

# CUTTING DOWN A RECIPE

Last month we talked about cooking for one. Use this chart to break down your favorite recipes into fewer servings!

March 2020

Recipe Amount	Cut in Half	Cut in Third	Cut in Fourth
1 cup	1/2 cup	1/3 cup	1/4 cup
3/4 cup	6 TBSP	1/4 cup	3 TBSP
2/3 cup	1/3 cup	3 TBSP + 1 1/2 tsp	2 TBSP + 2 tsp
1/2 cup	1/4 cup	2 TBSP + 2 tsp	2 TBSP
1/3 cup	2 TBSP + 2 tsp	1 TBSP + 2 1/4 tsp	1 TBSP + 1 tsp
1/4 cup	2 TBSP	1 TBSP + 1 1/2 tsp	1 TBSP
1 TBSP	1 1/2 tsp	1 tsp	1/2 tsp
1 tsp	1/2 tsp	1/4 tsp	1/8 tsp
1/2 tsp	1/4 tsp	1/8 tsp	Dash
1/4 tsp	1/8 tsp	Dash	Pinch



# VEGETARIAN STUFFED PEPPERS

This recipe makes 6 servings

Sourced from USDA / CSFP

## CSFP Ingredients

- 1/2 cup rice, dry
- 1 cup American Cheese, cubed
- 1 cup nonfat dry milk
- 1 can low sodium corn, drained
- 1 can diced tomatoes, drained.

## Additional Ingredients

- 1 cup water
- 2 eggs
- 1 onion, chopped
- 1/2 tsp black pepper
- 1 1/2 tsp garlic powder
- 3 medium green bell peppers, cut in halves, centers removed

## Directions

1. Preheat oven to 350°F
2. Bring one cup water to a boil in a medium pot
3. Add 1/2 cup rice. Bring to boil again.
4. Reduce the heat to low, cover, and cook 15 minutes or until water has been absorbed.
5. In large bowl, combine eggs, non-fat dry milk, rice, cheese, corn, onion, black pepper, and garlic powder.
6. Place green pepper halves in 9x9 inch baking dish.
7. Spoon mixture into pepper halves until very full. Pour tomatoes over peppers.
8. Bake 30-40 minutes.