

RECIPE SUBSTITUTIONS

Are you about to dive into preparing a meal and suddenly realize you're missing one or more of the ingredients? Don't panic because in many cases there is something you can use instead. Here is a handy chart to get you started.

I'm out of...	Replace it with...	Notes
Any fresh herb, finely cut (1 Tbsp)	1 tsp dried leaf herb or ½ tsp ground dried herb	This is a general rule but sometimes you might want a little more or a little less depending on your taste preference.
Fresh garlic (1 clove)	1/8 tsp garlic powder or ¼ tsp garlic granules	
Fresh ginger: 1 Tbsp grated 1-inch piece, fresh	Dried: 1/8 tsp ground ginger 1 ¼ tsp ground	This one is not so straight forward. Need to experiment to your taste.
Baking powder (1 tsp)	¼ tsp baking soda + 5/8 tsp cream of tartar	
Brown sugar, packed (1 cup)	1 cup granulated sugar	
Egg (1 large)	1 Tbsp ground flaxseed + 3 Tbsp water	This combination will not work in recipes where eggs provide structure (e.g., meringues, souffles, sponge cake).
All-purpose flour (1 cup)	¾ cup + 2 Tbsp whole wheat flour	This is only for regular baking (not recipes that use yeast, like in making bread).
Mustard, prepared (1 Tbsp)	1 tsp dried mustard powder	This is for cooked mixtures.
Sour cream (1 cup)	1 cup plain yogurt	
Tomato sauce (1 cup)	½ cup tomato paste + ½ cup water	