

Food Substitutions

Item:	Use Instead:
1 cup breadcrumbs	$\frac{3}{4}$ cup cracker crumbs
1 cup butter	$\frac{7}{8}$ cup vegetable oil or shortening
1 cup buttermilk	1 cup whole milk plus 1 tablespoon vinegar or lemon juice; or 1 cup plain yogurt
1 ounce unsweetened chocolate	3 tablespoons unsweetened cocoa plus 1 tablespoon butter
1 tablespoon corn starch	2 tablespoons all-purpose flour
1 cup cracker crumbs	1 $\frac{1}{4}$ cups breadcrumbs
1 cup cake flour	1 cup, less 2 tablespoons all-purpose flour
1 clove garlic	1 teaspoon garlic salt less $\frac{1}{2}$ teaspoon salt in recipe
1 tablespoon fresh herbs	1 teaspoon dried herbs
1 cup whole milk	$\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water; or $\frac{3}{4}$ cup nonfat milk plus $\frac{1}{4}$ cup butter
1 tablespoon prepared mustard	1 teaspoon dry mustard
1 small onion	1 tablespoon minced onion; or $\frac{1}{2}$ teaspoon onion powder
1 cup sour cream	1 cup plain yogurt; or 1 tablespoon lemon juice plus enough evaporated whole milk to equal 1 cup
1 cup sugar	1 $\frac{3}{4}$ cups powdered sugar; or 1 cup packed brown sugar
1 cup powdered sugar	$\frac{1}{2}$ cup plus 1 tablespoon granulated sugar
1 cup tomato juice	$\frac{1}{2}$ cup tomato sauce plus $\frac{1}{2}$ cup water
1 cup tomato sauce	$\frac{1}{2}$ cup tomato paste plus $\frac{1}{2}$ cup water
1 cup yogurt	1 cup milk plus 1 tablespoon lemon juice