

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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