



A nutrition Fact Sheet



Cooking Basics: Equivalent Measures, Terms, and Substitutions

Equivalent Weights and Measures

		Dry Measures		Liquid Measures
4 Tablespoons	=	¼ cup	=	2 fluid ounces
8 Tablespoons	=	½ cup	=	4 fluid ounces
12 Tablespoons	=	¾ cups	=	6 fluid ounces
16 Tablespoons	=	1 cup	=	8 fluid ounces
2 cups	=	1 pint	=	16 fluid ounces
4 cups	=	2 pints or 1 quart	=	32 fluid ounces
16 cups	=	4 quarts or 1 gallon	=	128 fluid ounces

Cooking Terms

Braise:	To brown meat in a small amount of fat, then cook slowly in a covered container with a small amount of liquid.
Cream:	To stir or mix ingredients until they are soft and creamy.
Marinate:	To allow food to stand in an oil and acid mixture to add flavor or tenderize.
Poach:	To cook food by slipping it into a hot liquid.
Sauté:	To cook in a small amount of fat.
Simmer:	To cook in liquid below the boiling point. A liquid is simmering when bubbles form slowly and break just below the surface.
Stir Fry:	To cook and stir small pieces of food quickly in a small amount of oil until just tender.

Abbreviations

c = cup

t or tsp. = teaspoon

T or Tbsp. or Tbs. = tablespoon

oz. = ounces

lb. = pound

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Substitutions

If you are missing an ingredient:

Ingredient	Amount	Substitute
Baking powder	1 teaspoon	¼ teaspoon baking soda + ½ teaspoon cream of tartar
Bread crumbs, dry	¼ cup	¼ cups cracker crumbs or cornmeal or 1 slice toasted bread, cubed or ⅔ cup quick-cooking oats
Brown sugar	½ cup	½ cup white sugar + 2 Tablespoons molasses
Chocolate, unsweetened	1 ounce/1 square	3 Tablespoons cocoa + 1 Tablespoon butter
Cornstarch	1 Tablespoon	2 Tablespoons flour
Buttermilk	1 cup	1 Tablespoon vinegar or lemon juice + enough milk to equal 1 cup. Let stand for 10-15 minutes.
Pumpkin pie spice	1 teaspoon	½ teaspoon cinnamon + ½ teaspoon ginger + ⅛ teaspoon ground allspice + ⅛ teaspoon nutmeg
Sour cream	1 cup	1 cup plain yogurt or 1 cup cottage cheese mixed in blender with 2 Tablespoons milk + 1 tablespoon lemon juice

For a healthier option:

Ingredient	Substitute
White flour	Whole wheat flour
Iceberg lettuce	Romaine, spinach, or other leafy greens
Fruit canned in syrup	Frozen or fresh fruit, or fruit canned in water or 100% juice
White rice	Brown rice
Regular pasta	Whole wheat pasta
Flour tortillas	Corn tortillas or whole wheat tortillas
Canned beans	Beans cooked from dried beans
Ground beef	Ground turkey
Flavored yogurt	Plain yogurt with fresh or frozen fruit added

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