

Substituting Ingredients



Knowing how to substitute ingredients and work with what you have in the kitchen is a valuable skill that can make meals easier and faster, as well as save money and time in the grocery store. A little knowledge about substituting ingredients can allow you to use your own favorite recipes and still take advantage of whatever ingredients are plentiful or on sale.

Substituting Produce

Think about basic flavors and textures when substituting ingredients. For instance, you can substitute cauliflower for potatoes! When cooked both are soft, starchy, and mild. Likewise, many root vegetables can be used interchangeably because of their similar textures and flavors. Dark leafy greens can all be cooked in the same ways.



Substituting Meats



Meats can be substituted for one another, or replaced with other proteins such as beans, tofu or tempeh. Keep in mind the difference in cooking times: pork and beef take longest to cook, whereas poultry and fish cook more quickly. Plant-based proteins like tofu are usually ready-to-eat, so only need to be cooked until hot. You can substitute beans for ground beef and pork, or replace it with ground turkey or chicken.



Market Basket Pasta

INGREDIENTS

- 8 ounces dry pasta, any shape
- 1 tbsp oil (vegetable or olive)
- 1 tsp minced garlic
- 4 cups vegetables (whatever is on hand), chopped to bite-size
- 2 tbsp minced fresh herbs OR 2 tsp dried herbs
- 3 cups canned diced tomatoes or chopped fresh tomatoes (use tomatoes that are overripe, extra soft or bruised)
- Salt & pepper to taste
- ¼ cup grated cheese (harder cheeses are best, but any kind will do!)

INSTRUCTIONS

- Cook pasta according to package directions; drain.
- Meanwhile, in a large nonstick skillet, add oil and garlic; cook over medium high heat for 1-2 minutes or until garlic is tender. Stir in the vegetables, tomatoes, herbs, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes or until vegetables are tender.
- Stir in pasta; sprinkle with cheese.
- Serves 6.



Combinations to try:

- Broccoli, peppers & onion
- Peas, carrots & asparagus
- Eggplant, peppers & zucchini

Herbs you can use:

Oregano, chives, thyme, basil, rosemary, sage, tarragon, or dried mixes (pizza herbs, poultry seasoning, herbes de provence)