








# Cooking with Onions

## MEASUREMENT CHEAT SHEET

HELPING YOU SUBSTITUTE FOR WHEN YOU DON'T HAVE WHAT THE RECIPE CALLS FOR.

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1 SMALL ONION = 1/3 CUP DICED ONIONS = 1 TBS DRIED ONION FLAKES = 1 TSP ONION POWDER

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1 MEDIUM ONION = 1 CUP DICED ONIONS = 1/4 CUP DRIED ONION FLAKES = 1 TBS ONION POWDER

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1 LARGE ONION = 1 1/2 CUP DICED ONIONS = 1/2 CUP DRIED ONION FLAKES = 1 1/2 TBS ONION POWDER

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4 MEDIUM ONIONS = 1 POUND OF ONIONS = 4 CUPS DICED ONIONS = 3 CUPS SLICED ONIONS

*Cooking Good Things*  
WITH PERI & SONS FARMS

