough whole milk to make 1 cup
Herbs, fresh	1 Tbsp.	1 tsp. dried herbs, crushed
Honey	1 cup	1¼ cups granulated sugar + ¼ cup water
Hot pepper sauce	1 tsp.	¾ tsp. cayenne pepper + 1 tsp. vinegar
Ketchup	1 cup	1 cup tomato sauce + 1 Tbsp. sugar + 1 tsp. vinegar
Lemon juice	1 tsp.	½ tsp. vinegar OR 1 tsp. white wine OR 1 tsp. lime juice
Mayonnaise	1 cup	1 cup sour cream OR plain yogurt
Milk	1 cup	1 cup soy milk, rice milk, or nut milk OR ¼ cup dry milk powder + 1 cup water OR ⅔ cup evaporated milk + ⅓ cup water
Mustard, prepared	1 Tbsp.	½ tsp. dry mustard + 2 tsp. vinegar
Onion, chopped	½ cup	2 Tbsp. dried minced onion OR ½ tsp. onion powder
Soy sauce	½ cup	¼ cup Worcestershire sauce + 1 Tbsp. water
Sugar, granulated	1 cup	1 cup packed brown sugar OR 2 cups sifted powdered sugar
Tomato sauce	2 cups	¾ cup tomato paste + 1 cup water
Vanilla bean	1 whole	2 tsp. vanilla extract
Vegetable oil (for baking)	1 cup	1 cup applesauce OR 1 cup fruit puree
Wine (as an ingredient)	1 cup	1 cup chicken or beef broth OR 1 cup cranberry, apple, or white grape juice
Yogurt, plain	1 cup	1 cup sour cream OR 1 cup buttermilk