

Converting Standardized Recipes (Key)

Calculate the conversion factor for each recipe. Round conversion to nearest cooking fraction.

Formula to increase or decrease yield:
New Yield ÷ Old Yield = Conversion Factor
Old Yield x Conversion Factor = New Yield

1. 2-Step Chicken Yield: Serves 4 New Yield: 16

Ingredient	Quantity	Conversion Factor	New Quantity
Vegetable oil	1 Tablespoon	$16 \div 4 = 4$	4 Tablespoons
Boneless chicken breast halves	4	$16 \div 4 = 4$	16 boneless chicken breast halves
Cream of chicken soup (10 ounces)	1 can	$16 \div 4 = 4$	4 cans
Water	½ cup	$16 \div 4 = 4$	2 cups

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/2-step-chicken>

2. "Super Drink" Smoothie Yield: Serves 12 New Yield: 75

Ingredient	Quantity	Conversion Factor	New Quantity
Strawberries, sliced	4 cups	$75 \div 12 = 6.25$	25 cups
Peaches, canned, drained	2 cups	$75 \div 12 = 6.25$	12 ½ cups
Yogurt, plain, low-fat	4 cups	$75 \div 12 = 6.25$	25 cups
Lemon juice	2 Tablespoons	$75 \div 12 = 6.25$	12.5 Tablespoons = ¾ cup + 1 ½ teaspoons
Bananas	½ cup	$75 \div 12 = 6.25$	3.125 cups = 3 1/8 cups

<http://www.whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/super-drink-smoothie>

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3. "Tasty Tenders" Chicken Tenders Yield: Serves 25 New Yield: 90

Ingredient	Quantity	Conversion Factor	New Quantity
Chicken, boneless skinless breasts or thighs	3.5 lbs. (72 oz.)	$90 \div 25 = 3.6$	16.2 lbs.
Wheat bran cereal, crushed	3 $\frac{3}{4}$ cups	$90 \div 25 = 3.6$	13 $\frac{1}{2}$ cups
1% (low-fat) or fat-free milk	2.5 cups	$90 \div 25 = 3.6$	9 cups
Olive or canola oil	5 Tablespoons	$90 \div 25 = 3.6$	18 Tablespoons = 1 $\frac{1}{8}$ cup

<http://www.whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/tasty-tenders-chicken-tenders>

4. Cornbread Yield: Serves 100 New Yield: 24

Ingredient	Quantity	Conversion Factor	New Quantity
Enriched all-purpose flour	2 lbs. (32 oz.)	$24 \div 100 = 0.24$	7 $\frac{3}{4}$ oz.
Cornmeal	2 lbs. (32 oz.)	$24 \div 100 = 0.24$	7 $\frac{3}{4}$ oz.
Sugar	10 $\frac{1}{2}$ oz.	$24 \div 100 = 0.24$	2 $\frac{1}{2}$ oz.
Baking powder	2 oz.	$24 \div 100 = 0.24$	$\frac{1}{2}$ oz.
Salt	2 $\frac{1}{2}$ teaspoons	$24 \div 100 = 0.24$	$\frac{1}{2}$ teaspoon
Frozen whole eggs, thawed or fresh	10 $\frac{1}{2}$ oz.	$24 \div 100 = 0.24$	2 $\frac{1}{2}$ oz.
Instant nonfat dry milk, reconstituted	7 $\frac{1}{2}$ cups	$24 \div 100 = 0.24$	1 $\frac{3}{4}$ cup
Vegetable oil	1 cup	$24 \div 100 = 0.24$	$\frac{1}{4}$ cup
Reduced fat cheddar cheese, shredded	1 lb. 8 oz. (24 oz.)	$24 \div 100 = 0.24$	5 $\frac{3}{4}$ oz.

<http://www.whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/cornbread>