

Substitutions (Instead of)

Vegetables

In most soups, stews and casserole recipes, one vegetable can be used in place of another.

Examples:

- Peppers, onions, celery, and mushrooms can be added to recipes or used in place of each other.
- Broccoli and cauliflower are often used together or in place of each other.
- Root vegetables like turnips, carrots, and parsnips are often cooked together and also are good with potatoes, sweet potatoes, or yams.



Herbs and spices

Most mild flavored herbs and spices can be used together or to replace each other for sauces, vegetable dishes, salads, and baked goods.

Dairy

- Light sour cream and plain yogurt can be used in place of each other.
- If your recipe calls for sour milk or buttermilk, place 1 Tbsp (15 ml) of lemon juice or white vinegar in a measuring cup and fill with enough milk to make 1 cup (250 ml).
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- Cheeses like cheddar, Swiss, mozzarella, jack, Edam, and Gouda can be used in place of each other.

Dates, raisins, nuts, etc.

When baking things like cakes, cookies, muffins, and even yeast breads, the following things can be used in place of each other, or added to a recipe in small quantities as extras.

- Raisins
- Currants
- Dates
- Nuts of any kind
- Coconut
- Maraschino cherries or candied fruit
- Seeds such as sunflower or sesame seeds
- Chocolate chips



Chocolate

If your recipe calls for chocolate squares and you only have cocoa, substitute 3 Tbsp (45 ml) of cocoa and 1 Tbsp (15 ml) of butter or margarine for each square of chocolate.