

Adapted from



# HOW TO: SUBSTITUTE VEGETABLES



YOU MAY not always have or be able to shop for specific items.

This is a list of vegetables that provide similar flavor profiles and have similar culinary properties.



**HEAVY GREENS** KALE, CHARD, COLLARD GREENS, BOK CHOY, CABBAGE

**TENDER GREENS** LETTUCE, MUSTARD GREENS, SPINACH, BABY GREENS, ARUGULA

**HERBS (SWEET)** BASIL, PARSLEY, FENNEL, CILANTRO, MINT, OREGANO

**HERBS (SAVORY)** ROSEMARY, THYME, SAGE

**ALLIUMS** GARLIC, LEEKS, ONIONS, SHALLOTS

**ROOTS (SOFT)** POTATO, SWEET POTATO, CARROTS, PARSNIP, CELERIAC, WINTER SQUASH

**ROOTS (FIRM)** BEETS, TURNIPS, RADISH, RUTABEGA, CELERIAC, KOHLRABI, BROCCOLI, CAULIFLOWER STEMS

**TENDER THINGS** BEANS, GARLIC SCAPES, ASPARAGUS, BROCCOLINI

**STALKS** CELERY, FENNEL, STEMS FROM HEAVY GREENS

**BRASSICA BITS** BROCCOLI, CAULIFLOWER, BRUSSEL SPROUTS

**TOMATOES** TOMATOES, TOMATILLOS

**SWEET/CRISPY** SWEET CORN, SWEET PEPPERS, APPLES, ASIAN PEARS, GRAPES, SUMMER SQUASH, CUCUMBER, SWEET ONIONS

**FRESH/CRISPY** SUMMER SQUASH, CUCUMBER