

cooking light substitution guide

When you're in a pinch, try any of these quick switches.

Baking Products

Baking powder, 1 teaspoon

- ½ teaspoon cream of tartar plus ¼ teaspoon baking soda

Chocolate

semisweet, 1 ounce

- 1 ounce unsweetened chocolate plus 1 tablespoon sugar

unsweetened, 1 ounce or square

- 3 tablespoons cocoa plus 1 tablespoon fat

chips, semisweet, 1 ounce

- 1 ounce square semisweet chocolate

chips, semisweet, 6-ounce package, melted

- 2 ounces unsweetened chocolate, 2 tablespoons shortening plus ½ cup sugar

Cocoa, ¼ cup

- 1 ounce unsweetened chocolate (decrease fat in recipe by 1½ teaspoons)

Cornmeal

self-rising, 1 cup

- 1 cup plain yellow cornmeal, 1½ teaspoons baking powder plus ½ teaspoon salt

self-rising cornmeal mix

- Combine 1¼ cups yellow (or white) cornmeal, ¾ cup fat-free milk, 1 tablespoon all-purpose flour, 2 teaspoons baking powder, ½ teaspoon salt, and 1 egg, lightly beaten. Bake as directed.

Cornstarch, 1 tablespoon

- 2 tablespoons all-purpose flour or granular tapioca

Corn syrup, light, ½ cup

- ½ cup sugar plus 2 tablespoons water
- ½ cup honey

Flour

all-purpose, 1 cup sifted

- 1 cup plus 2 tablespoons sifted cake flour
- 1 cup minus 2 tablespoons all-purpose flour (unsifted)
- 1½ cups breadcrumbs
- ⅓ cup cornmeal or soybean flour plus ⅔ cup all-purpose flour
- ¾ cup whole wheat flour or bran flour plus ¼ cup all-purpose flour
- 1 cup rye or rice flour

- ¼ cup soybean flour plus ¾ cup all-purpose flour

Note: *Specialty flours added to yeast bread will result in a reduced volume and a heavier product.*

all-purpose, 1 tablespoon

- 1½ teaspoons cornstarch, potato starch, or rice starch
- 1 tablespoon rice flour or corn flour
- 1½ tablespoons whole wheat flour

cake, 1 cup sifted

- 1 cup minus 2 tablespoons all-purpose flour
- #### self-rising, 1 cup
- 1 cup all-purpose flour, 1 teaspoon baking powder plus ½ teaspoon salt

Sugar

brown, 1 cup packed

- 1 cup granulated white sugar

granulated white, 1 cup

- 1 cup corn syrup (decrease liquid called for in recipe by ¼ cup)
- 1 cup firmly packed brown sugar
- 1 cup honey (decrease liquid called for in recipe by ¼ cup)

powdered, 1 cup

- 1 cup sugar plus 1 tablespoon cornstarch (processed in food processor)

Dairy Products

Butter, ½ cup

- ½ cup margarine (1 stick; do not substitute whipped or low-fat margarine when baking)

Egg

1 large

- ¼ cup egg substitute

2 large

- 3 small eggs

1 egg white (2 tablespoons)

- 2 tablespoons egg substitute
- 2 teaspoons sifted, dry egg white powder plus 2 tablespoons warm water

1 egg yolk (1½ tablespoons)

- 2 tablespoons dry, sifted egg yolk powder plus 2 teaspoons water

Milk

buttermilk, low-fat or fat-free, 1 cup

- 1 tablespoon vinegar or lemon juice plus low-fat or fat-free milk to make 1 cup (let stand 10 minutes)

fat-free, 1 cup

- 4 to 5 tablespoons nonfat dry milk powder plus enough water to make 1 cup
- ½ cup evaporated fat-free milk plus ½ cup water

light coconut milk, 1 cup

- 1 cup low-fat milk plus ¼ teaspoon coconut extract

low-fat sweetened condensed, 1 cup

- Heat the following ingredients until sugar and butter dissolve: ⅓ cup evaporated fat-free milk, ¾ cup sugar, 2 tablespoons butter or margarine.
- Combine 1 cup plus 2 tablespoons nonfat dry milk powder to ½ cup warm water. Stir well. Add ¾ cup sugar; stir until smooth.

Sour Cream, low-fat, 1 cup

- 1 cup plain low-fat or nonfat yogurt plus 1 tablespoon cornstarch (in cooked products)

Fruit & Vegetable Products

Lemon, 1 medium

- 2 to 3 tablespoons juice plus 2 teaspoons grated rind

juice, 1 teaspoon

- ½ teaspoon vinegar

Mushrooms, 1 pound fresh

- 1 (8-ounce) can sliced mushrooms, drained
- 3 ounces dried mushrooms, rehydrated

Onions, chopped, 1 medium

- 1 tablespoon dried minced onion
- 1 teaspoon onion powder

Orange, 1 medium

- ½ cup juice plus 2 tablespoons grated rind
- ### peel, dried, 1 tablespoon
- 1½ teaspoons orange extract

Papaya, 1 cup

- 1 cup mango

Pepper, red or green bell, chopped, 3 tablespoons

- 1 tablespoon dried sweet red or green pepper flakes

red bell, chopped, 3 tablespoons

- 2 tablespoons chopped pimento

Tomatoes, fresh, chopped, 2 cups

- 1 (14.5-ounce) can no-salt-added tomatoes (may need to drain)

Tomato juice, 1 cup

- ½ cup tomato sauce plus ½ cup water

Tomato sauce, 2 cups

- ¾ cup tomato paste plus 1 cup water

Miscellaneous Products

Broth, beef or chicken**canned broth, 1 cup**

- 1 bouillon cube or 1 teaspoon bouillon granules dissolved in 1 cup boiling water

bouillon granules, 1 teaspoon

- 1 bouillon cube

Chili sauce, 1 cup

- 1 cup tomato sauce, ¼ cup brown sugar, 2 tablespoons vinegar, ¼ teaspoon cinnamon, dash of ground cloves plus dash of ground allspice

Fish sauce, 1 tablespoon

- 1 tablespoon Worcestershire sauce

Honey, 1 cup

- 1¼ cups sugar plus ¼ cup water

Ketchup, 1 cup

- 1 cup tomato sauce, ½ cup sugar plus 2 tablespoons vinegar (for cooking)

Ladyfingers

- slices of angel food cake or low-fat pound cake

Macaroni, uncooked, 2 cups (4 cups cooked)

- 8 ounces spaghetti, uncooked
- 4 cups fine egg noodles, uncooked

Mayonnaise**low-fat, 1 cup (for salads and dressings)**

- ½ cup plain nonfat yogurt plus ½ cup fat-free mayonnaise
- 1 cup fat-free or reduced-fat sour cream

Rice, uncooked, 1 cup regular (3 cups cooked)

- 1 cup uncooked converted rice
- 1 cup uncooked brown rice or wild rice

Vinegar, balsamic, ½ cup

- ½ cup red wine vinegar (some flavor difference)

Seasoning Products

Allspice, ground, 1 teaspoon

- ½ teaspoon ground cinnamon plus ½ teaspoon ground cloves

Apple pie spice, 1 teaspoon

- ½ teaspoon ground cinnamon, ¼ teaspoon ground nutmeg plus ⅛ teaspoon ground cardamom

Bay leaf, 1 whole

- ¼ teaspoon crushed bay leaf

Chives, chopped, 1 tablespoon

- 1 tablespoon chopped green onion tops

Dillweed, fresh or dried, 3 heads

- 1 tablespoon dill seed

Garlic, 1 small clove

- ⅛ teaspoon garlic powder or minced dried garlic

Ginger**crystallized, 1 tablespoon**

- ⅛ teaspoon ground ginger

fresh, grated, 1 tablespoon

- ⅛ teaspoon ground ginger

ground, ⅛ teaspoon

- 1 tablespoon grated fresh ginger

Herbs, fresh, chopped, 1 tablespoon

- 1 teaspoon dried herbs or ¼ teaspoon ground herbs

Horseradish, fresh, grated, 1 tablespoon

- 2 tablespoons prepared horseradish

Mustard, dried, 1 teaspoon

- 1 tablespoon prepared mustard

Parsley, dried, 1 teaspoon

- 1 tablespoon fresh parsley, chopped

Pimento, chopped, 2 tablespoons

- rehydrate 1 tablespoon dried sweet red bell pepper
- 2 to 3 tablespoons chopped fresh red bell pepper

Pumpkin pie spice, 1 teaspoon

- ½ teaspoon ground cinnamon, ¼ teaspoon ground ginger, ⅛ teaspoon ground allspice plus ⅛ teaspoon ground nutmeg

Spearmint or peppermint, dried, 1 tablespoon

- 3 tablespoons chopped fresh mint

Vanilla bean, 1 (1 inch)

- 1 teaspoon vanilla extract

Worcestershire sauce, 1 teaspoon

- 1 teaspoon bottled steak sauce

Alcohol Products

Amaretto, 2 tablespoons

- ¼ to ½ teaspoon almond extract*

Bourbon or sherry, 2 tablespoons

- 1 to 2 teaspoons vanilla extract*

Brandy, fruit-flavored liqueur, port wine, rum, or sweet sherry, ¼ cup or more

- Equal amount of unsweetened orange or apple juice plus 1 teaspoon vanilla extract or corresponding flavor

Brandy or rum, 2 tablespoons

- ½ to 1 teaspoon brandy or rum extract*

Grand Marnier or other orange-flavored liqueur, 2 tablespoons

- 2 tablespoons unsweetened orange juice concentrate or 2 tablespoons orange juice plus ½ teaspoon orange extract

Kahlúa, 2 tablespoons

- ½ to 1 teaspoon chocolate extract plus ½ to 1 teaspoon instant coffee dissolved in 2 tablespoons water

Marsala, ¼ cup

- ¼ cup white grape juice or ¼ cup dry white wine plus 1 teaspoon brandy

Wine**red, ¼ cup or more**

- Equal measure of red grape juice or cranberry juice

white, ¼ cup or more

- Equal measure of white grape juice or apple juice

**Add water, white grape juice, or apple juice to get the specified amount of liquid (when the liquid amount is crucial).*