

# Nutrition News

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## Food Budgeting Ingredient Substitutions

As the holidays approach, you may begin to think of your favorite holiday dishes and the cost of preparing these favorite recipes. Preparing your favorite holiday recipes does not have to put a dent in your food dollars. Continuing to follow your food budget plan will keep more dollars in your pocket. Planning ahead can not only save you dollars but ensure you have all of the proper ingredients on hand during preparation of your holiday recipes. In the holiday hustle and bustle, however, it is easy to forget to purchase ingredients needed for your holiday favorites. Forget about making that extra trip to the supermarket. Listed below are some common ingredient substitutions that can save you time and money. Your final product made with the substituted ingredients may differ slightly from the original but still be acceptable in flavor, texture and appearance.

### Quick Tip:

Using sugar substitutes to replace sugar can be tricky. If the recipe is using sugar for sweetness, then sugar substitutes can provide sweetness without the extra calories. Some recipes, however, use sugar for more than just sweetness. Sugar can be used for texture, volume, browning (caramelization), moisture retention and/or tenderness in baked goods, and preservation. Some sugar substitutes can be used in these cases, but read the sugar substitute package to determine usability and amounts.

Follow these quick tips to stay on track with your food budget during the holiday season:

- Remember to plan ahead.
- Pull out your favorite holiday recipes and create a list of ingredients needed to prepare them.
- Check your pantries and freezers for ingredients you have on hand.
- Set a budget for holiday recipes only. Keeping your normal grocery budget separate will decrease overspending on items you do not need.
- From your ingredient list start a shopping list and begin searching for coupons and specials.
- Remember to keep your coupons organized and stay away from the “extras” coupons. They only cause you to buy items you do not need.
- Keep in mind your storage space. Only purchase ingredients ahead of time if you can store them properly.

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Product	Amount	Substitute
Buttermilk	1 cup	1 tablespoon lemon juice or vinegar plus enough regular milk to make 1 cup (allow to stand 5 minutes)
Chocolate, Unsweetened	1 ounce	3 tablespoons cocoa plus 1 tablespoon butter or regular margarine or vegetable oil.
Allspice	1 teaspoon	½ teaspoon cinnamon plus ½ teaspoon ground cloves
Cornstarch (for thickening)	1 tablespoon	2 tablespoons flour
Egg	1 whole egg	¼ cup egg substitute; or reconstituted powdered eggs (follow package directions); or 2 tablespoons mayonnaise (suitable for use in cake batter); or ½ teaspoon baking powder plus 1 tablespoon vinegar plus 1 tablespoon liquid (for baking only).
Fresh Garlic	1 small clove	1/8 teaspoon garlic powder
Cake Flour	1 cup	1 cup minus 2 tablespoons all-purpose flour
Cornstarch	1 tablespoon	2 tablespoons flour
Fresh Herbs	1 tablespoon, finely chopped	1 teaspoon dried leaf herbs; or ½ teaspoon ground dried herbs
Lemon Zest (fresh grated lemon peel)	1 teaspoon	½ teaspoon lemon extract
Whipping Cream	1 cup unwhipped	1 cup UNWHIPPED whipping cream expands to 2 cups when WHIPPED. <i>Example:</i> 1 cup whipping cream = 2 cups of commercial whipped product.
Self-Rising Flour	1 cup	1 cup minus 2 tablespoons all-purpose flour plus 1½ teaspoons baking powder and ½ teaspoon salt.
Baking Soda, Double-Acting	1 teaspoon	¼ teaspoon baking soda plus 5/8 teaspoon cream of tartar
Dry Mustard (in cooked mixtures)	1 teaspoon	1 tablespoon prepared mustard
Fresh Onion	1 small or ¼ cup chopped, fresh onion	1 tablespoon dry minced onion
Powdered Sugar	1 cup	1 cup granulated sugar plus 1 tablespoon cornstarch; process in a food processor using the metal blade attachment until it's well blended and powdery.
Pumpkin Pie Spice	1 teaspoon	½ teaspoon cinnamon plus ¼ teaspoon ground ginger plus 1/8 teaspoon ground allspice plus 1/8 teaspoon ground nutmeg.

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To find out more, contact your parish agent.