

COOKING MATTERS[®]

MAKING RECIPES WORK FOR YOU

ENGLISH LESSON WITH ENGLISH & SPANISH MATERIALS
Under Development



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COOKING MATTERS®

Making Recipes Work For You: Getting Started

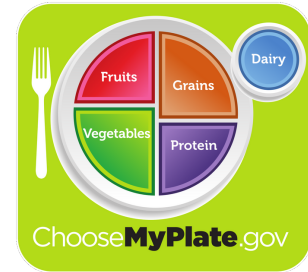


FOR FACILITATORS

Getting Started

Background

What is Cooking Matters? We dream of a world where healthy eating choices are the norm for everyone. To this end, Cooking Matters teaches participants to shop for and cook healthy meals through hands-on, in-person courses; interactive grocery store tours; live, online programming; and mobile, online and educational tools. All Cooking Matters content uses the Dietary Guidelines for Americans and MyPlate as the foundation for basic nutrition guidelines, then builds upon these ideas, using interactive lessons to teach cooking, food safety, and food resource management. Cooking Matters is a campaign of Share Our Strength, an organization working to end hunger and poverty.



Who is Cooking Matters for? Cooking Matters is designed for parents and caregivers, particularly those with kids from 0-5, who are experiencing limited food budgets. How does it work? Cooking Matters works with a network of partners who deliver impactful food skills education in their communities through learner-centered programming. Programming can be done in-person or online, and includes hands-on cooking, nutrition and budgeting activities and discussions, and communal eating of the food made in class (if applicable). Participants will complete pre- and post- class questions to evaluate any behavior change. Evaluation results show that facilitator efforts make a lasting impression and that Cooking Matters participants continue to practice improved eating habits, cooking techniques, and food resource management skills they learned in class.

What is the Waiver & Release? In-person programming participants, guests, volunteers, and facilitators must complete a Cooking Matters-provided 'Participation Waiver and Release' form. Waivers do not need to be obtained for employees of Implementation or Collaborating Partners. Online programming participants, guests, volunteers, and facilitators must complete the form when online programming is recorded and participants are sharing a video feed. Cooking Matters provides the form in English and Spanish. Such Participation Waiver releases Share Our Strength, its partners, sponsors and each of their officers, directors, agents, employees, and volunteers from and against any and all liability for any and all claims, demands, actions, causes of action of whatever kind or nature, costs and expenses that may result from Program participation. Share Our Strength does not require these waivers to be returned but rather to be kept on file with the implementer. See the last page of this packet for the waiver and release.

Please note that this lesson packet is under development and is not a final product.

Creating a Learner-Centered Cooking Matters Class

Adults bring their life experiences to their learning experiences, and use those to determine what is important and relevant to them. As a Cooking Matters facilitator, your challenge is to build upon those experiences so that caregivers will be able to incorporate lessons from Cooking Matters into their own lives.

To achieve this, you'll need to focus on creating a learner-centered environment. This is more than providing information or teaching skills. It is an educational approach that focuses on the participants' concerns and involves them in making decisions and solving problems.

Learner-centered education aims to:

- Engage learners
- Develop respectful relationships
- Recognize that adult learners are decision-makers
- Provide immediately useful information
- Build on learners' past experience and knowledge
- Sequence the learning experiences and reinforce them

The desired outcome is to create a safe environment for learners to consider changing behaviors.

Facilitated Dialogue is a key technique in learner-centered education. Active participation of the leader and group members is its key characteristic. Your role as a facilitator is to provide opportunities for learning by engaging participants in discussion and activities that build upon their experiences. The participants' role is to share questions, concerns, and successes so that they can learn from each other as well as from the instructors.

Each lesson plan is written to assist you in creating a learner-centered course and using Facilitated Dialogue techniques. We hope that you will ask participants open-ended questions to share what they know and encourage hands-on practice with the new skills and information you present. Remember that participants are experts in their own lives. Use participants as a resource for teaching and encourage them to actively consider the changes they can make to get most out of their family meals.

Customizing Your Cooking Matters Class

Cooking Matters was created to meet the needs of a broad swath of parents and caregivers, based on research on the food decision-making processes and preferences of families as well as the wealth of experience of all of our partners that work with parents and caregivers every day across the country. Covering each of the key objectives listed in the lesson plans at some point during the course will help you meet the most salient needs of participants and their families. However, we recognize that some customization of your class will be necessary to meet the specific needs of your particular group. Use of learner-centered principles, including Facilitated Dialogue, will allow you to adapt the flow of conversation to the more specific needs of your audience. We recommend that you take the time in advance to think about other ways in which you might need to make shifts in your teaching approach to be most appropriate for your group. For example:

RECIPES:

Ask parents and caregivers in your group what type of recipes they are interested in making. Don't assume the type of foods a certain culture will want to make. Base the recipes used in class on what participants want to learn, drawing from the collection of recipes included, from CookingMatters.org, or from your own collection.

Consider modifying the structure of the lesson based on the recipes your group will prepare. Ingredients should be low-cost and generally accessible for families. Recipes should be quick to prepare with simple instructions and a combination of ingredients that encourages a variety of food choices across all food groups.

ENGLISH AS A FOREIGN LANGUAGE:

If your class is held with EFL speakers who require a translator, recognize that you'll need to allow extra time for translation. If you're not able to extend the session, determine in advance where you may be able to trim some talking points to cover only the highest-priority content, or try preparing shorter recipes

AGE OF YOUR GROUP'S CHILDREN:

Be sure to ask the parents in your group the ages of their children. Look for ways to make each child-focused discussion applicable to parents and caregivers of children of different ages. As you read through the lesson plan, determine in advance how you will modify other discussions as needed for your group.

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Making Recipes Work For You: Lesson Plan



FOR FACILITATORS

GOAL

Encourage caregivers to adjust recipes to maximize their food resources and meet their family's needs.

OBJECTIVES

- Practice using recipe frameworks.
- Discuss how to substitute ingredients in recipes.
- Share meal ideas that allow each family member to choose the toppings or ingredients that they enjoy.

KEY MESSAGES

- Make small changes to recipes to make them work better your family and your budget. If a recipe calls for a food that is too pricey, too hard to find, or that you simply don't care for, just sub in another.
- It's ok to start with just a concept or an idea instead of an exact recipe.
- Don't worry – and keep practicing. As you develop your cooking confidence, you'll get better at making simple recipe adjustments.
- Try simple meals that allow kids or other picky eaters to choose their own toppings or ingredients.

MATERIALS

Flip chart or white board • Markers/pens • Name tags • Ingredients and equipment for your chosen recipes • Materials for the kids' activities (if using – optional)

KIDS' ACTIVITIES

For optional free downloadable kids activities that parents can have for their children to do while the lesson is happening, visit cookingmatters.org/community-resources/#kids-handouts

CAREGIVER HANDOUTS

We have provided a set of handouts for each lesson that can be 1) used as references for the instructor to prepare for class 2) referenced verbally and/or visually during class to guide discussion 3) provided as take-homes for caregivers to reinforce what they learned in class and encourage further learning. You are NOT required to provide all of these handouts as take-homes (though you may if you wish). Feel free to pick and choose which you feel are most helpful and appropriate. However, we ask that at a minimum you provide a printed copy of the recipe(s) you prepared in class. Check off the handouts you plan to reference during class:

- Spice It Up
- Sub It In

RECIPE OPTIONS

Choose at least 1 recipe (or as many as time allows) for the hands-on prep. The following chart provides some ideas. You may use other recipes if you wish – see CookingMatters.org/recipes for more ideas. If you are not using a Cooking Matters recipe, please be sure it contains only ingredients that are affordable and accessible for low-income caregivers, does not require fancy cooking tools, and follows healthy eating guidelines. To work within a 30-minute lesson, please read the recipes carefully and determine whether you need to prepare any ingredients in advance (e.g., chopping veggies, pre-cooking grains or other ingredients) to fit within your timeframe.

Recipe Ideas			
Recipe Ideas	Prep & Cook Time	Time Saving Tips	Talking Points
Step-by-Step Pasta Dinner	Prep Time: 15 minutes Cook Time: 15-20 minutes	Cook pasta in advance. Prepare vegetables in advance. Prepare sauce in advance.	“Pasta dishes are great for throwing in leftover veggies, thawed frozen veggies, canned veggies – whatever you’ve got.” “These are perfect recipes to double and serve leftovers for lunch or dinner later in the week.”
Step-by-Step Stir-Fry	Prep Time: 15 minutes Cook Time: 15-20 minutes	Cook grain in advance. Prepare vegetables in advance. Prepare sauce in advance.	“Stir-fries are a great way to get a colorful variety of vegetables into a single meal. Use leftover veggies, or throw in veggies that may go bad soon.” “Thawed frozen veggies work well in stir-fries, but be sure to drain excess water before adding.”

CLASS TIME

PAPERWORK (5 MINUTES):

As caregivers arrive, have them sign a waiver.

MAIN COURSE: LESSON TOPIC (22 MINUTES):

INTRODUCTION: (3 MINUTES)

1. **Welcome caregivers.** Introduce instructors and any other volunteers or helpers.
2. **Set expectations.** Explain caregivers will learn how to save money on food and meet their family's needs by using recipes as frameworks, substituting recipe ingredients, and serving meals that allow family members to customize their plates.
3. **Get acquainted:**

ASK

“Show of hands — Who has infants? Toddlers and preschoolers? School-aged children? Teenagers?”

- Make note of this information so you can focus on sharing tips that are most relevant for the age groups represented. Let caregivers know that we will dive right in so we have time for food preparation, but their questions and ideas are welcome throughout the lesson!

HANDS-ON COOKING AND DISCUSSION (19 MINUTES)

1. **Begin by having caregivers prepare the food together.**

NOTE: If you have a helper to lead children, pull the kids into a separate activity of your choosing while caregivers prepare food and have a discussion. If not, identify a specific cooking task for kids or give them a designated area for independent play.

- Have caregivers wash hands using proper technique.
- Introduce the recipes you have chosen and show caregivers the ingredients you'll use. Identify any ingredients in the recipe you are substituting due to cost, convenience, or other reasons.
- Delegate different recipe steps as needed. While caregivers are working:

ASK

“Have you ever seen a recipe that you thought looked enticing, then came across one ingredient or one recipe step that made you skip it? What was it about the ingredient or directions that made you want to disregard the recipe entirely?”

- Point out that recipes are simply cooking guides, not necessarily meant to be followed exactly. Introduce the idea that making small changes to recipes lets you save time and money and meet your family's needs. If your recipe calls for a food that is too pricey, too hard to find, or that you simply don't care for, try subbing in another.

- Point out the various ways making small changes to recipes lets you stretch your food resources. Discuss how caregivers can start with a recipe and adjust the ingredients based on:
 - Foods you have on hand, including leftovers (time-saver!)
 - Your family’s tastes (kid-pleaser!)
 - What’s in season (money-saver!)
 - Ingredients on sale (money-saver!)
 - The amount of time you have free to cook (time-saver!)
 - Healthier cooking methods (health-pleaser!)
- Next, introduce the concept of “recipe frameworks.” Refer to a recipe framework from our to guide the discussion.
- Point out that any recipe can be used as a framework when you identify the different categories of ingredients listed in the recipe, as it’s already done in the recipe frameworks, e.g., protein, vegetables, sauce, whole grains, toppings.
- Review the recipe being used for the hands-on cooking to demonstrate how to call out categories of ingredients to create a recipe framework on their own.



“What concerns do you have with using and adjusting recipes in this way?”

- Let other caregivers share ideas. Remind caregivers not to stress about altering recipes, and that as they develop confidence in cooking, their ability to make simple recipe adjustments will improve. The internet is a handy tool for recipe substitutions—a simple search can give you lots of great ideas for ways to make a recipe work better for you.
- Have caregivers share some more of their favorite or most creative substitutions – particularly those that have saved them lots of time or money, or have gotten them a big win with their kids!

2. If kids and caregivers have been separated, bring them back together for eating time.

- As kids join for eating, model the way a single meal can be served to allow family members with different needs or tastes to modify at the table, such as:
 - Serve sauces and other toppings on the side.
 - Create an “assembly line” for wraps, tacos, or other meals.
 - Create individual servings – for example, divide pizza dough into individual portions and have kids decorate their own pizzas before they are cooked. It’s the same amount of dough and cooking time!
 - Place spice blends on the table to allow eaters to spice their meal according to tastes.
 - Make sure there’s at least one thing everyone at the table will like. Getting kids involved with the meal planning can help with this!

CLOSING (3 MINUTES):

ENCOURAGE: Encourage caregivers to choose one thing they learned today that they will commit to trying at home this week. Have them share aloud if they are willing.

SHARE: Share with caregivers that they can get more great recipes, tips, and ideas for feeding young children by following our Cooking Matters Facebook page. They can also download the Cooking Matters App, visit CookingMatters.org, or follow us on YouTube or Instagram.

TAKE: Share handouts for caregivers to take home, as well as any incentive items you are providing. Caregivers must complete the participant survey questions and return the forms to you before receiving their take-home items.

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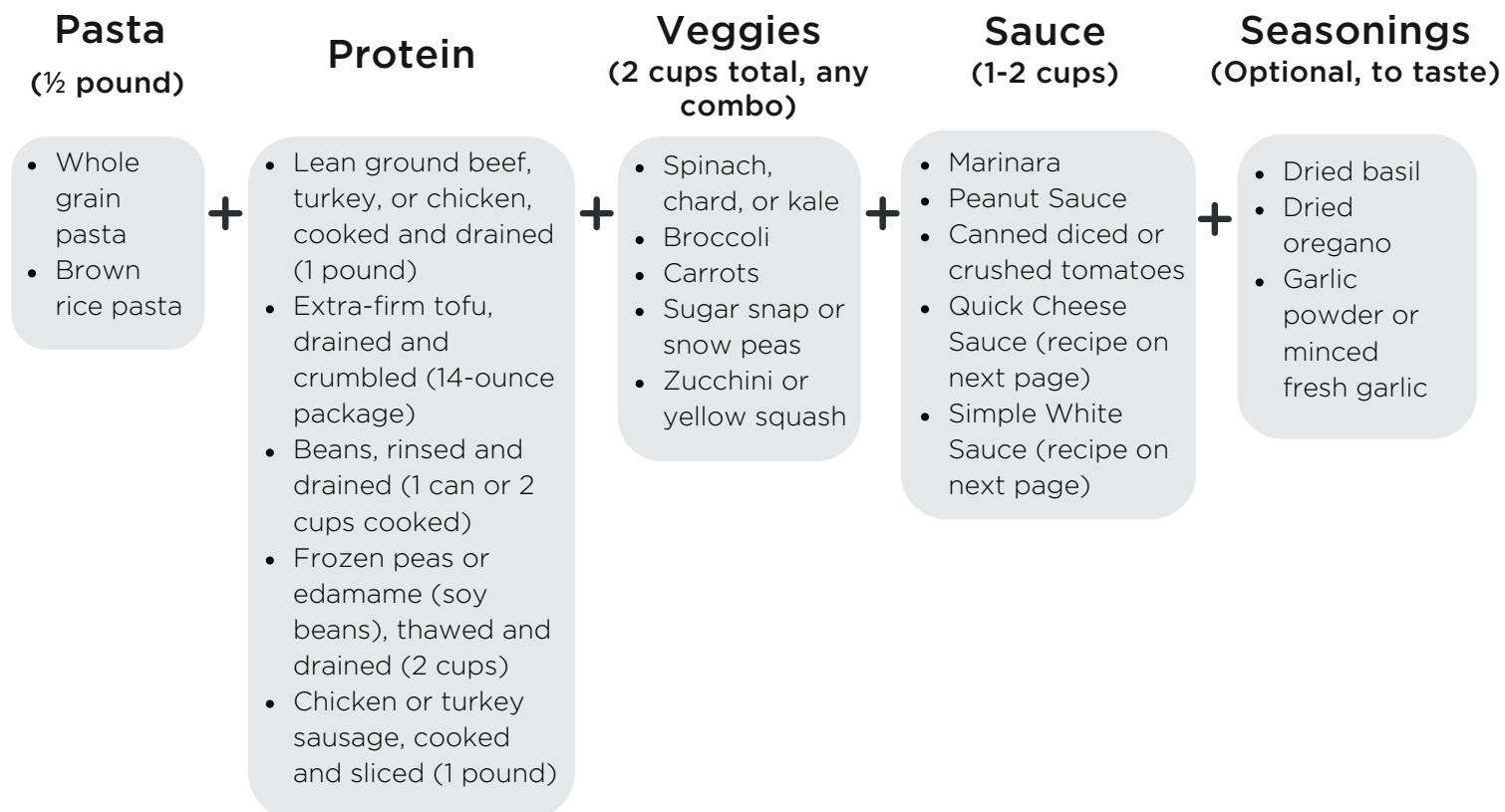
**Making Recipes Work
For You:
Recipes**



Step-by-Step Pasta Dinner

Pinching pennies? Make it a pasta night!

Pasta is a budget-friendly way to choose whole grain. Choose ingredients from the chart below to make a meal for four. Then, follow the step-by-step directions and review the chef's notes.



Directions

1. Cook pasta according to package directions. In a colander, drain pasta.
2. Cook protein as needed. If using, add optional fresh garlic during the last minute of cooking time.
3. Cook veggies by steaming, grilling, roasting, sautéing, or adding to boiling pasta water during the last few minutes of cooking.
4. In a large pot over medium heat, heat sauce. If using, add optional spices now. Add protein and veggies to heat through. Toss with hot cooked pasta and serve.

Chef's Notes

- New to whole grain pasta? Start with a whole grain blend. Once you are used to the taste, switch to 100% whole wheat pasta.
- Use ground meat that is 93% lean or leaner. Drain excess fat from meat after cooking.

Continued >

Step-by-Step Pasta Dinner continued >

Try these combos!

Peanut Noodles

Whole grain spaghetti + tofu + sugar snap peas + carrots + peanut sauce

Summer Pasta Primavera

Whole grain pasta + diced tomatoes + cannellini beans + zucchini + garlic

Spaghetti and Meat Sauce

Whole grain pasta + lean ground beef + broccoli + marinara sauce + dried basil + dried oregano + garlic

Sauce Recipes

Simple White Sauce

1. In a small bowl, use a fork to whisk together 2 Tablespoons cornstarch and 1 cup nonfat or low-fat milk until smooth.
2. In a large saucepan over medium heat, add milk mixture. Cook until thickened, stirring constantly, about 5 minutes.
3. Stir in 2 teaspoons mustard. Season with dried or fresh herbs as you like, such as basil, parsley, or dill. Start with $\frac{1}{4}$ teaspoon and add to your taste.
4. Remove from heat. Add salt and pepper to taste. Serve hot.

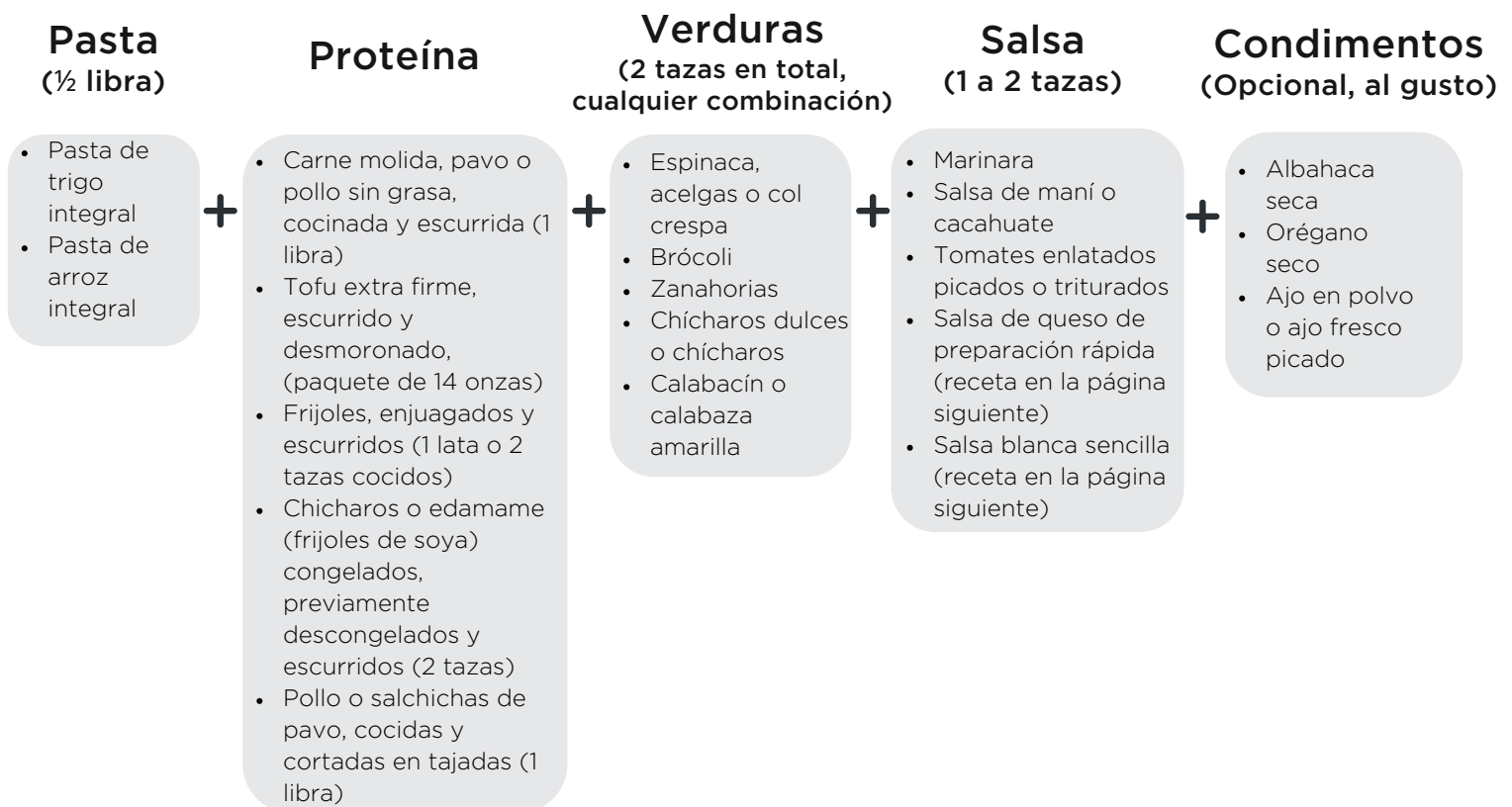
Quick Cheese Sauce

1. Grate 2 ounces low-fat cheddar cheese.
2. Follow instructions for Simple White Sauce above.
3. In step 3, stir in cheese along with the mustard and seasonings, until melted.

Pasta para la cena - paso a paso

¿Está tratando de ahorrar hasta el último centavo? Prepare pasta esta noche!

La pasta es una manera de escoger granos integrales al alcance de su presupuesto. Escoja ingredientes de la siguiente tabla para preparar una comida para cuatro personas. Luego, siga las instrucciones paso a paso y consulte las sugerencias del chef.



Instrucciones

1. Cocine la pasta de acuerdo a las instrucciones del paquete. Escurra la pasta en un colador.
2. Cocine la proteína según sea necesario. Si va a usar el ajo fresco opcional, agréguelo durante el último minuto del tiempo de cocción.
3. Cocine las verduras al vapor, asadas a la parrilla, a la brasa, salteadas, o añadiéndolas al agua hirviendo de la pasta durante los últimos minutos de cocción.
4. En una olla grande, caliente la salsa a temperatura media. Si va a usar especias opcionales, agréguelas ahora. Añada la proteína y las verduras para calentarlas. Mezcle con la pasta cocida y caliente y sirva.

Sugerencias del chef

- ¿No ha probado pasta de grano integral? Empiece con una combinación de granos integrales. Una vez que se acostumbre al sabor, cámbiese a pasta 100% de trigo integral.
- Use carne molida 90% sin grasa o con menos grasa. Escurra el exceso de grasa de la carne después de cocinarla.

Continúa >

Pasta para la cena paso a paso, continuación >

¡Pruebe estas combinaciones!

Espaguetis estilo oriental

Espaguetis de trigo integral + tofu + chícharos dulces + zanahorias + salsa de maní

Pasta primavera de verano

Pasta de trigo integral + tomates picados + frijoles canelini + calabacín + ajo

Espaguetis con salsa de carne

Espaguetis de trigo integral + carne molida sin grasa + brócoli + salsa marinara + albahaca seca + orégano seco + ajo

Recetas de salsas

Salsa blanca sencilla

1. En un tazón pequeño, use un tenedor para batir 2 cucharadas de maicena junto con 1 taza de leche sin grasa o baja en grasa, hasta que esté suave.
2. Eche la mezcla de leche en una olla grande, a temperatura media. Cocine hasta que espese, revolviendo continuamente, alrededor de 5 minutos.
3. Agregue 2 cucharadas de mostaza. Condimente con hierbas secas o frescas según lo prefiera, tales como albahaca, perejil o eneldo. Empiece con $\frac{1}{4}$ de cucharadita y agregue más si lo desea.
4. Retire del fuego. Agregue sal y pimienta al gusto. Sirva caliente.

Salsa de queso de preparación rápida

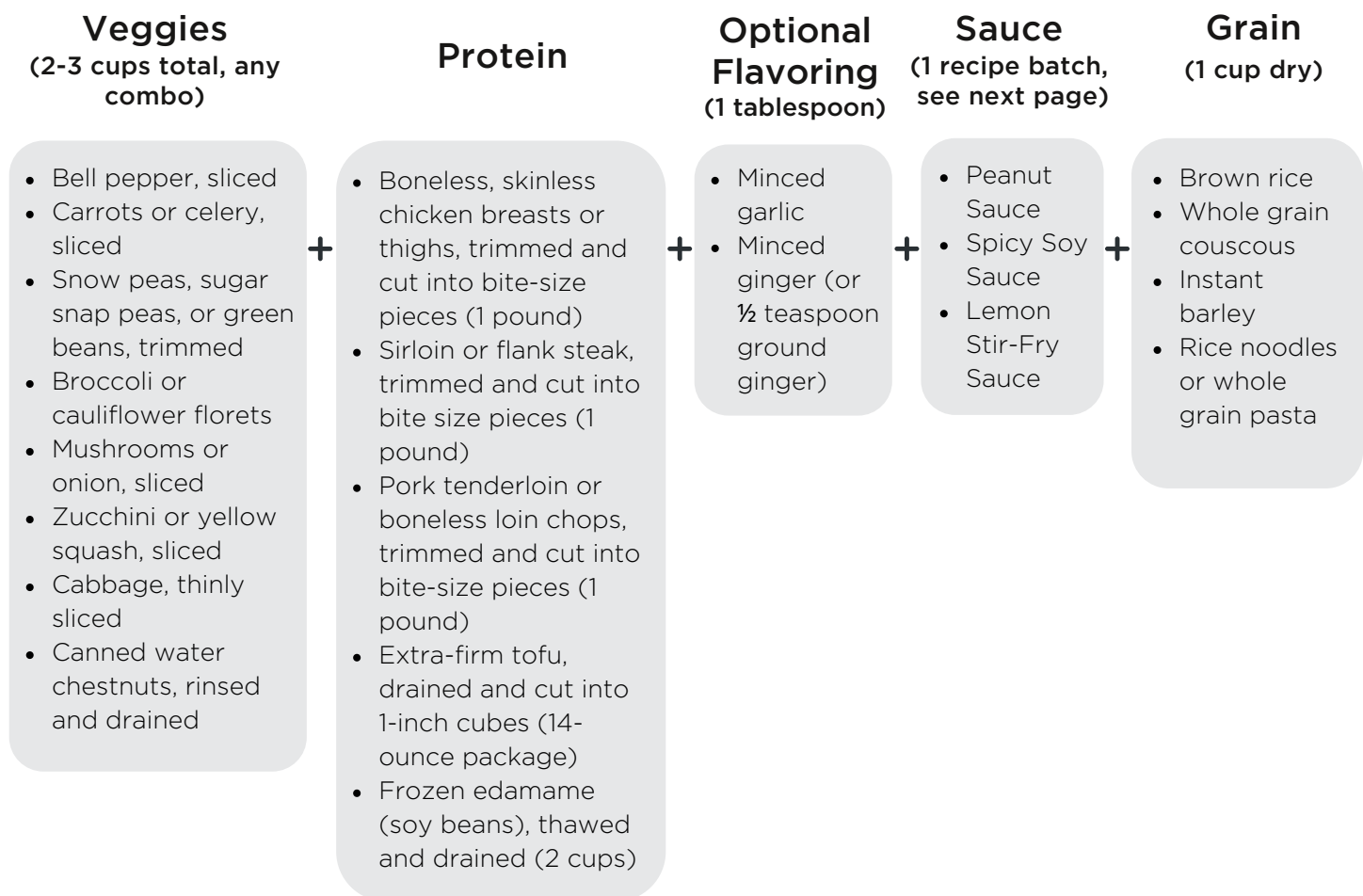
1. Ralle 2 onzas de queso cheddar bajo en grasa.
2. Siga las instrucciones de la receta ‘Salsa blanca sencilla’ de arriba. En el paso 3, agregue el queso al tiempo con la mostaza y los condimentos, hasta que se derrita.

Step-by-Step Stir Fry

Want a quick and healthy weeknight meal?

Try a stir-fry!

Stir-fries are a great way to use up veggies that may soon go bad. Choose ingredients and follow the directions below to make a tasty meal for four.



Continued >

Step-by-Step Stir-Fry continued >

Try these sauces!

Peanut Sauce

In a small bowl, stir together $\frac{1}{4}$ cup peanut butter, $\frac{1}{3}$ cup warm water, $\frac{1}{4}$ cup low-sodium soy sauce, 2 Tablespoons cider vinegar, and 1 Tablespoon sugar.

Spicy Soy Sauce

In a small bowl, stir together $\frac{1}{4}$ cup low-sodium soy sauce, 1 Tablespoon brown sugar, 1 Tablespoon cornstarch, 1 teaspoon minced jalapeno, and $\frac{1}{2}$ teaspoon ground ginger.

Lemon Stir-Fry Sauces

In a small bowl, stir together 3 Tablespoons lemon juice, 3 Tablespoons low-sodium soy sauce, and 2 teaspoons cornstarch.

Directions

If using meat or poultry as your protein:

1. Cook grains following package directions. While grains cook, make stir-fry.
2. In a large skillet over medium-high heat, heat 1 Tablespoon canola oil. Add meat or poultry. Stir occasionally until just cooked through, about 4-6 minutes. Transfer to a plate.
3. Add veggies to skillet. Start with harder veggies first (e.g., green beans, onion, carrots, broccoli, cauliflower). As they begin to soften, add softer veggies (e.g., zucchini, yellow squash) and keep cooking. Total cooking time may be about 10 minutes.
4. If using garlic and/or ginger, add to skillet when all veggies are soft. Stir until fragrant, about 15 seconds.
5. If using peanut sauce or other thick sauce, remove pan from heat and stir in sauce. If using Spicy Soy Sauce, Lemon Stir-Fry Sauce, or other thin sauce, add to pan and bring to a boil. Cook until thickened, about 1-2 minutes.
6. Stir cooked meat or poultry into veggie mixture. Serve stir-fry over cooked grains.

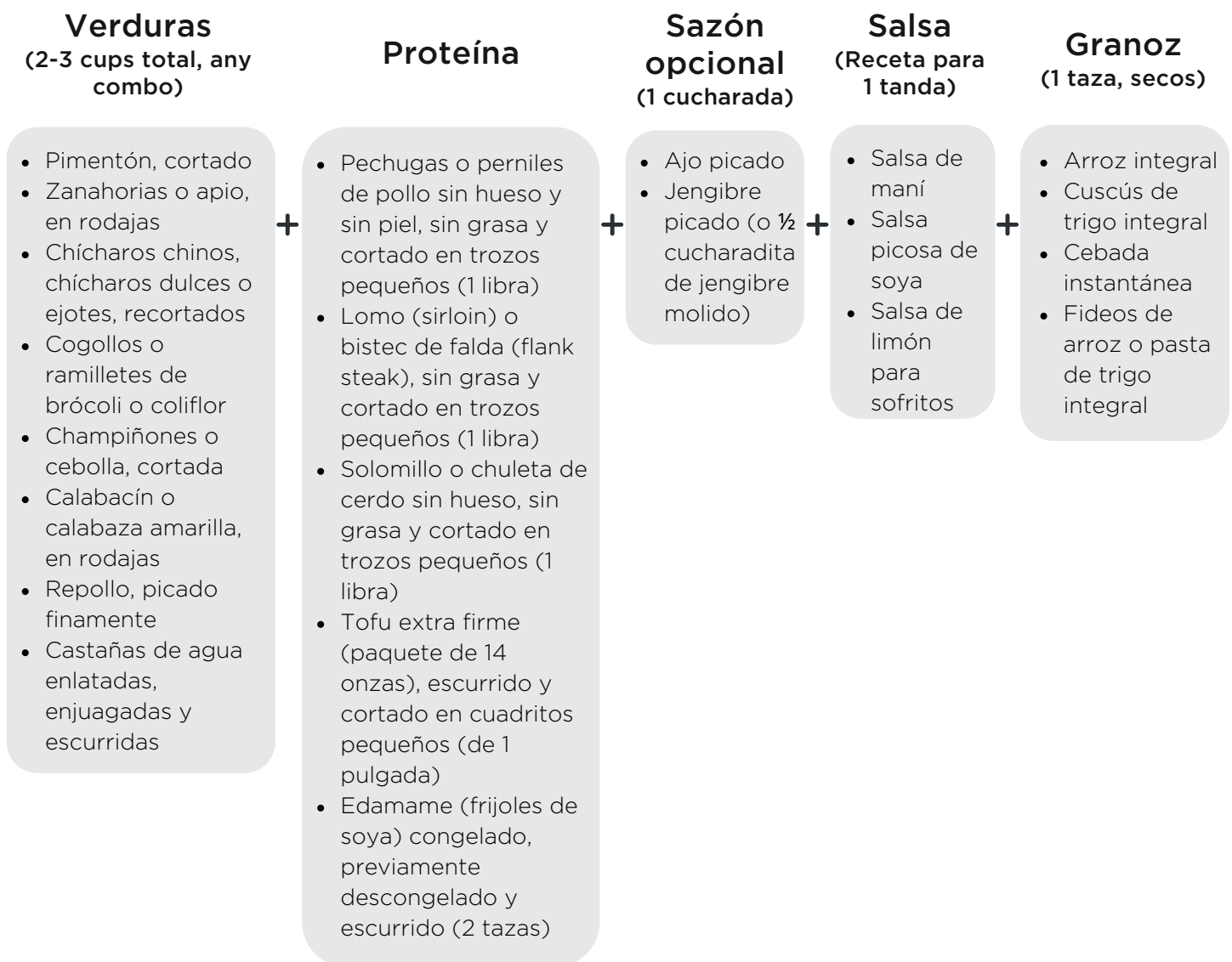
If using tofu or edamame as your protein:

Follow directions above, omitting step 2. Add tofu or edamame in step 3, during the last 3-5 minutes of vegetable cooking time. Heat through.

Cómo sofreír – paso a paso

¿Quiere una comida rápida y saludable para una noche entre semana? ¡Pruebe con un sofrito!

Los sofritos o salteados son una excelente manera de utilizar las verduras que podrían dañarse pronto. Escoja los ingredientes y siga las instrucciones a continuación para preparar una apetitosa comida para cuatro personas.



Continúa >

Cómo sofreír paso a paso, continuación >

¡Pruebe estas salsas!

Salsa de maní o cacahuete

En un tazón pequeño, revuelva $\frac{1}{4}$ taza de mantequilla de maní o cacahuete, junto con $\frac{1}{3}$ taza de agua tibia, $\frac{1}{4}$ taza de salsa de soya baja en sodio, 2 cucharadas de vinagre de sidra y 4 cucharadas de azúcar.

Salsa picosa de soya

En un tazón pequeño, revuelva $\frac{1}{4}$ taza de salsa de soya baja en sodio, junto con 1 cucharada de azúcar morena, 1 cucharada de maicena, 1 cucharadita de jalapeño picado y $\frac{1}{2}$ cucharadita de jengibre molido.

Salsa de limón para sofritos

En un tazón pequeño, revuelva 3 cucharadas de jugo de limón junto con 3 cucharadas de salsa de soya baja en sodio y 2 cucharadas de maicena.

Instrucciones

Si va a usar carne o aves como su proteína:

1. Cocine los granos de acuerdo a las instrucciones del paquete. Mientras los granos se cocinan, prepare el sofrito.
2. Caliente 1 cucharada de aceite de canola en una sartén grande a temperatura media alta. Añada la carne de res, puerco o de ave. Revuelva de vez en cuando hasta que esté cocida completamente, alrededor de 4 a 6 minutos. Pase a un plato.
3. Agregue las verduras a la sartén. Empiece primero con las verduras más duras (ej. ejotes, cebolla, zanahorias, brócoli, coliflor). A medida que empiezan a ablandar, añada las verduras más suaves (ej. calabacín, calabaza amarilla,) y continúe salteándolas. El tiempo total de cocción puede ser de aproximadamente 10 minutos.
4. Si va a usar ajo o jengibre, añada a la sartén cuando todas las verduras estén tiernas. Revuelva hasta que suelten el aroma, alrededor de 15 segundos.
5. Si va a usar salsa de maní u otra salsa espesa, retire la sartén del fuego y agregue la salsa. Si va a usar la Salsa picosa de soya, Salsa de limón para sofritos u otra salsa clara, agregue a la sartén y deje que hierva. Cocine hasta que espese, de 1 a 2 minutos.
6. Agregue la carne o ave cocida a la mezcla de verduras. Sirva el sofrito sobre los granos cocidos.

Si va a usar tofu o edamame como su proteína:

Siga las indicaciones mencionadas anteriormente, suprimiendo el paso 2. Añada el tofu o el edamame en el paso 3, durante los últimos 3 a 5 minutos del tiempo de cocción de las verduras. Caliente completamente

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**Making Recipes Work
For You:
Caregiver Handouts**



Spice It Up

Lose the salt. Use herbs and spices to kick up the flavor of your meals.

Make herbs and spices last longer.

- Fresh: Wrap the stems in damp paper towels. Store them in a plastic bag in the produce bin of your refrigerator. They will last about 1 week.
- Dried: Store in airtight containers away from heat (e.g., not above your stove), moisture, and direct sunlight. They will last about 1 year.

Cut down on costs.

- Use dried herbs and spices, particularly if you would only use a small amount of the fresh. Dried are often cheaper.
- Look for dried herbs and spices sold in bulk. Buy just the amount you need for the recipe, particularly if you do not use that spice often.
- Check out ethnic food aisles or ethnic food stores for herbs and spices. They often have much cheaper prices for the same ingredient.
- Substitute with more commonly used herbs or spices. If a recipe calls for an herb or spice you do not have on hand and will likely not use again, try using a more common item.

Replace them when needed.

- Throw out fresh herbs when many brown spots appear. For dried herbs and spices, check the color and scent. If the color has faded, or the smell is weak, it's time to replace them.

Make your own spices mixes.

- Making your own helps you limit sodium and other unnecessary ingredients added to premade mixes. You can also use the spices right in your pantry instead of buying a new mix you may not use up!

Try new flavor combinations.

- Got a craving for Italian food? Mix it up by flavoring a favorite dish with garlic, basil, and oregano.

Use them at the right time.

- Fresh herbs add great flavor to uncooked dishes, like salads or cold pastas. If using them in a cooked dish, add in the last few minutes so flavor stays vibrant (unless the recipe says otherwise).
- Dried herbs and spices are great for marinades, slow-cooked soups or stews, pastas, casseroles, and many other dishes. Add them near the start of cooking so they have time to soften and release their flavors.

Continued >

Common Substitutions for Herbs and Spices

If the recipe calls for...	Try this instead!
Allspice (1 teaspoon)	½ teaspoon ground cinnamon + ¼ teaspoon ground cloves + ¼ teaspoon ground nutmeg
Basil	Oregano or thyme
Cardamom	Ginger or cinnamon
Chervil	Parsley or dill
Cilantro	Parsley
Cinnamon (1 teaspoon)	¼ teaspoon ground nutmeg or allspice
Cloves	Allspice, cinnamon, or nutmeg
Cumin	Chili powder
Ginger, fresh (1 Tablespoon)	Ginger, ground (1/8 teaspoon)
Marjoram	Basil or thyme
Nutmeg	Cinnamon
Oregano	Thyme, basil, or marjoram
Rosemary	Thyme or tarragon
Sage	Marjoram or rosemary
Thyme	Basil, marjoram, or oregano
Any fresh herb (1 Tablespoon)	The same herb in dried form (1 teaspoon)

Continued >

Spice It Up continued >

Homemade Spice Mixes

Mix spices together in a small bowl. Store in an airtight container for up to 3 months.

Italian Seasoning

- 1 Tablespoon dried basil leaves
- 1 Tablespoon dried oregano leaves
- 1 Tablespoon dried rosemary leaves
- 1 Tablespoon dried thyme leaves

Pumpkin Pie Spice

- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground allspice
- ¼ teaspoon ground nutmeg

Jerk Seasoning

- 1 Tablespoon dried thyme leaves
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper

Taco Seasoning

- 4½ teaspoons chili powder
- 4½ teaspoons ground cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano leaves
- ¼ teaspoon salt

Herbs and Spices Around the World

As your cooking skills improve, try using new flavors to jazz up your favorite meals. Use the list below to test out flavors commonly used by cultures around the world.

Asian Flavors

- Cinnamon
- Cloves
- Coriander
- Curry
- Ginger
- Hot peppers
- Mint
- Mustard seeds
- Turmeric

Italian Flavors

- Basil
- Marjoram
- Oregano
- Rosemary
- Sage
- Thyme

Middle Eastern/African Flavors

- Allspice
- Caraway
- Cardamom
- Cinnamon
- Cumin
- Curry
- Dill
- Ginger
- Hot peppers
- Marjoram
- Mint
- Paprika
- Parsley

Latin/Caribbean Flavors

- Allspice
- Cinnamon
- Chili powder
- Cilantro
- Cumin
- Curry
- Hot peppers
- Nutmeg
- Oregano

Póngale sabor

Evite la sal. Use hierbas y especias para darle un toque de sabor a sus comidas.

Haga que las hierbas y especias duren más.

- Frescas: envuelva los tallos en toallas húmedas de papel. Guárdelas en bolsas de plástico en la gaveta para frutas y verduras del refrigerador. Se conservarán alrededor de 1 semana.
- Secas: guárdelas en recipientes herméticos apartadas del calor (por ejemplo, no las coloque encima de la estufa), humedad y de la luz solar directa. Se conservarán alrededor de 1 año.

Reduzca los costos.

- Use hierbas y especias secas, especialmente si usted solo usaría una pequeña cantidad de las frescas. Las secas son a menudo más económicas.
- Busque hierbas y especias secas que se venden en cantidades grandes. Compre solo la cantidad que necesita para la receta, especialmente si no usa esa especia con frecuencia.
- Busque en los pasillos de alimentos étnicos o tiendas de alimentos étnicos las hierbas y especias. A menudo estos ofrecen precios mucho más bajos para el mismo producto.
- Reemplace con hierbas o especias usadas más comúnmente. Si una receta requiere una hierba o especia que no tiene a la mano y que probablemente no usará de nuevo, trate de usar un producto más común.

Haga sus propias mezclas de especias.

- Preparar sus propias mezclas le ayuda a limitar el sodio y otros ingredientes no necesarios en las mezclas ya hechas. También puede usar las especias que tiene en la despensa en lugar de comprar una mezcla nueva que podría no utilizar. Ver las mezclas en la página 39 para más ideas.

Pruebe nueva combinación de sabores.

- ¿Tiene antojos de una comida italiana? Dele ese sabor, combinando un platillo preferido con ajo, albahaca y orégano.

Úselas en el momento oportuno.

- Las hierbas frescas añaden un gran sabor a los platillos que no requieren cocción, como ensaladas o pastas frías. Si las usa en un platillo que requiere cocción, añádalas en los últimos minutos para que el sabor no se pierda (al menos que la receta indique lo contrario).
- Las hierbas y especias secas son excelentes para adobar, para sopas de cocción lenta o estofados, pastas, cazuelas y muchos otros platillos. Agréguelas casi al empezar a cocinar para que tengan tiempo de ablandarse y soltar sus sabores..

Replácelas cuando sea necesario.

- Bote las hierbas frescas cuando les aparezcan muchas manchas marrones. Revise el color y el olor de las hierbas secas. Si el color ha cambiado o no tienen el mismo aroma, es hora de reemplazarlas.

Continúa >

Sustitutos comunes de hierbas y especias

Si la receta pide...	¡Pruebe esto en su lugar!
Canela (1 cucharadita)	¼ cucharadita de nuez moscada molida o pimienta inglesa o de Jamaica (allspice)
Albahaca	Orégano o tomillo
Cardamomo	Jengibre o canela
Cilantro	Perejil
Clavos	Pimienta inglesa o de Jamaica, canela o nuez moscada
Cominos	Chile en polvo
Jengibre, fresco (1 cucharada)	Jengibre molido (1/8 cucharadita)
Mejorana	Albahaca o tomillo
Nuez moscada	Canela
Orégano	Tomillo, albahaca o mejorana
Perifollo	Perejil o eneldo
Pimienta inglesa o de Jamaica (allspice) (1 cucharadita)	½ cucharadita de canela molida + ¼ cucharadita de clavos molidos + ¼ cucharadita de nuez moscada molida
Romero	Tomillo o estragón
Salvia	Salvia Mejorana o romero
Tomillo	Albahaca, mejorana u orégano
Cualquier hierba fresca (1 cucharada)	La misma hierba seca o deshidratada (1 cucharadita)

Continúa >

Póngale sabor, continuación >

Mezclas caseras de especias

Mezcle todas las especias en un tazón pequeño. Guárdelas en un recipiente hermético por hasta 3 meses.

Condimento italiano

- 1 Tablespoon dried basil leaves
- 1 Tablespoon dried oregano leaves
- 1 Tablespoon dried rosemary leaves
- 1 Tablespoon dried thyme leaves

Especias para pastel de calabaza

- 1 cucharadita de canela molida
- ½ cucharadita de jengibre molido
- ¼ cucharadita de pimienta inglesa o de Jamaica molida
- ¼ cucharadita de nuez moscada molida

Condimento picante

- 1 cucharada de hojas secas de tomillo
- 1 cucharadita de pimienta inglesa o de Jamaica molida
- 1 cucharadita de canela molida
- 1 cucharadita de clavos molidos
- 1 cucharadita de ajo en polvo
- 1 cucharadita de pimienta cayena

Condimento para tacos

- 4½ cucharaditas de chile en polvo
- 4½ cucharaditas de cominos molidos
- ¼ cucharadita de ajo en polvo
- ¼ cucharadita de cebolla en polvo
- ¼ cucharadita de hojas secas de orégano
- ¼ cucharadita de sal

Hierbas y especias de distintas partes del mundo

A medida que mejoren sus habilidades para cocinar, trate de usar nuevos sabores para darle un toque de sabor a sus comidas favoritas. Utilice la lista a continuación para probar sabores usados comúnmente por otras culturas alrededor del mundo.

Sabores orientales

- Canela
- Cilantro
- Clavos
- Cúrcuma
- Curry
- Jengibre
- Menta
- Pimientos picantes
- Semillas de mostaza

Sabores italianos

- Albahaca
- Mejorana
- Orégano
- Romero
- Salvia
- Tomillo

Sabores del Medio Oriente y África

- Alcaravea
- Canela
- Cardamomo
- Cominos
- Curry
- Eneldo
- Jengibre
- Mejorana
- Menta
- Paprika
- Perejil
- Pimienta inglesa o de Jamaica
- Pimientos picantes

Sabores latinos y del Caribe

- Canela
- Chile en polvo
- Cilantro
- Cominos
- Curry
- Nuez moscada
- Orégano
- Pimienta inglesa o de Jamaica
- Pimientos picantes

Sub It In

Tempted to skip over a recipe because of one ingredient? Just use something else!

Foods within a category can be used in place of each other. For instance, a dark leafy green such as kale can be replaced with any other dark leafy green like chard or collards, whether raw or cooked.

If your recipe calls for a food that is too pricey, hard to find, or that you simply don't care for, try subbing in another. Substitutions may be different for raw or cooked foods, so figure out how it's used in your recipe. Then try the tips in the charts below.

Instead of...	If using raw, sub in...	If using cooked, sub in...
Fruit		
Berries (blueberries, blackberries, strawberries, and raspberries)	Cherries, bananas, grapes, stone fruit	Cherries, grapes, stone fruit
Grapes	Cherries, berries, bananas	Cherries, berries
Stone fruit (peaches, plums, nectarines, and apricots)	Bananas, berries	Grapes, apples, pears
Veggies		
Broccoli	Cauliflower	Cauliflower, spinach, dark leafy greens
Carrots	Beets, celery root, summer squash, celery	Root vegetables, summer squash, celery
Dark leafy greens (kale, chard, collards, turnip, beet, and mustard greens)	Spinach, lettuce, cabbage	Spinach, broccoli, cabbage
Eggplant	-	Zucchini, yellow squash, sweet peppers
Mushrooms	Summer squash	Snow peas, sugar snap peas, summer squash
Potatoes	-	Sweet potato, root vegetables, carrots
Root vegetables (turnips, beets, rutabaga, celery root)	Sweet potatoes, carrots	Sweet potatoes, winter squash, carrots, parsnips
Spinach	Lettuce	Dark leafy greens, broccoli, cabbage
Summer squash (zucchini, yellow squash)	Sweet peppers, carrots	Eggplant, sweet peppers
Sweet potatoes	Cabbage, root vegetables, carrots	Root vegetables, carrots, winter squash, parsnips
Winter squash	-	Sweet potatoes, root vegetables, carrots, parsnips

Continued >

Sub It In continued>

The following substitutions will work whether using raw or cooked foods.

Instead of...	This this instead!
Fruit	
Apples	Stone fruit, pears
Bananas	Berries
Grapefruit	Oranges
Lemons	Limes, oranges, grapefruit
Limes	Lemons, oranges, grapefruit
Oranges	Grapefruit
Pears	Stone fruit, apples
Veggies	
Celery	Carrots, celery root
Edamame (soy beans)	Peas, cooked beans
Green onions	Onions, sweet peppers
Hot peppers	Sweet peppers, crushed red chili peppers (to taste)
Onions	Sweet peppers, green onions
Sweet peppers	Tomatoes
Tomatoes	Sweet peppers

Sustitúyalos

¿Tentada a dejar de preparar una receta porque le hace falta un ingrediente? ¡Simplemente use algo diferente!

Los alimentos incluidos dentro de una categoría se pueden usar para remplazarse entre sí. Por ejemplo, las verduras de hoja verde oscuro tales como la col crespita puede ser remplazada por cualquier otra verdura de hoja verde oscuro como acelga o berzas, ya sean crudas o cocidas.

Si su receta requiere de un ingrediente que es muy costoso, difícil de encontrar o que sencillamente no le llama la atención, pruebe remplazándolo por otro. Las sustituciones pueden ser distintas para comidas crudas o cocinadas, así que tiene que determinar como se usa en su receta. Luego trate de usar los consejos de la siguiente tabla.

En vez de...	Si la va a usar cruda, replácela por...	Si la va a usar cocida, replácela por...
Fruta		
Bayas (arándanos azules, moras, fresas y frambuesas)	Cerezas, plátanos, uvas, fruta con hueso	Cereza, uvas, frutas con hueso
Uvas	Cerezas, bayas, plátanos	Cerezas, bayas
Fruta con hueso (duraznos, ciruelas, nectarinas y chabacanos)	Plátanos, bayas	Uvas, manzanas, peras
Verduras		
Berenjena	-	Calabacín, calabaza amarilla, pimientos dulces
Brócoli	Coliflor	Coliflor, espinaca, verduras de hoja verde oscuro
Calabaza de invierno	-	Camotes, papas, tubérculos, nabos blancos, zanahorias
Calabaza de verano (calabacín, calabaza amarilla)	Pimientos dulces, zanahorias	Berenjena, pimientos dulces
Camotes	Repollo, tubérculos, zanahorias	Tubérculos, zanahorias, calabaza de invierno, nabos blancos
Champiñones	Calabaza de verano	Chícharos chinos, chícharos dulces, calabaza de verano
Espinaca	Lechuga	Verduras de hoja verde oscuro, brócoli, repollo
Papas	-	Camotes, tubérculos, zanahorias
Tubérculos (nabos, betabeles, colinabos, raíz de apio)	Camotes, zanahorias	Camotes, calabaza de invierno, zanahorias, nabos blancos
Zanahorias	Betabeles, raíz de apio, calabaza de verano, apio	Tubérculos, calabaza de verano, apio
Verduras de hoja verde oscuro (col crespita, acelgas, berza, hojas de nabo, betabel y de mostaza)	Espinaca, lechuga, repollo	Espinaca, brócoli, repollo

Continúa>

Sustitúyalos, continuación >

Las siguientes sustituciones darán buenos resultados si usa tanto alimentos crudos como cocidos.

En lugar de...	¡Pruebe esto!
Frutas	
Limas	Limonas, naranjas, toronjas
Limonas	Limas, naranjas, toronjas
Manzanas	Fruta con hueso, peras
Naranjas	Toronjas
Peras	Fruta con hueso, manzanas
Plátanos	Bayas
Toronja	Naranjas
Verduras	
Apio	Zanahorias, raíz de apio
Cebollas	Pimientos dulces, cebollitas verdes
Cebollitas verdes	Cebollas, pimientos dulces
Edamame (frijoles de soya)	Chicharos, frijoles cocidos
Pimientos dulces	Tomates
Pimientos picantes	Pimientos dulces, chiles rojos triturados (al gusto)
Tomates	Pimientos dulces

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