

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

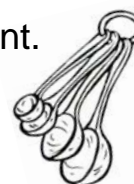


*Ideas For Eating Better For Less . . . .*

## Dry & Liquid Measurements

Careful measuring is important for successful cooking.

- Use a liquid measuring cup to measure liquids such as water, salad oil, milk, and juice.
- Use dry measuring cups to measure flour, sugar, dry milk, cornmeal, and solid shortening. Level off ingredients with the flat side of the knife or spatula to give an accurate measurement.
- Use measuring spoons for measuring small amounts of either liquid or dry ingredients.



(Marked jar, baby bottle, food can, and a regular teaspoon and tablespoon may be used as substitutes for dry and liquid measurement tools.)

### Dry & Liquid Measurements

3 teaspoons = 1 tablespoon  
4 tablespoons = 1/4 cup  
5 1/3 tablespoons = 1/3 cup  
8 tablespoons = 1/2 cup  
12 tablespoons = 3/4 cup  
16 tablespoons = 1 cup  
16 ounces = 1 pound

2 tablespoons = 1 fluid ounce  
1 cup = 8 fluid ounces  
1 cup = 1/2 pint  
2 cups = 1 pint  
4 cups = 1 quart  
4 quarts = 1 gallon



### Apple-Carrot Salad Serves 8

3 cups diced apples  
1 large carrot, shredded  
1/3 cup low-fat salad dressing or mayonnaise  
1/3 cup raisins  
1 tbsp. lemon juice  
1/8 tsp. salt

1. Combine ingredients and mix well.
2. Store in the refrigerator until ready to serve.

NUTRITION FACTS (per serving) - Calories 80 ~ fat 4 g ~ calories from fat 30 ~ sodium 125 mg ~ total carbohydrate 13 g ~ fiber 2 g

## Four- Layer Supper Dish Serves 6

1 lb. ground beef  
4 whole potatoes  
16 oz. can green beans, drained

¼ cup 2% milk  
½ cup cheese, cut into cubes

1. Preheat the oven to 350° F.
2. Brown the ground beef in a skillet over medium heat until no longer pink. Drain off the fat.
3. Scrub and rinse potatoes. Cut into slices. Do not peel. Place sliced potatoes in a large baking pan or casserole.
4. Spoon the beans on top, then the ground beef, and then the cheese. Pour the milk over all.
5. Cover and bake in 350° F oven for 1 hour.

NUTRITION FACTS (per serving) - Calories 300 - fat 13 g - calories from fat 110 - sodium 340 mg - total carbohydrate 28 g - fiber 4 g

### **Measuring Tip:**

*Be careful not to super-size your meals. Avoid gaining extra pounds from overeating. Dish out foods using a measuring cup (1/2 cup) and serve foods on small plates.*

## Recipe Abbreviations

Measured ingredients in a recipe  
may be written in an abbreviated (shortened) form.

Tablespoon	=	TBSP., Tbsp. or T.
Teaspoon	=	TSP., tsp. or t.
Cup	=	C. or c.
Ounce	=	OZ. or oz.
Pound	=	LB. or lb.

