

## Herb and Spices Substitute Guide

For any herb, you can substitute 1 teaspoon dried herb for 1 tablespoon fresh herb.

**Allspice:** cinnamon, dash of nutmeg or cloves

**Basil:** oregano or thyme

**Bay leaf:** For 1 bay leaf, substitute 1/4 teaspoon crushed bay leaf or 1/4 teaspoon thyme.

**Chervil:** tarragon or parsley

**Chili Powder:** dash bottled hot pepper sauce plus a combination of oregano and cumin

**Chives:** green onion, onion, or leek

**Cilantro:** parsley

**Cinnamon:** nutmeg or allspice (1/4 of the amount)

**Cloves:** allspice, cinnamon, or nutmeg

**Cumin:** chili powder

**Dill (weed or seed):** Use an equal amount of tarragon

**Garlic Powder:** garlic flakes, garlic clove (one large clove = 1/2 tsp. of garlic powder)

**Ginger:** allspice, cinnamon or nutmeg

**Fennel:** anise seed

**Italian seasoning:** basil, oregano, or rosemary

**Marjoram:** basil, thyme, or savory

**Mint:** basil, marjoram, or rosemary

**Nutmeg:** cinnamon, ginger, or mace

**Oregano:** thyme or basil

**Parsley:** chervil or cilantro

**Red Pepper:** a dash of hot sauce or black pepper

**Rosemary:** thyme or tarragon

**Sage:** poultry seasoning, savory, marjoram, or rosemary

**Savory:** thyme, marjoram, or sage

**Tarragon:** chervil, dash fennel seed, or dash anise seed

**Thyme:** basil, marjoram, oregano, or savory

## Misc. Ingredients

**Balsamic Vinegar:** red wine vinegar

**Frozen Onion:** regular onion

**Honey:** maple syrup

**Kale:** spinach

**Olive Oil:** vegetable oil

**Sea Salt/Coarse Salt:** regular salt

**Sesame Seeds:** poppy seeds

**Sour Cream:** Greek yogurt