

KITCHEN CHEAT SHEET

A handy guide to measuring, baking and cooking up something healthy and delicious.

CUTTING MEASUREMENTS IN HALF

| Recipe Uses | To Halve |
|-------------|------------------|
| 1/2 tsp. | 1/4 tsp. |
| 1 tsp. | 1/2 tsp. |
| 1 Tbsp. | 1/2 Tbsp. |
| 1/4 cup | 2 Tbsp. |
| 1/3 cup | 2 Tbsp. + 2 tsp. |
| 1/2 cup | 1/4 cup |
| 2/3 cup | 1/3 cup |



VOLUME CONVERSION CHART

| | | | |
|------------|----------|---------|---------|
| 1 gallon = | 4 quarts | 8 pints | 16 cups |
| 1 quart = | 2 pints | 4 cups | 32 oz. |
| 1 pint = | 2 cups | 16 oz. | 480 mL |

COOKING SUBSTITUTES

| Recipe calls for | Substitute with |
|----------------------------|---|
| Eggs | For 1 egg: 1/4 cup unsweetened applesauce OR 1/4 cup mashed banana |
| Butter | For 1 cup of butter: 3/4 cup of olive oil for savory dishes OR 3/4 cup of unsweetened applesauce for sweeter dishes |
| Baking Powder | For 1 tsp. of baking powder: 1/4 tsp. baking soda + 1 tsp. lemon juice |
| Baking Soda | For 1 tsp. of baking soda: 3 tsp. baking powder |
| Lemon Juice | For 1 tsp. of lemon juice: 1/2 tsp. vinegar |
| Lime Juice | For 1 tsp. of lime juice: 1 tsp. vinegar |
| Sour Cream | For 1 cup of sour cream: 1 cup of plain low fat yogurt |
| Bread Crumbs (dry) | Rollled oats OR crushed bran cereal |
| Vegetable oil (for baking) | For 1 cup of vegetable oil: 1 cup of unsweetened applesauce OR 1 cup of unsweetened fruit puree |

HOW TO STORE FRUITS AND VEGGIES

| In the Refrigerator | On the Counter Until Cut, then the Refrigerator | On the Counter Until Ripe, then the Refrigerator |
|--|---|--|
| Apples Berries Grapes Asparagus Broccoli Carrots Celery Lettuce Cauliflower Green Beans | Melons Lemons Limes Bananas Tomatoes Onions Cucumbers | Peaches Pears Avocados Oranges |

HOW TO COOK GRAINS

Grains like oatmeal, rice and quinoa are usually cooked 2 to 1: 2 parts liquid to 1 part grain.

Example: Use 2 cups of water per 1 cup of grains

Choose packaging with the fewest ingredients to keep sodium and sugar content low.

For extra flavor, add low fat milk or low sodium chicken broth to your grains.

Check packaging for instructions before cooking.

HOW TO COOK PROTEIN

Use a food thermometer - you can't tell food is cooked safely by how it looks!

| Type of Meat | Recommended Temperature |
|--|-------------------------|
| Whole Beef Steak, Prime Rib, Roast Beef, etc. | 145° + 3 minute rest |
| Ground Beef Hamburger, Meatloaf, Meatballs, etc. | 160° |
| Poultry Chicken, Turkey, Duck, etc. | 165° |
| Pork Ham, Roast, Chops, etc. | 145° + 3 minute rest |
| Fish & Shellfish Cod, Salmon, Crab, etc. | 145° |
| Lamb & Veal Roast, Chops, Rib eye, etc. | 145° + 3 minute rest |

OTHER FRUITFUL TIPS

Break up banana bunches.

Then wrap each banana stem in plastic wrap. It'll make the bananas ripen more slowly. If your banana is brown, mash it up and mix into oatmeal.

Drizzle lemon juice on avocados.

Only using half an avocado? Slow the browning of the other half by leaving the pit in, covering the avocado with a light layer of lemon juice and wrapping it in plastic wrap. Store in fridge.

Treat asparagus like freshly cut flowers.

Keep asparagus stalks upright and moist in the fridge — in a cup with a small amount of water. Loosely wrap a plastic bag over the top to extend their shelf life even further.

Let veggies breathe.

Poke holes in the bags you store them in, or keep them in reusable mesh bags.

Wrap lettuce in paper towels.

Keeping lettuce free of moisture will help it last longer. After you wash lettuce, place a paper towel with it to soak up any excess wetness.

PRACTICE FOOD SAFETY

Wash hands, utensils and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

Never thaw food by simply taking it out of the fridge! There are three safe ways to thaw food: in the refrigerator, under cold running water, or in the microwave according to directions for the food.

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