



# Cooking Tips

## Storage Times for Fresh Foods

For best Quality, use within:	Days	Weeks	Months
<b>Fresh Fruits</b>			
Apples			1
Apricots, Bananas, Grapes, Nectarines, Peaches, Pears, Plums, Watermelon	3-5		
Berries, Cherries	2-3		
Cranberries, Melons (except Watermelon)		1	
<b>Fresh Veggies</b>			
Beans (snap or wax), Cauliflower, Celery, Cucumber, Eggplant, Green Peppers, Salad Greens, Tomatoes		1	
Beets, Carrots, Parsnips, Radishes, Rutabagas, Turnips		2	
Broccoli, Brussel Sprouts, Greens (Spinach, Kale, Collards. Ect), Okra, Onions (Green), Peas, Summer Squash	3-5		
Cabbage		1-2	
Corn	As soon as possible		



# Cooking Tips

For best Quality, use within:	Days	Weeks	Months
<b>Meats</b>			
Roasts, Steaks, Chops	3-5		
Ground Meat, Stew Meat, Poultry, Fish, Variety Meats	1-2		
Cured and Smoked Meats (Frankfurters, Bacon, Sausage, Whole Ham)		1	
Cooked Meats and Meat Dishes	3-4		
Gravy and Broth	1-2		
<b>Milk</b>			
Milk		1	
Cottage Cheese	5-7		
Hard Cheeses			Several
Eggs (in shell)		5	



# Cooking Tips

## Storage Guide for Frozen Foods

**For best Quality, Use Within:**

**Months**

Fruits and Fruit juice concentrates	12
Vegetables	8
Bread and yeast rolls	3
<b>Meat</b>	
Ground beef	3-4
Beef roasts and steaks	6-12
Lamb roasts	6-9
Cured pork	1-2
Pork roasts	4-8
Cooked meat dishes	2-3
<b>Poultry</b>	
Chicken parts	9
Turkey parts	6
Chicken or turkey, whole	12
Cooked chicken and turkey	4-6
<b>Fish</b>	
Fish fillets	2-3
Cooked fish	3
<b>Dairy</b>	
Ice cream or sherbet	1



# Cooking Tips

## FOOD SUBSTITUTIONS

Have you ever been all set to prepare a favorite dish and suddenly discover you do not have one of the ingredients for your recipe? Here are some substitutions that can be used.

INGREDIENT	AMOUNT	SUBSTITUTIONS
Baking powder	1 teaspoon	¼ teaspoon baking soda plus 5/8 teaspoon cream or tartar, or ¼ teaspoon baking soda plus ½ C. sour milk or butter milk (decrease liquid called for in recipe by ½ cup)
Beef or Chicken broth	1 can (14.5 oz)	2 teaspoons instant beef or chicken bouillon granules with water to equal amount of broth specified
Bouillon cube	1	1 Tablespoon soy sauce
Dry bread crumbs	¼ Cup	¼ cup cracker crumbs, corn meal, or 1 cup soft bread crumbs
Butter	1 cup	1 cup shortening plus ½ teaspoon salt, or 1 cup margarine
Catsup or chili sauce	1 cup	1 cup tomato sauce plus ½ cup sugar and 2 tablespoons vinegar (for use in cooking only)
Chicken	1 whole	8 thighs or 3 breasts or 8 legs or 4 legs/thighs
Corn syrup	1 cup	1 cup sugar plus ¼ cup liquid (use whatever liquid is called for in recipe)
Cornstarch	1 tablespoon	2 tablespoons all purpose flour, or 2 Tbsp quick cooking tapioca
Egg (in cake batter only)	1	2 tablespoons mayonnaise
Flour, all purpose	1 tablespoon	½ tablespoon cornstarch or quick cooking tapioca
Flour, all purpose	1 cup sifted	1 cup plus 2 tablespoons sifted cake flour or 1 cup unsifted all purpose flour minus 2 tablespoons
Garlic	1 clove small	1/8 teaspoon garlic powder
Gelatin, flavored	3 oz. package	1 tablespoon plain gelatin plus 2 cups fruit juice
Herbs, fresh	1 tablespoon	1 teaspoon dried herbs
Honey	1 cup	1 ½ cups sugar plus ¼ cup liquid (using what is called for in recipe)



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## FOOD SUBSTITUTIONS

INGREDIENT	AMOUNT	SUBSTITUTIONS
Lemon	1 medium 1 teaspoon	2-3 tablespoons juice and 1-2 teaspoons rind ½ teaspoon vinegar
Milk, buttermilk	1 cup	1 cup yogurt
Milk, whole	1 cup	½ cup evaporated milk plus ½ cup water
Milk, skim	1 cup	5 tablespoons nonfat dry milk and 1 cup water
Onion, fresh	1 small	1 tablespoon minced onion rehydrated
Prepared mustard	1 tablespoon	1 teaspoon dried mustard
Parsley, dried	1 teaspoon	3 teaspoons chopped fresh parsley
Sour cream	1 cup	1 cup yogurt
Sugar, white	1 cup	1 cup corn syrup minus ¼ cup liquid in recipe or 1 cup powdered sugar, or 1 cup brown sugar or 1 cup honey (reduce liquid in recipe by ¼ cup) or 1 ¾ cup confectioners sugar.
Tomato juice	1 cup	½ cup tomato sauce plus ¼ cup water
Tomato sauce	1 can (15 oz)	1 can tomato paste and 1 can water
Tomatoes	1 can (1 oz)	3 fresh medium tomatoes, cut up.
Yogurt	1 cup	1 cup buttermilk or sour milk (1 tablespoon vinegar or lemon juice plus milk to equal 1 cup.) Let stand 5 minutes until thickened



# Cooking Tips

## PLANNED OVER'S:

If you find yourself with extra ingredients, or find a great deal at the store on an economy-sized buy, don't despair, and don't throw away the extra! Use these tips to make the extra food into a great second meal in seconds...

**RICE:** Sauté with onion, then simmer in bouillon or broth with soy sauce to taste. Add thin strips of left over meat to make a complete meal.

**EGGS:** Add whites for meringues. Add whites or yolks to scrambled eggs in the morning.

**BREAD:** Butter with low-fat margarine, cube, and toast for croutons to garnish soups and salads. Crush with a rolling pin and store in sealed container for crumbs in breading meats or making stuffing.

**CAKE:** Break into pieces and mix with fruit and pudding. Refrigerate and serve for dessert with whipped topping or fruit.

**FRUIT:** Combine with yogurt, add to salads, make a jell-o salad.

**VEGETABLES:** Add to soups or casseroles. Marinate, chill, and serve in salads. Make a quick pasta salad.

**CHICKEN:** Chop up or shred extra and use in chicken quesadillas, tacos, meat loaf, or any type of chicken casserole.

**ROAST:** Layer extra with veggies and left over gravy. Top with left over mashed potatoes for a roast version of shepherd's pie. Freeze in a ziploc bag and add to stews or soups.

**GROUND MEAT:** Use in a pot of chili, mix with taco seasoning for tacos or taco salad, or use in sloppy joe's.

**MASHED POTATOES:** Shape into round patties and chill or freeze between sheets of waxed paper. To cook, brown on greased skillet and season to taste.

**WAFFLES OR PANCAKES:** Chill or freeze in layers between waxed paper. Reheat in single layer at 400° turning once. Serve with creamed chicken for a main course or with ice cream and fruit for dessert.



# Cooking Tips

## PREPARATION IDEAS FOR FRUITS

### **Apple**

Applesauce  
Baked  
Brown Betty  
Fresh Wedges  
Juice  
Pudding  
Tapioca  
Raisin salad

### **Apricot**

In fruit cups  
Plain  
Stewed  
Whip  
Dried

### **Banana**

Baked  
In fruit cups  
In gelatin  
In orange juice  
Pudding  
Sliced  
Whole or half  
With milk  
Frozen  
Smoothy

### **Berries**

Plain  
With milk or cream

### **Cantaloupe**

Balls  
In fruit cups  
Sliced or cubed

### **Cherries (pitted)**

Plain  
In gelatin  
In pudding  
Frozen

### **Grapefruit**

Juice  
Salad  
Sections

### **Grapes (seedless)**

In gelatin  
Plain

### **Melons**

Balls  
Cubes  
In fruit cups  
Sliced

### **Oranges**

Custard  
Juice  
Sections  
Wedges  
Wheels or half-moon  
Freeze then put in Smoothy

### **Peaches**

In Gelatin  
Plain, sliced, halved  
Salad  
Sauce  
Dried  
Tapioca

### **Pears**

Plain  
With cheese  
Sauce  
In salads

### **Pineapple**

Crushed  
Cubed, plain  
In gelatin  
Juice  
In Smoothies

### **Plums**

Plain  
Stewed



# Cooking Tips

## PREPARATION IDEAS FOR VEGETABLES

### **Beans (Lima)**

Raw  
Cooked w/ bacon or ham  
With tomatoes

### **Beans (Snap)**

Raw  
With crisp bacon chips  
With cream sauce  
With tomatoes  
With carrot circles  
Salad

### **Beets**

Buttered  
Cold sliced  
Lettuce Salad

### **Cabbage**

Cooked w/ carrots  
Cole slaw  
Creamed  
In gelatin (w/ fruit sauce)  
Raw wedge  
Salad w/ fruit or veg  
Sauerkraut

### **Carrots**

Raw sticks, curls, wheels  
Baked  
Cooked with celery  
Cooked with peas  
Creamed  
Glazed  
Raisin salad

### **Cauliflower**

Raw  
With cheese sauce  
Steamed  
With cream sauce  
With peas

### **Celery**

Raw sticks  
Braised  
Cooked w/ carrots

### **Corn**

On the cob  
Steamed  
With lima beans  
Popped  
Home made pizza  
In chili

### **Cucumber**

Raw slices  
In salads

### **Green peas (snow)**

Raw  
Sautéed  
Steamed

### **Greens**

Steamed  
Creamed  
Raw leaf  
With celery  
With hard-cooked eggs  
With cheese sauce

### **Lettuce**

Raw  
Shredded  
Combination salad  
Wedges

### **Parsnips**

Browned  
Raw strips

### **Potatoes**

Baked  
Boiled  
With cheese sauce

### **Potatoes, con't**

Pancakes  
Mashed  
Salad  
Scalloped  
Hash browns

### **Rutabagas**

Cubed  
Mashed  
Raw strips

### **Squash (summer)**

Raw sticks, curls wheels  
Steamed  
With tomato  
Seasoned w/ bacon or  
onion and baked

### **Squash (winter)**

Baked  
Mashed  
Cooked in shell  
Roast seeds

### **Sweet Potato**

Baked  
Mashed  
Scalloped w/ apple  
Boiled

### **Tomato**

Baked  
Broiled  
Raw edges or slices  
Juiced  
Scalloped  
Stewed





# Cooking Tips

## Fall Produce:

Apples	Brussels sprouts
Bok choy	Broccoli
Brussel sprouts	Cabbage
Carrots	Cauliflower
Celery	Cranberries
Collard	Cress
Kale	Grapes
Ginger	Horseradish
Kohlrabi	Jicama
Lettuce	Mushroom (fall varieties)
Mustard greens	Onions
Parsnips	Pears
Persimmons	Pineapple
Pomegranates	Potatoes
Pumpkins	Radishes
Rutabaga	Shallots
Sweet potatoes	Squash
Turnips	Winter squash

- Buying produce in its prime season means you will have a higher chance that it is locally grown instead of shipped in from sometimes thousands of miles away.
- Although non-local produce is transported in a controlled environment, some of the nutrients do slowly decrease.
- The taste and quality is always much better when grown locally.
- More of the food dollar stays in the local economy when purchasing locally.
- Fall is a great time to take advantage of the plethora of produce that is emerging.
- The fall fruits and vegetables are great sources of vitamins and minerals (Especially vitamin A, and C), and high in fiber.



# Cooking Tips

- Try different ways to prepare different foods:

Apples: applesauce, applesauce with cinnamon hearts or raisins, baked, fresh wedge, juice, pudding, tapioca, raisin salad, fried

Broccoli: raw, buttered, with lemon sauce, with cheese sauce, with cream sauce, in casseroles

Cabbage: with carrots, cooked, buttered, coleslaw, creamed, in gelatin (with fruit juice), raw wedge, salad with fruit or other vegetables, sauerkraut

Carrots: raw sticks, curls, wheels, baked, cooked with celery, cooked with peas, creamed, glazed, in gelatin (with fruit), mashed, scalloped, cabbage slaw, raisin salad

Cauliflower: raw, with cheese sauce, buttered, with cream sauce, with peas

Grapes: fresh, in gelatin, frozen

Parsnips: buttered, browned, raw strips

Pears: Plain, stewed, dry fruit, whip, with cheese, Sauce, with other fruit

Pineapple: Crushed, cubes, plain, in gelatin (cooked), Juice, with cabbage or carrot

Pumpkin: Baked, custard, mashed, cooked whole – cut lid and remove seeds and roast

Squash: baked, mashed, cooked in shell, roast seeds, seasoned and baked

Sweet Potato: baked, mashed, scalloped with apple, buttered

Storage ideas: prepare the “guts” to an apple pie (the filling part), place in a ziplock freezer bag, put in a pie tin and freeze until hardened, then remove from the pie tin and store in freezer for a quick apple pie in the middle of winter!

Shred Zucchini and freeze for later use in bread or casseroles.



# Cooking Tips

- When picking produce, keep in mind that some foods continue to ripen after being picked. including: apricots, avocados, bananas, cantaloupe, honeydew, kiwifruits, nectarines, papaya, peaches, pears, plantains, plums, tomatoes.

- Foods that don't ripen after picking include: apples, berries, cherries, grapefruit, grapes, lemons, limes, oranges, pineapple, strawberries, tangerines, watermelon.

Recipe ideas: Broccoli and corn casserole:

2 lightly cooked broccoli

1 can cream style corn

¼ cup bread crumbs

1 egg, beaten

1 finely chopped onion

½ tsp salt

dash of pepper

mix together and bake in casserole dish at 350 for 45 minutes.



# Cooking Tips

## Freezer Inventory:

### Beef:

Steak   
Roast   
Ckd Hmbg   
Raw Hmbg   
Patties   
Hot dgs   
Meat Balls

### Chicken:

Whole   
Breast   
Bone in   
Ground   
Nuggets

### Pork:

Loin   
Chops   
Ribs   
Bacon   
Sge links   
Gnd Sge   
Sge patty

### Other:

Turkey

### Cheese:

Cheddr   
Mzzrella   
Blend   
Cottage   
Other

### Vegetables:

Pease   
Corn   
Hash Bns   
Broccoli

### Fruit:

Peaches   
Grapes   
Oranges   
Strbries   
Bananas   
Bluebries

### Ingredients/Misc:

Yeast   
Wheat   
Peppers   
Onions   
Cool Whip   
Sauerkrt   
Jam   
Mixes   
Pizzas   
Pie Crust   
Butter   
Margne   
Yogurt



# Cooking Tips

Freezer In Freezer Inventory, Left Over's, Misc ventyory:

Date	Item	Amount



# Cooking Tips

## FOOD YIELDS

Apples	1 pound = 3 medium = 3 cups sliced
Bananas	1 pound = 3-4 medium = 1 1/3 cups mashed = 2 1/2 cups sliced
Beans (dry)	1 pound = 2 1/2 cups (dry) = 5 1/2 cups cooked
Bread	1 pound loaf = 16 slices
Bread crumbs	8 ounces = 2 1/4 cups crumbs 3-4 slices bread = 1 cup bread crumbs
Butter, margarine, shortening	1 pound = 2 cups
Cabbage	1 pound = 4 cups shredded
Carrots	1 pound = 3 cups sliced, raw
Eggs (medium)	1 dozen = 2 cups
Egg whites	1 dozen = 1 1/3 cups
Flour, all purpose	1 pound = 4 cups sifted
Flour, whole wheat	1 pound = 3 1/2 cups unsalted
Graham crackers	15 crackers = 1 cup crumbs
Ground meat (beef, pork, turkey)	1 pound = 1 1/3 cups cooked
Honey	1 pound = 1 1/3 cups
Lemons	1 lemon = 3 tablespoons juice
Macaroni, spaghetti	1 pound = 3 3/4 cups dry = 9 cups cooked
Milk, evaporated	6 ounce can = 1 1/2 cups diluted
Noodles	1 pound = 6 cups (dry) = 8 cups cooked
Oatmeal	1 pound dry = 6 1/4 (dry) = 8 cups cooked
Onions	1 pound = 3 large
Potatoes	1 pound = 3 medium = 3 cups sliced = 1 3/4 cup mashed
Raisins	1 pound = 3 1/4 cups
Rice, regular white	1 pound = 2 1/4 cups (dry) = 8 cups cooked
Saltines	22 crackers = 1 cup crumbs
Sugar, white granulated	1 pound = 2 1/4 cups
Sugar, brown	1 pound = 2 1/4 cup (firmly packed)
Yeast (active dry)	1 packet = 1 tablespoon



# Cooking Tips

## MEASURING EQUIVALENTS

3 teaspoons = 1 tablespoon

4 tablespoons =  $\frac{1}{4}$  cup

5  $\frac{1}{3}$  tablespoons =  $\frac{1}{3}$  cup

8 tablespoons =  $\frac{1}{2}$  cup

10  $\frac{2}{3}$  tablespoons =  $\frac{3}{4}$  cup

16 tablespoons = 1 cup

16 ounces = 1 pound

2 tablespoons = 1 fluid ounce

1 cup = 8 fluid ounces

1 cup =  $\frac{1}{2}$  pint

2 cups = 1 pint

4 cups = 1 quart

4 quarts = 1 gallon

### Abbreviations

Tbsp = tablespoon

Tsp = teaspoon

oz = ounces



# Cooking Tips

## Herbs and Spices to Use in Place of Salt

- Allspice      Whole: Pot roast, stews, and ham  
Ground: Mincemeat and pumpkin pie, plum pudding, cookies, cakes and some vegetables (squash, turnips, carrots).
- Basil            An important seasoning in tomato dishes. Also good in soups, stews and as a seasoning for beans, peas, squash. Sprinkle on lamb before cooking.
- Bay Leaves    Use in soups and stews. They make an excellent addition to fish chowder. Use in a variety of meat dishes such as beef and lamb.
- Caraway        Gives rye bread its distinctive flavor. A frequent addition to rolls, cakes, and cheeses. Also good in cottage cheese. Add to turnips and asparagus when cooking.
- Celery seed    Use in sauces, salads, salad dressings, fish, meat, and vegetables. Sprinkle over cheese, crackers, or rolls.
- Chili Powder   Good in seafood cocktail sauces and barbecue sauces. Try it in meatloaf, hamburger, stews, and chili.
- Chives          Recommended in salads and salad dressings, scrambled eggs, omelets. Add to cream cheese, and cottage cheese.
- Cinnamon      Good in combination with apples in baked dish. Can be used in a variety of baked goods. Sprinkle over puddings and hot cereal. Combine with mashed sweet potatoes.
- Cloves          Whole: Roast pork, ham, pickled fruits, spicy syrup, and meat gravies  
Ground: Baked goods, chocolate pudding, stews, and vegetables
- Coriander      Can be used in Spanish rice and in curry blends





# Cooking Tips

- Cumin                      Whole: Chili con carne, hot tamales, soups, cheese, meat, and rice dishes  
Ground: Deviled eggs, meat loaf, croquettes, cheese spreads
- Curry Powder            Use in curry sauces for curried eggs, vegetables, fish, and meat. Try a dash in french dressing, scalloped tomatoes, clam and fish chowders, and split pea soup
- Dill Seed                Adds a bright touch to rye and pumpernickel bread, soups, salads, sauces, meat and fish dishes, potatoes and coleslaw
- Fennel                    Comes both whole and ground. Used extensively for breads, rolls, and pastries. Also used in seasoning for soups, fruit dishes, and sauces.
- Garlic                    A little garlic does wonders for most soups, salads, meats, fish, pasta, and casserole dishes.
- Ginger                    Use in cookies, spice cakes, ginger bread. Also good in pot roast, stews, chicken, soups, and fish dishes.
- Marjoram                Excellent seasoning for vegetables (green beans, lima beans, and peas). Enhances the flavor of lamb, stews, and poultry.
- Nutmeg                   Use in flavoring baked goods, rice and custard pudding, vegetables, and in beverages. Add to vegetables and soups, beef and fish dishes.
- Oregano                   An essential ingredient in chili powder. A classic addition to almost any tomato dish, vegetable or salad.
- Paprika                   Use as a garnish for colorless foods. It brightens fish, and salads.



# Cooking Tips

Black Pepper	Ground and cracked: In meats, sauces, gravies, many vegetables, soup, salads, and eggs.
Cayenne Pepper	Used in deviled ham and eggs, cheese canapés, barbecue sauces, and stews.
Red Pepper	Whole: Pickles, relishes, hot sauces Crushed: Sauces, pickles, highly spiced meats Ground: Meats, sauces, fish, and egg dishes
Poultry Seasoning	For poultry, veal, pork, and fish stuffings. Good with paprika for meat loaf.
Rosemary	Available ground or whole. Wonderful with boiled potatoes, turnips, and cauliflower. Sprinkle on beef, chicken, and fish before cooking.
Saffron	Adds a distinctive flavor to rolls and cakes. Particularly good with rice.
Sage	Whole and ground. Perfect accompaniment for pork and poultry.



# Cooking Tips

## Using Herbs to Season Vegetables

ASPARAGUS	Tarragon
LIMA BEANS	Marjoram, oregano, sage, savory, tarragon
SNAP BEANS	Basil, dill, marjoram, oregano, or thyme
BEETS	Allspice, bay leaves, cloves, dill, ginger, or thyme
BROCCOLI	Dill or tarragon
BRUSSELS SPROUTS	Basil, caraway, or dill
CABBAGE	Dill, nutmeg
CARROTS	Allspice, bay leaves, dill, ginger, marjoram, nutmeg, thyme
CUCUMBERS	Basil, dill, or tarragon
EGGPLANT	Marjoram or oregano
ONIONS	Nutmeg, oregano, sage, or thyme
PEAS	Basil, dill, oregano, rosemary or sage.
POTATOES	Basil, bay leaves, dill, chives, oregano, or thyme
SPINACH	Basil, marjoram, nutmeg, or oregano
SQUASH	Allspice, basil, cinnamon, cloves, ginger, nutmeg, or rosemary
SWEET POTATOES	Allspice, cinnamon, cloves, or nutmeg
TOMATOES	Basil, bay leaves, oregano, sage, or thyme
GREEN SALADS	Basil, chives, or dill



# Cooking Tips

## Spice Chart

Spice	Meat	Poultry	Fish	Soup	Veggies	Salad	Desserts	Fruit
All Spice	x						x	
Basil	x	x	x	x	x	x		
Bay leaf	x	x	x	x	x			
Black Pepper	x			x	x	x		
Cayenne Pepper	x			x				
Celery seed			x		x	x		
Chili Powder	x	x	x					
Chives		x		x	x	x		
Cinnamon					x		x	x
Cloves	x		x				x	x



# Cooking Tips

Spice	Meat	Poultry	Fish	Soup	Veggies	Salad	Desserts	Fruit
Coriander	x		x	x				
Cumin	x	x						
Curry	x	x	x					
Dill		x	x	x	x	x		
Fennel	x		x	x				
Garlic	x	x	x	x		x		
Ginger	x	x	x	x	x		x	
Mace				x				
Marjoram	x	x		x	x	x		
Nutmeg	x		x	x	x		x	
Oregano	x	x	x	x	x	x		
Paprika		x	x	x		x		



# Cooking Tips

Spice	Meat	Poultry	Fish	Soup	Veggies	Salad	Desserts	Fruit
Red Pepper	x	x	x	x				
Rosemary	x	x	x		x			
Saffron		x	x	x				
Sage		x		x				
Savory	x	x		x	x			
Tarragon		x	x		x	x		
Thyme	x	x		x	x	x		

Compiled by Jen Brewer RD  
foodmoodmotherhood.com