

Simple Swap Chart

Use these swaps when you do not have an ingredient at home. Adjust gently and keep the recipe simple.

Instead of	Try	Note
Feta	Goat cheese or a small amount of parmesan	Use what tastes good to you.
Salmon	Tuna, cod, trout, or chicken	Cooking times may change.
Couscous	Rice, quinoa, or small pasta	Choose what you have on hand.
Fresh herbs	Dried herbs	Use less dried herb than fresh.
Yogurt sauce	Olive oil and lemon	Keep it simple and light.