

For Information call: 321-633-1702
bshephar@ufl.edu

Fact Sheet # FS 6002 FCS
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Fruit and Vegetable Substitutions

Elizabeth C. Shephard

Lemon juice	1 teaspoon	½ teaspoon vinegar (not balsamic)
Lemon	1 medium	2 to 3 tablespoons juice plus 2 teaspoons grated rind
Lemon peel, dried	1 teaspoon	2 teaspoons grated lemon rind, or ½ teaspoon lemon extract
	1 medium	6 to 8 tablespoons juice
Mushrooms, fresh	1 pound	1 (8 ounce) can sliced mushrooms, drained, or 3 ounces dried mushroom, rehydrated
Orange, Peel, Dried	1 tablespoon	1 tablespoon grated fresh orange peel, or 1 ½ teaspoons orange extract
Orange Peel, Dried	2 teaspoons	1 teaspoon orange extract
Orange	1 medium	½ cup juice plus 2 tablespoons grated rind
Orange Rind	1 medium	2 to 3 tablespoons rind
Onion, chopped	¼ cup	1 tablespoon instant minced
Pepper, sweet red or green, chopped	3 tablespoons	1 tablespoon dried sweet red or green pepper flakes
Sweet red, chopped,	3 tablespoons	2 tablespoons chopped pimiento
Shallots, chopped	3	2 tablespoons chopped onion plus 1 tablespoon chopped garlic

Tomato Juice	1 cup	$\frac{1}{2}$ cup tomato sauce plus $\frac{1}{2}$ cup water
Tomatoes, Fresh	2 cups, chopped	1 (16 ounce) can (may need to drain)
Tomato Sauce	2 cups	$\frac{3}{4}$ cup tomato paste plus 1 cup water
