

FAQ

If you see the following words in a recipe, this is what they mean, unless otherwise stated:

- Egg = a large egg
- Butter = unsalted
- Milk = 1% or skim (if using nondairy milk, make sure it's plain — not vanilla.)

How do I know how much produce to buy? As much as possible, these recipes will give a specific number of an item, like “three celery sticks.” For other recipes, we can make estimates about how much a potato or carrot, for example, will yield. Half of a small item will yield about $\frac{1}{4}$ cup of volume. A whole small item will yield about $\frac{1}{2}$ cup; a medium item, 1 cup; a large item, 1 $\frac{1}{2}$ cups, and so on. In any case, use your best judgement. Most produce will not have extreme variations in size that would affect your recipe.

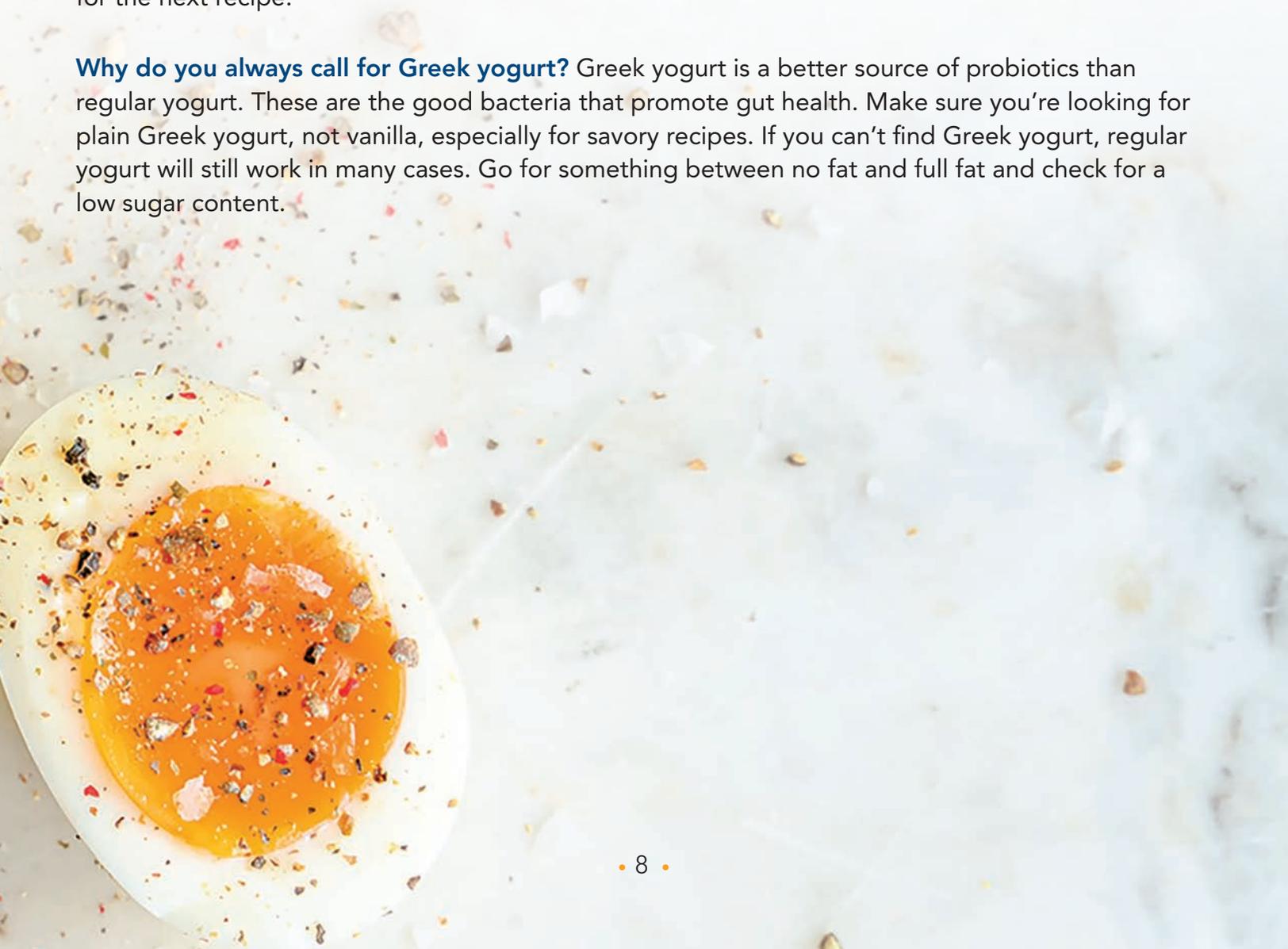
Does it really matter if I use salted or unsalted butter? When you put salted butter together with sneakier salt sources like canned goods, it can really start to add up. We ask for unsalted butter in these recipes to give you more control over the health and taste of your meal. Some recipes will ask you to use salt in earlier steps, but mostly you should add salt only at the end. Start with small amounts and keep taste testing until you're happy with the flavor. If you do have to use salted butter, it's not the end of the world, just reduce salt elsewhere in the recipe.



There are so many types of oil. What should I be cooking with? Unless otherwise indicated, canola or vegetable oils are the way to go, as they're light in flavor and healthier than most olive oils. If you do use olive oil, look for bottles that say "cold pressed," as these will be healthier options. When it comes to fats like oil and butter in these recipes, the measurements given are maximums — less is more. You're never required to use the full amount if less will do the job. You can even use water or stock to sauté ingredients, adding a bit of paprika or cumin for color, if desired.

I don't like buying a whole can of tomato paste, only to use a tiny bit. What do I do? This is a common cooking annoyance. You hope you'll use the rest of the can before it goes bad, but it doesn't often work out that way. Next time you need to use a can of tomato paste, put it in the refrigerator overnight to firm up before you open it. Then, open both ends of the can. Remove one end and use the other end to push the tomato paste out onto a piece of plastic wrap. Since it's firm, you easily can cut off what you need. Wrap the rest up with the plastic wrap and place in the freezer for the next recipe.

Why do you always call for Greek yogurt? Greek yogurt is a better source of probiotics than regular yogurt. These are the good bacteria that promote gut health. Make sure you're looking for plain Greek yogurt, not vanilla, especially for savory recipes. If you can't find Greek yogurt, regular yogurt will still work in many cases. Go for something between no fat and full fat and check for a low sugar content.





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