

Fruits and Vegetables

Food	Amount	Substitute
Capers	equal amount	Chopped green olives
Celery	1/2 cup (1 rib)	1/4 cup celery flakes
Celery	1/2 cup (1 rib)	1/2 cup green pepper or fennel bulb
Chile, Scotch Bonnet	equal amount	Habanero chili
Chile, Serrano	equal amount	Jalapeño chile
Chives	equal amount	Scallion greens
Currants, dried	equal amount	Raisins or chopped dates
Dates, chopped	equal amount	Dried currants
Dates, chopped	equal amount	Chopped figs
Dates, chopped	equal amount	Chopped prunes
Dates, chopped	equal amount	Chopped raisins
Horseradish	1 tbsp fresh	2 tbsp bottled
Jicama, chopped	equal amount	Chopped water chestnuts or tart apple
Leeks	equal amount	Shallots
Lemon or Lime Juice (fresh)	equal amount	Bottled lemon or lime juice or white vinegar
Lemon or Lime Peel (grated)	equal amount	Dried lemon or lime peel
Mushrooms, fresh	1 cup cooked sliced	1 can (4 oz) mushroom stems and pieces, drained
Mushrooms, fresh	1 lb	12 oz canned mushrooms
Mushrooms, fresh	1 lb	3 oz dried mushrooms, reconstituted
Mushrooms, powdered	1 tbsp	3 tbsp whole dried mushrooms
Mushrooms, powdered	1 tbsp	4 oz fresh
Mushrooms, powdered	1 tbsp	2 oz canned
Onion, fresh	1/4 cup minced	1 tbsp instant minced onion
Onion, fresh	1/4 cup minced	1 tbsp onion flakes
Onion, fresh	1/4 cup minced	1 tsp onion powder
Onion, fresh	1 med-size onion, chopped (2/3 cup)	1 tbsp onion powder
Onion, fresh	1 med-size onion, chopped (2/3 cup)	1/4 cup instant minced or chopped onion
Onion Juice	2 tbsp	3/4 tsp instant minced onion
Onion Juice	2 tbsp	3/4 tsp onion flakes
Orange	1 medium	6-8 tbsp juice
Orange Peel (fresh, grated)	1 tsp	1 tsp dried orange peel
Orange Peel (fresh, grated)	1 tsp	1/2 tsp orange extract
Orange Peel (fresh, grated)	1 tsp	2 tbsp orange juice (for flavoring)



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Food	Amount	Substitute
Peas, Snow	equal amount	Sugar snap peas
Pimento	2 tbsp chopped	3 tbsp red bell pepper, chopped
Peppers, Green Bell	1 tbsp dried	3 tbsp fresh green pepper, chopped
Peppers, Red Bell	1 tbsp dried	3 tbsp fresh red bell pepper, chopped
Peppers, Red Bell	1 tbsp dried	2 tbsp pimiento, chopped
Potatoes, mashed	1 lb	1 1/3 cups instant mashed potatoes, prepared
Raisins	equal amount	Currants, dried cherries, dried cranberries, chopped dates or chopped prunes
Shallots, chopped	equal amount	Green onions (white part only)
Shallots, chopped	equal amount	Onions, dash crushed garlic
Tomatillo	equal amount	Fresh green tomatoes plus a little lemon juice
Tomato Juice	1 cup	1/2 cup tomato sauce plus 1/2 cup water
Tomato Paste	1/2 cup	1 cup tomato sauce cooked uncovered to reduced to 1/2 cup
Tomato Sauce	2 cups	3/4 cup tomato paste plus 1 cup water
Tomato Soup	2 cups	1 cup tomato sauce plus 1/4 cup water
Tomatoes	1 can	2 1/2 cups chopped, peeled fresh tomatoes, simmered about 10 minutes
Tomatoes, chopped	16 oz can	3 fresh medium tomatoes
Tomatoes, chopped	16 oz can	16 oz can stewed tomatoes
Truffles	1 oz	1 oz shiitake mushrooms

