Many recipes can be cut in half or thirds. Here are some guidelines to help you adapt a larger recipe to a smaller one.

- **✓** It may be easier to make the entire recipe for baked goods and freeze half.
- **✓** When reducing recipes, you may need to use smaller saucepans, skillets and baking pans. The time for baking smaller amounts of food may be less.
- **✓** The standard size egg for recipes is the large egg. To halve an egg, break it, mix it together with a fork and use 2 tablespoons. Refrigerate the rest and use in an omelet or scrambled eggs within two days.
- **✓** A 9 x 2 x 13-inch pan holds 14 to 15 cups; when halving a recipe use a square 8 x 8 x 2-inch pan or a round 9 x 2-inch pan. When using a different pan size, try and keep the depth of food the same. Reduce the oven temperature by 25°F when substituting a glass pan for a metal one.

Two Web sites that let you adjust their recipes to smaller serving sizes are:
- www.mealsforyou.com
- www.allrecipes.com

To help divide recipes, remember:
- 1 cup = 16 tablespoons
- 1 tablespoon = 3 teaspoons
- 1 cup = 8 fluid ounces
- 1 fluid ounce = 2 tablespoons
- 1 pound = 16 ounces (weight)
- 1 pint = 2 cups
- 2 pints = 1 quart
- 1 quart = 2 pints

### WHEN THE RECIPE SAYS: TO MAKE 1/2 OF A RECIPE

<table>
<thead>
<tr>
<th>1/4 cup</th>
<th>1/3 cup</th>
<th>1/2 cup</th>
<th>2/3 cup</th>
<th>3/4 cup</th>
<th>1 cup</th>
<th>1 tablespoon</th>
<th>1 teaspoon</th>
<th>1/2 teaspoon</th>
<th>1/4 teaspoon</th>
<th>1/8 teaspoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons</td>
<td>2 tablespoons + 2 teaspoons</td>
<td>1/4 cup</td>
<td>1/3 cup</td>
<td>6 tablespoons</td>
<td>1/2 cup</td>
<td>1-1/2 teaspoon</td>
<td>1/2 teaspoon</td>
<td>1/4 teaspoon</td>
<td>1/8 teaspoon</td>
<td>Dash</td>
</tr>
</tbody>
</table>

### WHEN THE RECIPE SAYS: TO MAKE 1/3 OF A RECIPE

<table>
<thead>
<tr>
<th>1/4 cup</th>
<th>1/3 cup</th>
<th>1/2 cup</th>
<th>2/3 cup</th>
<th>3/4 cup</th>
<th>1 cup</th>
<th>1 tablespoon</th>
<th>1 teaspoon</th>
<th>1/2 teaspoon</th>
<th>1/4 teaspoon</th>
<th>1/8 teaspoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tablespoon + 1 teaspoon</td>
<td>1 tablespoon + 2-1/3 teaspoons (or round to 1 tablespoon + 2-1/4 teaspoons)</td>
<td>2 tablespoons + 2 teaspoons</td>
<td>3 tablespoons + 2 teaspoons</td>
<td>1/4 cup</td>
<td>1/3 cup</td>
<td>1 teaspoon</td>
<td>Generous 1/4 teaspoon</td>
<td>Scant 1/4 teaspoon</td>
<td>Scant 1/8 teaspoon</td>
<td>Dash</td>
</tr>
</tbody>
</table>