

INGREDIENT EQUIVALENTS

Apples	1 med	1 cup diced, sliced ¾ cup chopped
Asparagus	1 lb	16–20 spears 3 cups chopped
Bacon	1 slice	1 tbsp crumbled
Bananas	1 med	1 cup sliced
Basil, fresh	1 oz	2 cups chopped
Bell pepper	1 lg	1 cup chopped
Blackberries	1 pint	2–3 cups
Blueberries	1 pint	2–3 cups
Bread	4 slices	1 cup fine crumbs
Broccoli	1 bunch	2 cups florets
Brussels sprouts	1 lb	4 cups trimmed
Butter	1 stick	4 oz ½ cup 8 tbsp
Butter beans, lima beans	1 lb	3 cups
Carrots, parsnips	1 lb	5–7 med 2–3 cups shredded, sliced
Cauliflower	1 head	1–2 cups, florets
Celery	1 bunch 3–4 ribs	2 cups sliced, diced 1 cup sliced, diced
Cheese, firm	1 lb	4–5 cups, shredded
Chicken, bone-in	1 lb	1 cup chopped
Collard greens	1 lb	1–2 cups cooked
Corn	2–3 ears	1 cup kernels
Cream, whipping	1 cup	2 cups whipped
Cucumber	1 lb	2 med 2–3 cups sliced, diced
Endive	1 med	10 leaves
Garlic	1 lg clove	1 tsp minced ½ tsp garlic powder
Gingersnaps	15 cookies	1 cup fine crumbs
Green beans	1 lb	3 cups chopped
Kale	1 lb	1¼ cups cooked

Leeks	1 lb	2–3 stalks 2 cups sliced, diced
Lemons	1 med	2–3 tbsp juice 2–3 tsp zest
Lettuce; Bibb, Boston, iceberg	1 med head	4 cups torn
Lettuce; leaf, romaine	1 med bunch	4–6 cups torn
Limes	1 med	1–2 tbsp juice 1–2 tsp grated peel
Melon	4 lbs	4 cups diced
Mushrooms	1 lb	2 cups, sliced, sautéed
Mustard, dry	1 tsp	1 tbsp prepared
Nuts	1 lb	3 cups chopped
Okra	1 lb	1–2 cups sliced
Onion	1 med	½–1 cup chopped 1 tbsp onion powder
Onion, green	1 bunch	1 cup chopped
Oranges	1 med	⅓–½ cup juice 1½–2 tbsp grated peel
Oreo cookies	12 cookies	1 cup fine crumbs
Parsley	1 bunch	1½ cup chopped
Potatoes	1 lb	3 cups sliced, diced
Raspberries	1 pint	1–2 cups
Rosemary	1 stem	¼–½ tsp
Spinach	1 lb	4 cups torn 1½ cup cooked ½ cup cooked, squeezed
Spinach, frozen	10 oz	1¼ cup cooked, squeezed
Squash, summer	1 lb	2 cups, sliced, diced
Squash, spaghetti	2 lbs	4 cups cooked
Strawberries	1 pint	1–2 cups
Sweet potatoes	1 lb	2 cups sliced, diced
Thyme	1 sprig	½–1 tsp
Tomatoes	1 med	1 cup chopped
Tomatoes, grape	1 pint	1–2 cups
Zucchini	1 lb	1 cup sliced 1 cup noodles