



VEGGIES

Arugula Substitute 1 cup (250 mL) arugula with:

- 1 cup (250 mL) watercress
- 1 cup (250 mL) baby spinach leaves (milder flavor; add pepper for more bite)
- 1 cup (250 mL) Belgian endive, dandelion greens, escarole, or radicchio (for salads)

Asparagus Substitute 1 lb (500 g) asparagus with:

- 1 lb (500 g) broccoli
- 1 lb (500 g) canned hearts of palm
- 1 lb (500 g) white asparagus (milder flavor; more bitter texture)
- 1 lb (500 g) purple asparagus (sweeter, juicier, and tenderer)

Avocado Substitute 1 cup (250 mL) chopped avocado with:

- 1 cup (250 mL) cooked chayote squash (much lower in fat and less creamy; use cooked in soups and dips or prepare as you would yellow summer squash)

Beet Substitute 1 cup (250 mL) chopped red beets with:

- 1 cup (250 mL) chopped canned beets
- 1 cup (250 mL) chopped beefsteak tomatoes

Broccoli Substitute 1 lb (500 g) broccoli with:

- 1 lb (500 g) Broccoflower™ (lighter green color; milder flavor; firmer texture)
- 1 lb (500 g) cauliflower (white color; stronger cabbage flavor; firmer texture)
- 1 lb (500 g) broccoli raab (more bitter flavor; includes leaves; cooks more quickly)

Broccolini Substitute 1 lb (500 g) Broccolini with:

- 1 lb (500 g) asparagus (straighter stalks; tighter heads)
- 1 lb (500 g) Chinese broccoli (darker green color; thicker stems)
- 1 lb (500 g) broccoli (shorter, thicker stems; more cabbagey flavor)
- 1 lb (500 g) broccoli raab (more bitter flavor; includes leaves)

Broccoli Raab Substitute 1 lb (500 g) broccoli raab with:

- 1 lb (500 g) Chinese broccoli (darker green color; milder flavor)
- 1 lb (500 g) bitter greens (such as dandelion, mustard, or turnip)
- 1 lb (500 g) green or red chard (sweeter flavor)
- 1 lb (500 g) broccoli (shorter, thicker stems; less bitter, more cabbagey flavor; takes longer to cook)

Bok Choy Substitute 1 lb (500 g) bok choy with:

- 1 lb (500 g) Chinese broccoli (darker green stems; slightly sweeter, less cabbagey flavor)
- 1 lb (500 g) Napa cabbage (paler green yellow color; more tender; less juicy; great for stir-frying)
- 1 lb (500 g) green chard (less cabbagey flavor)
- 1 lb (500 g) collard greens (thinner, greener stems; larger leaves)
- 1 lb (500 g) celery (in place of bok choy stems in stir-fries)

Brussels Sprouts Substitute 1 lb (500 g) Brussels sprouts with:

- 1 lb (500 g) broccoli florets (darker green color; milder flavor; cooks more quickly)
- 1 lb (500 g) chopped green cabbage (cooks more quickly)

Cabbage Substitute 1 lb (500 g) green or red cabbage with:

- 1 lb (500 g) Brussels sprouts
- 1 lb (500 g) savoy cabbage (milder; tenderer)
- 1 lb (500 g) napa cabbage (milder; more delicate)

Chard Substitute 1 lb (500 g) chard with:

- 1 lb (500 g) turnip greens
- 1 lb (500 g) mature spinach
- 1 lb (500 g) bok choy
- 1 lb (500 g) mustard greens
- 1 lb (500 g) Tuscan kale

Chicory Substitute 1 cup (250 mL) chicory with:

- 1 cup (250 mL) curly endive
- 1 cup (250 mL) escarole
- 1 cup (250 mL) radicchio (red color)

Carrot Substitute 1 cup (250 mL) chopped carrots with:

- 1 cup (250 mL) chopped parsnips
- 1 cup (250 mL) chopped daikon
- 1 cup (250 mL) chopped turnips
- 1 cup (250 mL) chopped celery

Cauliflower Substitute 1 lb (500 g) cauliflower with:

- 1 lb (500 g) Broccoflower™ (light green color)
- 1 lb (500 g) broccoli Romanesco (light green color; conical florets)
- 1 lb (500 g) broccoli (dark green color; softer texture; cooks more quickly)

Celery Substitute 1 cup (250 mL) chopped fresh celery with:

- 1/2 cup (125 mL) dehydrated celery flakes (for soups and stews; much less flavorful)
- 2/3 to 1 cup (150 to 250 mL) chopped Chinese celery (for cooking; stronger flavor)
- 1 cup (250 mL) chopped cardoons (adds mild artichoke flavor)
- 1 cup (250 mL) chopped fennel stalks (adds mild anise flavor)

Corn Substitute 1 cup (250 mL) fresh corn with:

- 1 cup (250 mL) frozen and thawed corn
- 1 cup (250 mL) canned corn (not as good as frozen and thawed)
- 1 cup (250 mL) other cooked grain such as barley
- 1 cup (250 mL) peas

Cucumbers Substitute 1 lb (500 g) cucumber with:

- 1 lb (500 g) small zucchini (for cooking; less sweet)

Collards Substitute 1 lb (500 g) collards with:

- 1 lb (500 g) kale
- 1 lb (500 g) mature spinach
- 1 lb (500 g) green chard leaves
- 1 lb (500 g) mustard greens
- 1 lb (500 g) turnip greens
- 1 lb (500 g) callaloo
- 1 lb (500 g) Chinese kale
- 1 lb (500 g) bok choy

Eggplant Substitute 1 lb (500 g) eggplant with:

- 1 lb (500 g) portobello mushrooms (particularly the caps to replace eggplant slices)
- 1 lb (500 g) zucchini or yellow squash

Endive Substitute 1 cup (250 mL) Belgian endive with:

- 1 cup (250 mL) radicchio (red color; bitter flavor)
- 1 cup (250 mL) arugula (green color; more tender; less bitter; more peppery)
- 1 cup (250 mL) watercress (green color; more tender; less bitter; more peppery)

Fennel Substitute 1 lb (500 g) fresh fennel bulb with:

- 1 lb (500 g) celery (cooks faster; preferably, add 1 tsp/5 mL crushed fennel seeds or 1 tbsp/15 mL anise liqueur, such as Pernod or Ricard, to add anise flavor)
- 1 lb (500 g) bok choy stems (preferably, add 1 tsp/5 mL crushed fennel seeds or 1 tbsp/15 mL anise liqueur, such as Pernod or Ricard, to add anise flavor)
- 1 lb (500 g) udo

Frisee Substitute 1 cup (250 mL) frisée with:

- 1 cup (250 mL) curly endive or curly chicory (more bitter)
- 1 cup (250 mL) escarole (softer leaves)
- 1 cup (250 mL) radicchio (red color)

Garlic Substitute 1 clove fresh garlic (minced or pressed) with:

- 1/2 tsp (2 mL) jarred minced garlic or liquid garlic seasoning
- 1/2 to 1 tsp (2 to 5 mL) roasted garlic (mellower, sweeter flavor)
- 1/2 tsp (2 mL) garlic chives (less pungent; adds green color)
- 1/2 to 1 tsp (2 to 5 mL) minced shallots (less pungent)
- 1/8 tsp (0.5 mL) garlic powder
- 1/4 tsp (1 mL) granulated garlic
- 1/2 tsp (2 mL) garlic flakes or instant garlic
- 1/2 tsp (2 mL) garlic salt (omit 1/2 tsp/2 mL salt from recipe)
- 1/2 tsp (2 mL) garlic juice (less pungent)
- 1/8 tsp (0.5 mL) asafetida powder (more pungent; combines onion and garlic flavors)

Ginger Substitute 1 tbsp (15 mL) fresh ginger (minced or grated) with:

- 1 tbsp (15 mL) fresh galangal (minced or grated)
- 3 tbsp (45 mL) rinsed crystallized ginger, minced (for baking or where a little sugar is acceptable in recipe)
- 1/8 tsp (0.5 mL) ground ginger (for baking)

Green Leaf Lettuce Substitute 1 lb (500 g) leaf lettuce with:

- 1 lb (500 g) butterhead lettuce such as Bibb or Boston (generally larger, slightly thicker leaves)

- 1 lb (500 g) crisphead lettuce such as Great Lakes, Iceberg, Imperial, Vanguard, or Western lettuce (crunchy; less flavorful)
 - 1 lb (500 g) romaine lettuce (crunchy; more flavorful than crisphead lettuce)
 - 1 lb (500 g) mâche (tender leaves; bittersweet, slightly nutty flavor)
- 1 lb (500 g) oak leaf lettuce (tender, oak-leaf shaped leaves with green or red color; mild flavor)
- 1 lb (500 g) lollo rosso (pale green stems; beautiful purplish red, frilly leaves; very mild flavor)
 - 1 lb (500 g) lollo biondo (similar to lollo rosso but pale green in color)

Green Beans 1 lb (500 g) yard-long beans (longer; starchier and less sweet)

- 1 lb (500 g) thin asparagus
 - 1 lb (500 g) nopales, sliced
 - 1 lb (500 g) okra
 - 1 lb (500 g) broccoli
- 1 lb (500 g) green snap beans (crisp; mildly sweet)
- 1 lb (500 g) purple snap beans (similar to green snap beans; green when cooked)
 - 1 lb (500 g) yellow wax beans (pale yellow color; mild flavor)
 - 1 lb (500 g) haricot verts, filet beans, or French beans (green, yellow, or purple color; slender; tender; more complex flavor)
 - 1 lb (500 g) Romano or Italian flat beans (green or yellow color; flatter than green snap beans; juicy and meaty; mild flavor)
 - 1 lb (500 g) Tongue of Fire beans (green with flecks of pink or purple; flatter than green snap beans; green when cooked)
 - 1 lb (500 g) Dragon Tongue beans (pale yellow or cream with maroon or dark purple splotches; similar to yellow wax beans; yellow when cooked)

Green Onion (Scallion) Substitute 1 bunch green onions (white and green parts) with:

- 1 bunch scallions (slightly milder flavor)
- 1 bunch ramps (wild leeks; milder flavor)
- 3 to 4 cups (750 mL to 1 L) chopped leeks (milder flavor)
- 3 cups (750 mL) chopped shallots (more complex flavor)
- 3 to 4 cups (750 mL to 1 L) chopped chives (milder flavor; best raw or lightly cooked)
- 3 cups (750 mL) chopped garlic chives (adds garlic flavor)
- 3 cups (750 mL) chopped Chinese garlic stems (adds pungent garlic flavor and crunch)

Green Pepper Substitute 1 cup (250 mL) chopped fresh bell pepper with:

- 1 cup (250 mL) chopped fresh, canned, or bottled pimiento
- 1 cup (250 mL) chopped fresh Cubanelle peppers
- 1 cup (250 mL) chopped fresh banana peppers
- 1 cup (250 mL) chopped fresh bull's horn peppers
- 1 cup (250 mL) chopped fresh Anaheim peppers (spicier)
- 1 cup (250 mL) chopped fresh poblano peppers (spicier)
- 1/2 cup (125 mL) dried bell peppers

- 1 lb (500 g) leaf lettuce such as oak leaf or lollo rosso
- 1 lb (500 g) butterhead lettuce such as Bibb or Boston (generally larger, slightly thicker leaves)
- 1 lb (500 g) baby spinach leaves (adds slight bitterness)
- 1 lb (500 g) mild arugula (adds pepperiness)
- 1 lb (500 g) crisphead lettuce such as Great Lakes, Iceberg, Imperial, Vanguard, or Western (much larger leaves; crunchy; less flavorful)
- 1 lb (500 g) romaine lettuce (crunchy; more flavorful than crisphead lettuce)

Mesclun (Spring mix)

- 1 lb (500 g) Homemade Mesclun: Combine 4 oz (125 g) oak leaf lettuce, 2 oz (60 g) arugula, 2 oz (60 g) tatsoi, 2 oz (60 g) frisée, 2 oz (60 g) mizuna, 2 oz (60 g) radicchio, and 2 oz (60 g) mâche or dandelion greens. Makes about 1 pound (500 g).

Mushrooms, Fresh Substitute 8 oz (250 g) sliced fresh mushrooms with:

- 4 oz (125 g) drained canned sliced mushrooms
- 1-1/2 oz (45 g) dried mushrooms + 3/4 cup (175 mL) boiling water

Napa Cabbage Substitute 1 lb (500 g) napa cabbage with:

- 1 lb (500 g) bok choy (larger, darker green leaves; firmer, juicier stems)
- 1 lb (500 g) savoy cabbage (stronger flavor)
- 1 lb (500 g) green chard (less cabbagey flavor)
- 1 lb (500 g) green or red cabbage (sturdier leaves; stronger flavor)
- 1 lb (500 g) collard greens (thinner, firmer, deeper green stems; larger, darker green leaves)

Okra Substitute 2 cups (500 mL) okra (for thickening) with:

- 1 tbsp (15 mL) filé powder
- 1 cup (250 mL) nopales, sliced
- 2 tsp (10 mL) cornstarch mixed with 1 tbsp (15 mL) cold water

Onions (All) Substitute 1 medium storage onion (1 cup/250 mL chopped) with:

- 1 cup (250 mL) chopped sweet onion (sweeter; moister; works well cooked or uncooked; reduce sugar if necessary to balance sweetness)
- 1 cup (250 mL) frozen chopped onion
- 1 cup (250 mL) chopped shallots (mellower, more complex flavor)
- 1-1/4 cups (300 mL) chopped leeks, green onions, or scallions (white and light green parts only)
- 1/3 cup (75 mL) jarred minced onion
- 2 tbsp (25 mL) dried onion flakes

- 1-1/2 to 2 tsp (7 to 10 mL) onion powder
- 1-1/2 to 2 tsp (7 to 10 mL) onion salt (reduce salt by 1/2 to 1 tsp/2 to 5 mL)
- 1-1/2 tsp (7 mL) liquid onion seasoning
- 1 cup (250 mL) chopped yellow globe onions (widely used among home cooks; relatively pungent, complex flavor; best for cooking)
- 1 cup (250 mL) chopped white globe onions (white color; less pungent, less complex flavor than yellow onions; good for cooking; can be used raw if pieces are rinsed)
- 1 cup (250 mL) chopped Spanish onions (larger and slightly sweeter but otherwise very similar to yellow or white globe onions; good for cooking; can be used raw if pieces are rinsed)
- 1 cup (250 mL) chopped red or Italian red onions (purplish red and white color; slightly sweeter and less pungent than yellow globe onions; good for cooking; can be used raw if pieces are rinsed)
- 1 cup (250 mL) chopped Bermuda onions (white or yellow color; slightly sweeter and less pungent than yellow globe onions; good for cooking; can be used raw if pieces are rinsed)

Parsnip Substitute 1 cup (250 mL) chopped parsnips with:

- 1 cup (250 mL) chopped carrots
- 1 cup (250 mL) chopped arracacha
- 1 cup (250 mL) chopped turnips
- 1 cup (250 mL) chopped salsify
- 1 cup (250 mL) chopped celeriac
- 1 cup (250 mL) chopped parsley root
- 1 cup (250 mL) chopped taro
- 1 cup (250 mL) chopped burdock

Potatoes (All) Substitute 1 lb (500 g) potatoes with:

- 1 lb (500 g) cassava
- 1 lb (500 g) yautía or malanga
- 1 lb (500 g) taro
- 1 lb (500 g) sweet potatoes
- 1 lb (500 g) parsnips
- 1 lb (500 g) sunchokes
- 1 lb (500 g) jicama
- 1 lb (500 g) unripe green or yellow plantains

Radicchio Substitute 1 lb (500 g) Radicchio with:

- 1 lb (500 g) Belgian endive, especially red-tipped
- 1 lb (500 g) chicory
- 1 lb (500 g) curly endive
- 1 lb (500 g) escarole
- 1 lb (500 g) arugula
- 1 lb (500 g) watercress
- 1 lb (500 g) red oak-leaf lettuce (less bitter)

Radish Substitute 1 lb (500 g) radishes with:

- 1 lb (500 g) jicama (sweeter; add a pinch of pepper or horseradish for more bite)
- 1 lb (500 g) turnips or parsnips (for soups and stews; add a pinch of pepper or horseradish for more bite)

Red Cabbage Substitute 1 lb (500 g) red cabbage with:

- 1 lb (500 g) green cabbage
- 1 lb (500 g) Brussels sprouts
- 1 lb (500 g) savoy cabbage (milder)
- 1 lb (500 g) napa cabbage (milder; more delicate)

Red Bell Pepper Substitute 1 cup (250 mL) chopped fresh bell pepper with:

- 1 cup (250 mL) chopped fresh, canned, or bottled pimiento
- 1 cup (250 mL) chopped fresh Cubanelle peppers
- 1 cup (250 mL) chopped fresh banana peppers
- 1 cup (250 mL) chopped fresh bull's horn peppers
- 1 cup (250 mL) chopped fresh Anaheim peppers (spicier)
- 1 cup (250 mL) chopped fresh poblano peppers (spicier)
- 1/2 cup (125 mL) dried bell peppers

Romaine Lettuce Substitute 1 lb (500 g) Romaine lettuce with:

- 1 lb (500 g) crisphead lettuce such as Iceberg, Great Lakes, or Imperial (rounder, crisper leaves; less flavorful; more watery)
- 1 lb (500 g) butterhead lettuce such as Bibb or Boston (smaller, more tender leaves; less watery)
- 8 oz (250 g) leaf lettuce such as oak or lollo (smaller, more tender leaves; less watery)
- 8 oz (250 g) mâche (tender leaves; bittersweet, slightly nutty flavor)

Rutabaga Substitute 1 cup (250 mL) chopped rutabaga with:

- 1 cup (250 mL) chopped turnips (sweeter)
- 1 cup (250 mL) chopped broccoli stems (sweeter, milder)
- 1 cup (250 mL) chopped kohlrabi bulb (sweeter, milder)
- 1 cup (250 mL) chopped Asian radishes such as daikon (more peppery)
- 1 cup (250 mL) chopped black radishes (much sharper and hotter flavor)

Savoy Cabbage Substitute 1 lb (500 g) savoy cabbage with:

- 1 lb (500 g) green cabbage (more crisp; stronger flavor)
- 1 lb (500 g) napa cabbage (wider, white, crunchy stems; delicate, pale green, mild-tasting leaves)
- 1 lb (500 g) bok choy (wider, white, crunchy stems; larger, darker green leaves)
- 1 lb (500 g) Brussels sprouts

Shallots Substitute 1 chopped shallot with:

- 1 tsp (5 mL) freeze-dried shallots (much less flavorful)
- 1/4 cup (50 mL) chopped ramps or wild leeks (light part only)
- 1/4 cup (50 mL) chopped leeks or storage onions + 1/2 tsp minced garlic (red onions work well)
- 1/4 cup (50 mL) chopped green onions or scallions (white and light green parts part only)
- 1/4 cup (50 mL) chopped sweet or storage onions (more pungent; red onions work well)

Spinach Substitute 1 lb (500 g) spinach with:

- 1 lb (500 g) amaranth or Chinese spinach (especially to replace tender baby spinach)
- 1 lb (500 g) New Zealand spinach (flatter, narrower leaves than spinach)
- 1 lb (500 g) spinach beet (a variety of beet grown for the leaves; larger, broader, slightly tougher leaves)
- 1 lb (500 g) beet greens (these often have reddish-tinged stems)
- 1 lb (500 g) red or green chard (slightly tougher leaves; thicker stems; slightly sweeter)
- 1 lb (500 g) turnip greens (smaller, teardrop-shaped, paler green leaves; more peppery flavor)
- 1 lb (500 g) kale (larger, tougher, ruffled leaves)
- 1 lb (500 g) sorrel, especially the smaller sheep sorrel (more delicate, pale green leaves; more tart flavor)
- 1 lb (500 g) arugula (smaller, more delicate, pale-green leaves; more bitter and nutty flavor)
- 1 lb (500 g) flat-leaf or garden spinach (small, flat, delicate, pale green leaves, sometimes with two points near the tender stem; mild bittersweet flavor; preferred for salads)
- 1 lb (500 g) curly leaf spinach (large, crinkly, dark green leaves; rather tough stems; mild bitter flavor; often sold in cellophane bags or frozen)

Sweet Potato Substitute 1 cup (250 mL) chopped sweet potatoes with:

- 1 cup (250 mL) chopped sweet pumpkin
- 1 cup (250 mL) chopped butternut squash (more firm)
- 1 cup (250 mL) chopped buttercup squash (more firm)
- 1 cup (250 mL) chopped dumpling squash (lighter orange flesh)
- 1 cup (250 mL) chopped white or cushcush yams (white flesh; more starchy; less sweet)
- 1 cup (250 mL) chopped russet potatoes (white flesh; starchier; less sweet)
- 1 cup (250 mL) chopped boniato (red or brown skin)

Tomatoes (All) Substitute 1 lb (500 g) fresh tomatoes with:

- 1-1/2 cups (375 mL) canned whole tomatoes (for cooking, not salads)

- 6 to 8 sun-dried tomato halves, reconstituted in hot water (chewier; more intense tomato flavor; less watery; for cooking, not salads)
- 3 tbsp (45 mL) tomato paste (to replace cooked tomatoes; more concentrated tomato flavor; add liquid as necessary)
- 1 lb (500 g) tomatillos (slightly more tart; adds apple and citrus aromas; for cooking or salads)
- 1 lb (500 g) red bell peppers + 1 tsp (5 mL) lemon juice (to replace cooked-down tomatoes for sauce, roast, peel, and seed red bell peppers or use jarred roasted red peppers then purée the pepper flesh and add a splash of lemon juice)

Turnips Substitute 1 cup (250 mL) chopped turnips with:

- 1 cup (250 mL) chopped rutabaga (less sweet)
- 1 cup (250 mL) chopped kohlrabi bulb (sweeter)
- 1 cup (250 mL) chopped parsnips (sweeter)
- 1 cup (250 mL) chopped salsify (milder)
- 1 cup (250 mL) chopped celeriac (stronger flavor with celery aromas)
- 1 cup (250 mL) chopped parsley root (stronger flavor)
- 1 cup (250 mL) chopped broccoli stems (sweeter, milder)
- 1 cup (250 mL) chopped Asian radishes such as daikon (more peppery)
- 1 cup (250 mL) chopped black radishes (much sharper and hotter flavor)

Watercress Substitute 1 cup (250 mL) cress with:

- 1 cup (250 mL) arugula
- 1 cup (250 mL) nasturtium leaves
- 1 cup (250 mL) baby spinach leaves + pinch of pepper
- 1 cup (250 mL) radish sprouts
- 1 cup (250 mL) tender dandelion greens

Yellow Squash Substitute 1 lb (500 g) yellow squash with:

- 1 lb (500 g) zucchini (yellow or green color)
- 1 lb (500 g) pattypan squash (yellow or green color)
- 1 lb (500 g) Zephyr summer squash (hybrid of yellow crookneck, Delicata, and acorn squashes; yellow on one end and green on the other)
- 1 lb (500 g) cucuzza (pale green)
- 1 lb (500 g) bottle gourd (pale green)
- 1 lb (500 g) chayote (cream to pale green)
- 1 lb (500 g) yellow crookneck squash (warty and curved near stem end; slightly sweeter than straightneck yellow squash)
- 1 lb (500 g) straightneck yellow squash (smooth and tapered near stem end; milder, less sweet flavor than crookneck squash)

Yuca Substitute 1 lb (500 g) cassava with:

- 1 lb (500 g) mandiba

- 1 lb (500 g) yautía or malanga
- 1 lb (500 g) taro
- 1 lb (500 g) potatoes

Zucchini Substitute 1 lb (500 g) zucchini with:

- 1 lb (500 g) yellow squash (yellow color)
- 1 lb (500 g) pattypan squash (green or yellow color)
- 1 lb (500 g) Zephyr summer squash (hybrid of yellow crookneck, Delicata, and acorn squashes; yellow on one end and green on the other)
- 1 lb (500 g) cucuzza or bottle gourd (pale green)
- 1 lb (500 g) chayote (cream to pale green)

Source: The Food Substitution Bible; Robert Rose; Second Edition edition (September 2, 2010)

FRUIT

Red Apples Substitute 1 lb (500 g) apples with:

- 1 lb (500 g) pears (generally softer flesh)
- 1 lb (500 g) Asian pears (generally crisper and juicier texture; tart flavor)
- 1 lb (500 g) quinces (best for cooking; more tart flavor)

Banana Substitute 1 lb (500 g) ripe Cavendish bananas with:

- 1 lb (500 g) very ripe black plantains (larger; less sweet; more starchy; best for baking, mashing, and frying)

Blackberry Substitute 1 cup (250 mL) blackberries with:

- 1 cup (250 mL) loganberries (red color)
- 1 cup (250 mL) boysenberries (slightly sweeter)
- 1 cup (250 mL) olallieberries (larger; sweeter)
- 1 cup (250 mL) raspberries (smaller; sweeter)

Blueberry Substitute 1 cup (250 mL) blueberries with:

- 1 cup (250 mL) huckleberries (more tart)
- 1 cup (250 mL) red currants (red color; more tart)
- 1 cup (250 mL) raspberries or strawberries (for serving fresh)

Cantaloupe Substitute 1 cup (250 mL) chopped cantaloupe with:

- 1 cup (250 mL) chopped Persian melon
- 1 cup (250 mL) chopped Crenshaw melon
- 1 cup (250 mL) chopped Santa Claus melon
- 1 cup (250 mL) chopped honeydew melon
- 1 cup (250 mL) chopped casaba melon

Grapefruit Substitute 1 cup (250 mL) grapefruit segments with:

- 1/2 cup (125 mL) pummelo segments + 1/2 cup (125 mL) orange segments
- 1 cup (250 mL) Ugli fruit™ segments
- 1 cup (250 mL) tangelo segments

Grapes Substitute 1 cup (250 mL) green table grapes with:

- 1 cup (250 mL) blueberries (purple color; blueberry flavor)

Honeydew Substitute 1 cup (250 mL) chopped honeydew melon with:

- 1 cup (250 mL) chopped Ogen melon
- 1 cup (250 mL) chopped Galia melon
- 1 cup (250 mL) chopped Santa Claus melon
- 1 cup (250 mL) chopped cantaloupe
- 1 cup (250 mL) chopped Persian melon

Lemons Substitute 1 fresh lemon with:

- 1/2 tsp (2 mL) Meyer lemon (larger; sweeter)
- 1 lime (slightly smaller; sweeter)
- 1 calamondin (hybrid of kumquat and mandarin orange)
- 1/2 tsp (2 mL) orange (larger; sweeter)
- 1/4 grapefruit (larger; sweeter)
- 1/4 pummelo (larger; sweeter)

To Vary the Flavor

Substitute 1 fresh lemon with:

- 1 tbsp (15 mL) chopped fresh lemon basil, lemon balm, or lemon thyme (for hint of lemon flavor)
- 2 to 3 leaves chopped fresh lemon verbena (stronger lemon flavor)

Limes Substitute 1 Persian lime with:

- 1 to 2 Key limes (smaller; more intense lime flavor)
- 1 lemon (slightly larger; lemon flavor)
- 1/2 tsp (2 mL) Meyer lemon (larger; sweeter than familiar Eureka or Lisbon lemon)
- 1 calamondin (hybrid of kumquat and mandarin orange)
- 1/2 tsp (2 mL) orange (larger; sweeter)
- 1/4 grapefruit (larger; sweeter)
- 1/4 pummelo (larger; sweeter)

Oranges Substitute 1 sweet orange with:

- 1 large blood orange (sweeter; garnet or garnet-flecked flesh)
- 2 mandarin oranges (smaller; sweet-tart)
- 1 to 2 sour oranges (smaller; much more bitter)
- 2 calamondin (hybrid of kumquat and mandarin orange; smaller; more tart)
- 1 Meyer lemon (more tart and lemony)
- 4 to 6 kumquats (more tart; best for eating out of hand)
- 1/4 to 1/2 tsp (1 to 2 mL) pummelo (larger; more tart)
- 1/2 tsp (2 mL) grapefruit (larger; more tart)
- 1 to 2 limes (smaller; more tart)
- 1 large lemon (smaller; more tart)

Sweet Orange Varieties

Choose 1 fresh sweet orange from these varieties:

- 1 navel-type orange such as Dream Navel, Cara Cara, or California Navel (often seedless; peels and segments easily; best for eating out-of-hand)
- 1 Valencia-type orange such as Valencia, Rhode Red, Kona, or Hamlin (often seeded; extremely juicy; sweet-tart flavor; best for juicing)

Papaya Substitute 1 lb (500 g) papaya with:

- 1 lb (500 g) babaco
- 1 lb (500 g) pepino
- 1 lb (500 g) mango
- 1 lb (500 g) peaches
- 1 lb (500 g) nectarines

Pears Substitute 1 lb (500 g) pears with:

- 1 lb (500 g) apples
- 1 lb (500 g) Asian pears (more crisp)
- 1 lb (500 g) quinces

Pineapple Substitute 1 cup (250 mL) chopped fresh pineapple with:

- 1 cup (250 mL) chopped canned pineapple

- 1 cup (250 mL) papaya
- 1 cup (250 mL) guava
- 1 cup (250 mL) mango
- 1 cup (250 mL) feijoa

Raspberry Substitute 1 cup (250 mL) raspberries with:

- 1 cup (250 mL) strawberries
- 1 cup (250 mL) loganberries (hybrid of blackberries and raspberries)
- 1 cup (250 mL) boysenberries (hybrid of blackberries, raspberries, and loganberries)
- 1 cup (250 mL) olallieberries (hybrid of youngberries and loganberries)
- 1 cup (250 mL) tayberries (hybrid of blackberries and raspberries)
- 1 cup (250 mL) blackberries

Strawberry Substitute 1 pint strawberries with:

- 1 pint raspberries (red color; slightly more tart)
- 1 pint loganberries (red color; slightly more tart)
- 1 pint tayberries (red color; slightly more tart)
- 1 pint blueberries (purple color; slightly more tart)
- 2 cups (500 mL) guava pulp (pinkish orange color)
- 2 cups (500 mL) peeled kiwifruit (green color; slightly more tart)

Watermelon Substitute 1 cup (250 mL) chopped watermelon with:

- 1 cup (250 mL) chopped honeydew melon (less crisp; less watery)
- 1 cup (250 mL) chopped Galia melon (less crisp; less watery)

Source: The Food Substitution Bible; Robert Rose; Second Edition edition (September 2, 2010)

HERBS

Basil Substitute 1 tbsp (15 mL) chopped fresh basil with:

- 1 tsp (5 mL) dried basil
- 1 tsp (5 mL) dried Italian seasoning

To Vary the Flavor

- 1 tbsp (15 mL) chopped fresh oregano
- 1 tbsp (15 mL) chopped fresh mint (works well in Thai dishes)
- 1 tbsp (15 mL) chopped fresh parsley or cilantro (especially for sauces such as pesto)
- 2 tsp (10 mL) chopped fresh thyme

Chives Substitute 1 tbsp (15 mL) chopped fresh chives with:

- 1 tbsp (15 mL) chopped green onions or scallions (green tops only)
- 1 tbsp (15 mL) chopped garlic chives (adds garlic flavor)
- 1 tbsp (15 mL) Chinese garlic stems (adds crunch and garlic flavor)
- 3 tbsp (45 mL) chopped dried chives (much less flavorful)

Cilantro Substitute 1 tbsp (15 mL) chopped fresh cilantro with:

- 1 tbsp (15 mL) chopped fresh culantro or culantro (bitterer flavor)
- 1 tbsp (15 mL) chopped fresh parsley
- 1 tbsp (15 mL) chopped fresh mint + dash of lemon juice
- 1 tbsp (15 mL) chopped fresh basil or lemon basil

Dill Substitute 1 tbsp (15 mL) fresh dill with:

- 1 tbsp (15 mL) fresh tarragon (particularly with eggs, fish, and chicken)
- 1 tbsp (15 mL) fresh fennel leaves (for garnishing)

Italian Parsley Substitute 1 tbsp (15 mL) chopped fresh parsley with:

- 1 tbsp (15 mL) chopped fresh chervil
- 1 tsp (5 mL) dried parsley or chervil (much less flavorful)
- 1 tbsp (15 mL) chopped fresh cilantro (adds grassy, citrusy aromas)
- 1 tbsp (15 mL) chopped fresh tarragon (adds anise aroma)

Lemongrass Substitute 1 lemongrass stalk with:

- 1-1/2 tsp (7 mL) lemon zest + 1/8 tsp (0.5 mL) minced fresh ginger
- 1 tsp (5 mL) lemon balm
- 2 lemon leaves
- 2 lemon verbena leaves

Marjoram Substitute 1 tbsp (15 mL) chopped fresh marjoram with:

- 1 tsp (5 mL) dried marjoram
- 2 to 3 tsp (10 to 15 mL) chopped fresh oregano
- 1 tbsp (15 mL) chopped fresh sweet basil
- 2 to 3 tsp (10 to 15 mL) chopped fresh thyme
- 1 tbsp (15 mL) chopped fresh summer savory

- 1 to 2 tsp (5 to 10 mL) chopped fresh sage
- 1 tsp (5 mL) dried Italian seasoning (adds oregano, thyme, and basil flavors)
- 1 tsp (5 mL) Herbes de Provence (adds other flavors such as thyme, savory, lavender, fennel, and bay leaf)

Mint

Substitute 1 tbsp (15 mL) chopped fresh mint with:

- 1 tsp (5 mL) dried mint
- 1 tsp (5 mL) mint from herbal mint tea bag (will often be peppermint)
- 1/4 to 1/2 tsp (1 to 2 mL) mint extract
- 1 drop oil of peppermint
- 1 to 3 tbsp (15 to 45 mL) crème de menthe (reduce liquid in recipe by 1 to 3 tbsp/15 to 45 mL if necessary; reduce sugar by 1 tsp/5 mL)
- 3 to 4 tbsp (45 to 60 mL) peppermint schnapps (reduce liquid in recipe by 3-4 tbsp/45 to 60 mL if necessary)
- 1 tbsp (15 mL) chopped fresh parsley (preferably, add a pinch of dried mint)
- 1 tbsp (15 mL) chopped fresh basil (works well in savory and sweet dishes)

Oregano

Substitute 1 tbsp (15 mL) fresh oregano leaves with:

- 1 tsp (5 mL) dried oregano leaves

To Vary the Flavor

Substitute 1 tbsp (15 mL) fresh oregano leaves with:

- 1 tbsp (15 mL) fresh marjoram
- 1 tbsp (15 mL) fresh thyme
- 1 tbsp (15 mL) fresh sweet basil
- 1 tbsp (15 mL) fresh summer savory
- 1 to 2 tsp (5 to 10 mL) fresh sage
- 1 tbsp (15 mL) fresh parsley
- 1 tsp (5 mL) dried Italian seasoning (adds thyme and basil flavors)
- 1 tsp (5 mL) dried Greek seasoning (adds onion, garlic, black pepper, mint and cinnamon flavors)
- 1 tsp (5 mL) Herbes de Provence (adds flavors such as thyme, savory, lavender, fennel, and bay leaf)

Parsley

Substitute 1 tbsp (15 mL) chopped fresh parsley with:

- 1 tbsp (15 mL) chopped fresh chervil
- 1 tsp (5 mL) dried parsley or chervil (much less flavorful)
- 1 tbsp (15 mL) chopped fresh cilantro (adds grassy, citrusy aromas)
- 1 tbsp (15 mL) chopped fresh tarragon (adds anise aroma)

Rosemary

Substitute 1 tbsp (15 mL) chopped fresh rosemary with:

- 1 to 2 tsp (5 to 10 mL) crushed dried rosemary

To Vary the Flavor

Substitute 1 tbsp (15 mL) chopped fresh rosemary with:

- 2 tsp (10 mL) chopped fresh sage or thyme
- 1 tbsp (15 mL) chopped fresh summer savory
- 1 tbsp (15 mL) chopped fresh basil or oregano

Sage

Substitute 1 tbsp (15 mL) chopped fresh sage with:

- 1 tsp (5 mL) dried sage
- 1 tbsp (15 mL) chopped fresh pineapple sage (adds pineapple aromas)

To Vary the Flavor

Substitute 1 tbsp (15 mL) chopped fresh sage with:

- 3 to 4 tsp (15 to 20 mL) chopped fresh summer savory
- 1 tbsp (15 mL) chopped fresh rosemary
- 3 to 4 tsp (15 to 20 mL) chopped fresh thyme, basil, or oregano
- 1 to 2 tsp (5 to 10 mL) poultry seasoning (sage and other herbs such as thyme and marjoram)

Tarragon

Substitute 1 tbsp (15 mL) chopped fresh tarragon with:

- 1 tbsp (15 mL) chopped fresh cicely
- 1 tbsp (15 mL) chopped fresh chervil (milder anise flavor)
- 1 tbsp (15 mL) chopped fresh fennel leaves (milder anise flavor)
- 1 tbsp (15 mL) chopped fresh fines herbs (includes tarragon, chervil, chives, and parsley)
- 1 tbsp (15 mL) chopped fresh parsley
- 1 tsp (5 mL) dried tarragon (much less flavorful)
- 1 tbsp (15 mL) chopped fresh dill (particularly with chicken, fish, eggs, and cheese)

Thyme

Substitute 1 tbsp (15 mL) fresh thyme leaves with:

- 3/4 to 1 tsp (4 to 5 mL) dried thyme
- 1 tbsp (15 mL) chopped fresh marjoram
- 1 tbsp (15 mL) chopped fresh oregano
- 1 tbsp (15 mL) chopped fresh basil
- 1 tbsp (15 mL) chopped fresh summer savory
- 1 to 2 tsp (5 to 10 mL) chopped fresh sage
- 2 to 3 tsp (10 to 15 mL) chopped fresh rosemary (more pine-like resinous aromas)
- 1 tsp (5 mL) dried Italian seasoning (usually combines thyme, oregano, and basil)
- 1 tsp (5 mL) dried poultry seasoning (usually combines dried thyme, sage, and marjoram)
- 1 tsp (5 mL) Herbs de Provence (often combines thyme, savory, marjoram, lavender, rosemary, fennel seeds, and bay leaves)
- 2 tsp (10 mL) dried ajwain (a southern Indian spice with aromas similar to thyme)