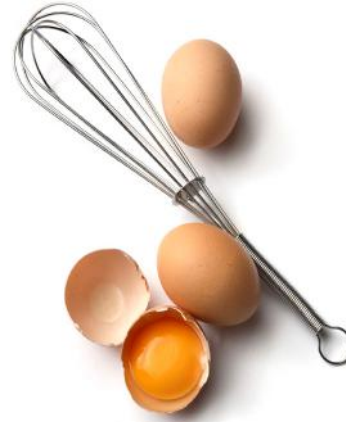


# Missing A Kitchen Tool? USE THESE SUBSTITUTIONS!

Sometimes a recipe will call for a kitchen tool we don't have. The good news is there are different tools you can use instead! See below for a few examples.



## ROLLING PIN



Carefully use a sturdy bottle.

## BLENDER



Use a hand mixer.

## GARLIC PRESS

The tines of a fork can also be useful for mashing garlic. Just place the tines flat against a cutting board and rub a whole, peeled garlic clove against them.



## EGG SEPARATOR



Crack the egg into a bowl and grab an empty plastic water bottle. Squeeze the middle of the bottle like a turkey baster, rest the mouth of the bottle on the yolk, and slowly release your squeeze. The yolk will be sucked right into the bottle.

## JAR OPENER

Cut a new tennis ball in half and place on top of jar. The rubber on the inside of the ball will grip the jar lid and help loosen it.

## POTATO MASHER

Interlace the tines of two forks together (the forks should be facing each other) and mash away.

## COOLING RACK

Simply flip over cardboard egg trays (you'll need two, spaced a little bit apart) and set the baking pan on top. You can also use butter knives: Place them in rows on your counter, alternating directions.



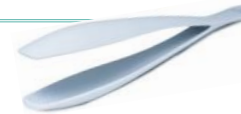
## FLOUR SIFTER



Put a mesh strainer over your mixing bowl, filling it with the needed amount of flour, and gently tapping or shaking it until the flour sifts through. You can use this for powdered sugar as well.

## LEMON/LIME JUICER

Though you can simply squeeze with your hand, placing the fruit in the middle of a pair of tong handles will express more juice.



## PASTRY BRUSH



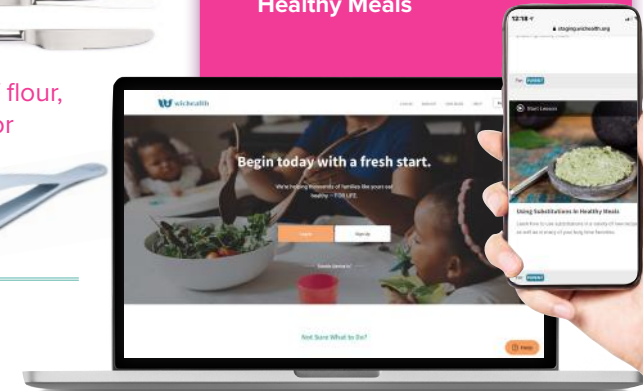
An unused toothbrush is the perfect substitute for a pastry brush. A paper towel will also work in a pinch.

### Take This Lesson Learn:

- Common cooking substitutions.
- How to get calcium from foods other than dairy.
- What plant-based foods have protein.

### To Get Started:

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