

SWAP THIS FOR THAT

A key strategy for reducing waste and making do with what you have.

IF YOU DON'T HAVE:	AMOUNT	SUBSTITUTE:
Baking mix, such as Bisquick	1 cup	1 cup pancake mix
Baking powder	1 tsp.	1/2 tsp. cream of tartar + 1/4 tsp. baking soda
Balsamic vinegar	1 Tbsp.	1 Tbsp. cider vinegar or red wine vinegar + 1/2 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 + 1/4 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 colby-jack blend 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 + 1/4 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	1/4 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 + 2 Tbsp. cornstarch
Garlic	1 clove	1/2 tsp. dried minced garlic OR 1/8 tsp. garlic powder
Ginger, grated fresh	1 tsp.	1/4 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	1 1/4 cups granulated sugar + 1/4 cup water
Hot pepper sauce	1 tsp.	3/4 tsp. cayenne pepper + 1 tsp. vinegar
Ketchup	1 cup	1 cup tomato sauce + 1 Tbsp. sugar + 1 tsp. vinegar
Lemon juice	1 tsp.	1/2 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 1/4 cup dry milk powder + 1 cup water OR 2/3 cup evaporated milk + 1/3 cup water
Mustard, prepared	1 Tbsp.	1/2 tsp. dry mustard + 2 tsp. vinegar
Onion, chopped	1/2 cup	2 Tbsp. dried minced onion OR 1/2 tsp. onion powder
Soy sauce	1/2 cup	1/4 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	3/4 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