

Sub It In

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

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.

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.

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, parsnips, carrots

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Sub It In continued >

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

Instead of...	Try 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

