

MODIFY RECIPES TO PREPARE FEWER SERVINGS

USE SMALLER AMOUNTS EACH INGREDIENT

To prepare recipes to serve fewer people, find the serving information on the original recipe to determine many servings the recipe prepares. Then, decide how many servings you want to prepare. Use this information to help you decide how to reduce the recipe to fit your needs.

Use the table below to help you decide how much of an ingredient you will need to measure when you prepare one half or one-third of a recipe.

IF THE RECIPE CALLS FOR....	USE THIS AMOUNT TO PREPARE HALF OF THE RECIPE....	USE THIS AMOUNT TO PREPARE ONE-THIRD OF THE RECIPE...
1 cup	1/2 cup	1/3 cup
3/4 cup	6 tablespoons	1/4 cup
2/3 cup	1/3 cup	3 tablespoons + 1 1/2 teaspoons
1/2 cup	1/4 cup	2 tablespoons + 2 teaspoons
1/3 cup	2 tablespoons + 2 teaspoons	2 tablespoons + 2 1/4 teaspoons
1/4 cup	2 tablespoons	1 tablespoon + 1 teaspoon
1 tablespoon	1 1/2 teaspoons	1 teaspoons
1 teaspoon	1/2 teaspoon	A little bit more than 1/4 teaspoon
1/2 teaspoon	1/4 teaspoon	A little bit less than 1/4 teaspoon
1/4 teaspoon	1/8 teaspoon	A little bit less than 1/8 teaspoon
1/8 teaspoon	Dash	Dash

ADJUST COOKING TIME

When you modify recipes, your dish may cook more quickly than the cooking time listed in the original recipe. Check your dish after half the original cooking time has passed, then check frequently to determine the cooking time. Use a cooking thermometer to ensure foods reach the proper safe internal temperature.

USE SMALLER POTS, PANS, AND OTHER UTENSILS

You may need to use smaller pots, pans, and other utensils when you modify recipes. This is especially important if you are modifying a recipe to prepare baked goods. When you modify a recipe for baked goods, you will need to determine the area of the pan used in the original recipe and then determine the area of the pan you will need to use to prepare a smaller amount. For example, if you are making half of a recipe, you will need to determine the area of the pan used in the original recipe. Then divide the area by two to determine the area of the pan you will need to use to prepare the modified recipe.

Use the table below to help you find the area of commonly used pans and the area you will need if you are preparing half of a recipe that uses those pans.

Pan Size	Pan Area*	Pan Area to Prepare Half the Recipe*
9-inch x 13-inch pan	117 inches	59 inches
9-inch square pan	81 inches	41 inches
8-inch square pan	64 inches	32 inches
9-inch round pan	64 inches	32 inches
8-inch round pan	50 inches	25 inches
9-inch x 5-inch loaf pan	45 inches	23 inches
8.5-inch x 4.5-inch loaf pan	38 inches	19 inches
*Some values are rounded		

- If you are preparing half of a recipe that uses a 9x13-inch pan, you could use an 8-inch square pan or a 9-inch round pan.
- If you are preparing half of a recipe that uses a 9-inch square pan you could use an 8.5.x 4.5-inch loaf pan.
- Some recipes may be prepared in muffin tins or miniature loaf pans and other smaller size pans.

ROAST CHICKEN AND ORANGES

Serves: 4

INGREDIENTS

4 chicken thighs, trimmed of excess fat
1 red onion, peeled and sliced
2 small oranges, peeled, seeded, and sectioned
½ teaspoon salt
½ teaspoon black pepper
1 lemon, peeled, seeded, and cut into quarters

DIRECTIONS

1. Preheat the oven to 450 F.
2. Place the chicken, onions, and oranges on a baking sheet and spread items evenly to avoid overlap.
3. Sprinkle the chicken with salt and pepper.
4. Place the baking sheet in the oven and bake, about 45 minutes, or until the internal temperature of the chicken reaches 450 F.
5. Remove the baking sheet from the oven and place the chicken on a serving platter.
6. Squeeze the juice from the lemon quarters over the chicken.
7. Top the chicken with the oranges and onions. Enjoy!

Recipe adapted from SNAP-Ed NY

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