

Sheet1

INGREDIENT	EQUIVALENT MEASUREMENT (approx)
Apple (medium)	1 cup sliced or ¾ cup chopped
Apricots (1 lbs or 8-10 whole)	2 ½ cups sliced
Asparagus (1 lbs or 18-24 spears)	2-2 ½ cups 1-inch pieces
Bananas (1 medium)	1/3 cups mashed or ¾ cup sliced
Bananas (3 medium)	1 cup mashed
Blueberries (1 lbs)	3 cups
Bread (3 slices)	1 cup of crumbs
Broccoli (1 pound)	4 cups florets
Cabbage (1 medium head or 1 ½ lbs)	7-10 cups shredded or 6 cups chopped
Cantaloupe (1 medium or 2 ½ lbs)	6 cups cubed or 5 ½ cups balls
Carrot (1 medium)	½ cups sliced, chopped or shredded
Cauliflower (1 medium or 1 ½ lbs)	6 cups florets
Celery (1 stalk)	½ cup sliced or chopped
Cheese (1 lbs)	4 ½ cups grated
Cherries (1 lbs)	3 cups whole or 2 ½ cups halved
Chocolate chips (6 ounces)	1 cup
Cranberries (1 lbs)	4 cups
Egg Yolk (large)	1 tablespoon plus 1 teaspoon
Egg White (large)	1 tablespoon plus 2 teaspoons
Egg (large)	4 tablespoons
Garlic (1 clove)	½ teaspoon minced
Graham Crackers (14)	1 cup of crumbs
Grapes (1 lbs)	2 ½ cups
Green Beans (1 lbs)	3 to 3 ½ cups 1-inch pieces
Honeydew (1 medium or 2 ½ lbs)	6 cups cubed or 5 ½ cups balls
Leek (1 medium)	1/3 cup sliced
Lemon (1 medium)	2 teaspoons shredded peel or 3 tablespoons juice
Lime (1 medium)	1 ½ teaspoons shredded peel or 2 tablespoons juice
Mango (1 medium)	1 cup sliced
Mushrooms (8 ounces)	3 cups sliced or chopped
Nectarine (1 medium)	1 cups sliced or ¾ chopped
Onion (1 medium)	½ cup chopped
Orange (1 medium)	1 tablespoon shredded peel or 1/3 cup juice or 1/3 cup sections
Papaya (1 medium or 1 lbs)	1 ¼ cups sliced
Pasta (uncooked, 1 lbs)	2 ² / ₃ cups of cooked pasta
Peach (1 medium)	1 cup sliced or ¾ cup chopped
Pear (1 medium)	1 cup sliced or chopped

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Potatoes (1 lbs)	3 cups cubed (not peeled) or 2 ³ / ₄ cups cubed (peeled)
Pineapple (1 medium or 4 lbs)	4 ¹ / ₂ cups peeled and cubed
Raspberries (1 lbs)	4 cups
Rice, long grain (1 cup uncooked)	3 cups cooked
Rhubarb (1 lbs)	4 cups sliced
Saltines (28 crackers)	1 cup of crumbs
Shallot (1 medium)	2 tablespoons chopped
Summer Squash	1 ¹ / ₄ cup sliced
Strawberries (1 pint or 1 lbs)	3 cups whole or 2 ¹ / ₂ cups sliced
Tomato (1 medium)	¹ / ₂ cup peeled, seeded and chopped
Winter Squash (2 lbs)	4 cups chopped or 2 cups mashed
Whipping Cream (1 cup unwhipped)	2 cups whipped
Yeast (1 pkg, Active, Dry)	2 ¹ / ₄ teaspoons