Ingredient	Amount	Substitution
Margarine	1 cup	1 cup shortening plus 1/2 teaspoon salt OR 1 cup butter OR 7/8 cup vegetable oil plus 1/2 teaspoon salt OR 7/8 cup lard plus 1/2 teaspoon salt
Mayonnaise	1 cup	1 cup sour cream OR 1 cup plain yogurt
Milk--whole	1 cup	1 cup soy milk OR 1 cup rice milk OR 1 cup water or juice OR 1/4 cup dry milk powder plus 1 cup water OR 2/3 cup evaporated milk plus 1/3 cup water
Mint--fresh	1/4 cup chopped	1 Tablespoon dried mint leaves
Molasses	1 cup	Mix 3/4 cup brown sugar and 1 teaspoon cream of tartar
Mustard--prepared	1 Tbsp	Mix together 1 tablespoon dried mustard, 1 teaspoon water, 1 teaspoon vinegar and 1 teaspoon sugar
Onion	1 cup, chopped	1 cup chopped green onions OR 1 cup chopped shallots OR 1 cup chopped leeks OR 1/4 cup dried minced onion OR 1/4 cup onion powder
Orange juice	1 Tbsp	1 Tablespoon other citrus juice
Orange zest	1 Tbsp	1/2 teaspoon orange extract OR 1 teaspoon lemon juice
Parmesan cheese	1/2 cup, grated	1/2 cup grated Asiago cheese OR 1/2 cup grated Romano cheese
Parsley	1 Tbsp chopped fresh	1 Tablespoon chopped fresh chervil OR 1 teaspoon dried parsley
Pepperoni (Salami)	1 ounce	1 ounce salami (1ounce pepperoni)
Raisin	1 cup	1 cup dried currants OR 1 cup dried cranberries OR 1 cup chopped pitted prunes