

# Dinner with Your Doctor

## *Recipe Book*



**groundwork**  
CENTER FOR RESILIENT COMMUNITIES



**MUNSON HEALTHCARE**

**MICHIGAN HEALTH  
ENDOWMENT FUND**

# Welcome to Dinner with Your Doctor!

Our goal is that you will enjoy cooking with us and take-home information that will help you to succeed in building and maintaining a healthy lifestyle.

This is an opportunity to learn about cooking with local ingredients and gain good nutrition habits. Over the next 6-weeks, you will explore your eating style, discuss shopping for and storing local ingredients and ways to boost flavor to food without increasing added sugar and salt. Let's share meals your whole family will enjoy.

The staff who made this possible:

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Thank you to our ingredient and equipment sponsors:



Peppercorn  
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kitchen store!

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## Week 1 Menu

**Local Carrots with warming spices** with oven roasted chicken and **Curried Couscous** with local mixed greens.

# **Local Carrots with Warming Spices**

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## Equipment

Vegetable cutting board or mat  
Chef's Knife  
Electric or stove top skillet  
Wooden or non-stick skillet safe spoon

## Ingredients

1 lb. Carrots, halved lengthwise and chopped (about 6-7 small carrots)  
1 tablespoon olive oil  
1 garlic clove, sliced  
¼ tsp. ground cinnamon  
¼ tsp. ground nutmeg  
Pinch of cayenne  
Salt and ground black pepper to taste



## Instructions

1. In a large skillet over medium-high heat, heat oil. Once is hot, add your carrots so all cut sides of carrots are in a single layer.
2. Cook undisturbed 5 to 7 minutes, until cut sides become caramelized.
3. Stir and add the garlic and dry spices, continue to cook until carrots become tender, 6 to 8 minutes more.
4. Season with salt and pepper.

Serving: 1 cup per person. This cooking method is great for any of your favorite vegetables like Brussels sprouts, broccoli, cauliflower, onions and peppers (we will use again next week!)

# Easy Curry Couscous

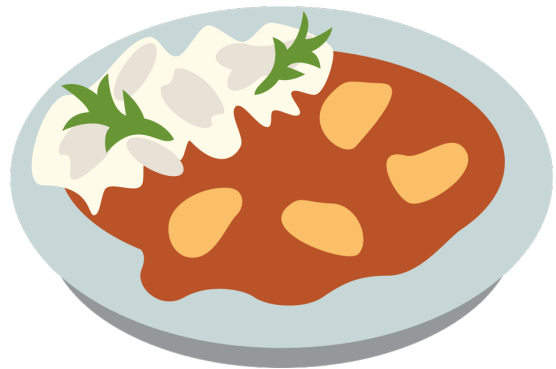
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## Equipment

Large mixing bowl  
Vegetable cutting board or mat  
Chef's knife  
4-quart stock pot or electric skillet  
Cover, lid, or plate  
Mixing & measuring spoons and a fork

## Ingredients

1 ½ cups whole wheat couscous  
3 cups low sodium chicken or vegetable stock  
1 tablespoon curry powder  
2 teaspoons salt  
1 teaspoon ground black pepper  
1 tablespoon olive oil  
½ cup unpacked raisins  
1 bunch cilantro, chopped  
½ cup slivered almonds, toasted



## Instructions

1. Place almonds in the electric skillet or small saucepan on low heat, stir frequently until golden brown. Set aside.
2. Chop cilantro. Set aside.
3. Mix chicken stock, curry powder, salt, pepper, olive oil, and raisins in skillet or saucepan and bring to a boil.
4. Add whole wheat couscous to the hot liquids and stir. Turn off or remove from the heat. Seal the pot or skillet with a lid and allow it to sit for 10 minutes.
5. Fluff couscous with a fork. Top with chopped cilantro and toasted almonds.

Serving: ½ -3/4 cup per person. We love this basic couscous cooking method. Mix in any leftover vegetables, cooked meats or other fresh herbs to explore different flavors and make a one dish dinner. In addition to raisins, dried cherries, cranberries and chopped dried apricots all work well in this dish. Remember that a portion of dried fruit is smaller than fresh, frozen or canned fruit at ¼ cup. **Allergen Alert: Tree Nuts**

Week 2 Menu: **Sautéed Pepper, Onion, Kale & Bean**  
Quesadillas with **Peach Salsa** & local mixed greens.

## Peach Salsa

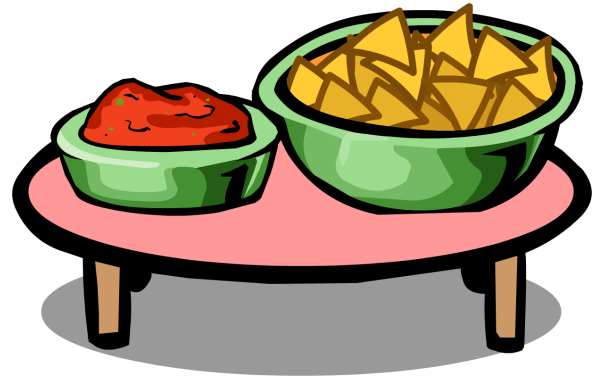
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### Equipment

Chef's Knife  
Vegetable cutting board or mat  
Measuring cups and spoons  
Large mixing bowl

### Ingredients

6 Roma tomatoes, finely diced  
2-3 garlic cloves, finely minced  
2 seeded and minced Jalapeno peppers  
1 red bell pepper, finely diced  
½ onion, finely diced  
2 nectarines or peaches, cubed (MI Farm to  
Freezer peaches)  
1/3 cup fresh cilantro  
2 tsp ground cumin  
1 lime, juiced  
salt, and pepper, to taste



### Instructions

1. Clean and chop vegetables and fruit.
2. If using frozen peaches, chop them while they are still frozen.
3. In a bowl, combine all ingredients. Stir well.
4. Serve with baked whole grain tortilla chips, whole wheat pita bread or cucumber slices.

Other additions to consider: corn kernels, drained and rinsed black beans, canned pineapple tidbits. Keep in the refrigerator for up to 12 hours for full flavor infusion. Stores well in a glass jar.

# **Quesadilla with Local Sautéed Onions, Peppers & Kale**

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## **Equipment**

Vegetable cutting board or mat  
Chef's Knife  
Measuring spoons  
Electric or stove top skillet  
Wooden or non-stick skillet safe spoon

## **Ingredients**

3-4 large kale leaves, chopped  
½ half medium yellow onion, julienned  
1 small bell pepper, julienned  
1 garlic clove, minced  
1 tablespoon olive oil  
½ tsp Chili Powder  
Juice of ½ fresh lemon  
Salt and ground black pepper to taste



### **For Quesadilla:**

¼ cup shredded cheddar or Monterey jack style cheese  
2, 10- 12" whole wheat tortillas  
2 tablespoons drained pinto beans

## **Instructions**

1. Clean, strip and chop kale, onion, pepper and garlic
2. In a large skillet over medium-high heat, heat oil. Once hot, add the onion and peppers in a single layer.
3. Stir while cooking for even cooking until all vegetable soften and become caramelized and tender.
4. Add kale and garlic, sauté for another 3-4 minutes.
5. While the vegetables are cooking: gather the rest of the quesadilla ingredients and drain and rinse the pinto beans.
6. Season vegetables with Chile powder, salt and pepper, lemon, stir and cook 1 minute longer. Using lemon to flavor is good way to reduce salt.
7. Set cooked vegetables aside, wipe out the skillet to clean the surface prior to quesadilla assembly.

**Quesadilla Assembly:** Place one wheat tortilla in skillet, layer shredded cheese, sautéed vegetables, and beans. Cook until cheese is melted and fillings combined about 1-2 minutes. Top with second wheat tortilla and press it down lightly. Flip over, cook for additional 1-2 minutes. Remove from skillet, cut into quarters, top with salsa and enjoy!

## Week 3 Menu: Vegetable Frittata with Skillet Red Potatoes & local mixed greens

# Vegetable Frittata

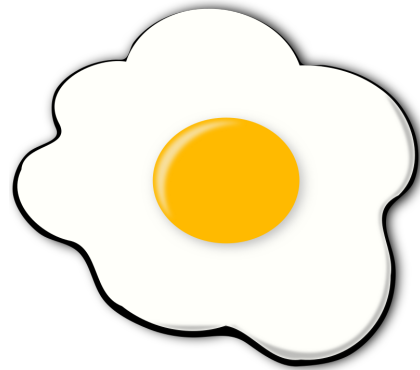
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### Equipment

Whisk or large fork  
Large mixing bowl  
Chef's knife  
Cutting board or mat  
Measuring spoons  
Electric or stove top skillet

### Ingredients

6 eggs, beaten  
1 oz Parmesan, grated  
½ teaspoon ground black pepper  
Pinch of salt  
1 teaspoon olive oil  
½ cup green peppers, chopped  
½ cup onion, chopped  
½ cup broccoli, chopped  
Optional: crushed red pepper flakes & parsley



### Instructions

1. In a medium size bowl, using a fork, blend together eggs, Parmesan, pepper, and salt.
2. 11-inch electric skillet over medium high heat. Add olive oil. Add peppers & onion sauté for 2 to 3 minutes. Mix in broccoli, sauté another 4 minutes.
3. Pour egg mixture into pan and stir with rubber spatula.
4. Cover and cook for 4 to 5 minutes or until the egg mixture has set on the bottom and begins to set up on top and internal temperature reaches 160°F. Garnish with parsley and red pepper flakes.

Serves 6. Egg dishes are customizable. Use this basic cooking method with any of your favorite fresh, frozen and even canned vegetables. Use leftover meats and even cooked grains for a time-saving weeknight supper.



# Skillet Red Potatoes

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## Equipment

Vegetable cutting board or mat

Chef's knife

Measuring spoons

## Ingredients

2 tsp. olive oil

6 medium red potatoes (cut into half-inch cubes)

1 ½ tsp dried parsley flakes

¾ tsp garlic powder

¾ tsp onion powder

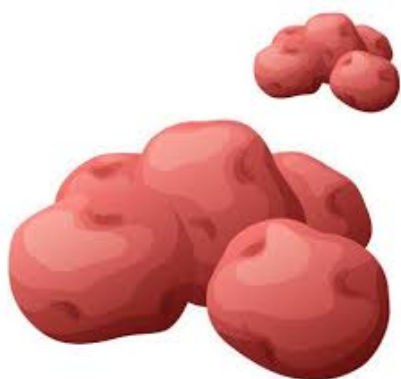
¾ tsp paprika

Optional 1-2 Tbsp. water

## Instructions

1. Wash and prep the potatoes. In the 11-inch electric skillet, heat olive oil over medium heat.
2. Add potatoes to the skillet and cook for 10 minutes, stirring occasionally to allow for even cooking. Adding 1 Tbsp. of water can speed up cooking time.
3. Stir in seasoning; cook and stir another 5-10 minutes or until potatoes are browned and tender.

Serves 6. This recipe showcases using dried herbs and spices. The key to this cooking method is knife skills, the goal is for the potatoes to be cut all the same size. The size will dictate the cooking duration. Tip: when using dried spices, add them during cooking. When using fresh herbs, add them at the end of the cooking process.



Week 4 Menu: **Greek Meatballs** with **Cucumber Yogurt Sauce**, wheat pita & local mixed greens.

# Greek Meatballs

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## Equipment

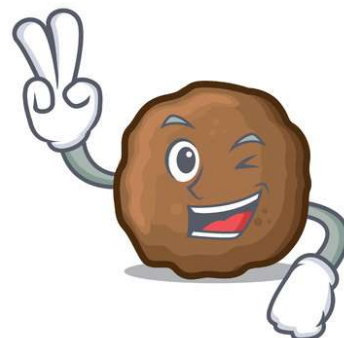
Chef's Knife  
Electric or stove top skillet  
Large mixing bowl  
Whisk  
Measuring spoons  
Spatula

## Ingredients

1 lb. ground turkey  
¼ cup bread crumbs  
½ cup parsley  
3 Tbsp onion, finely chopped  
1 clove garlic, finely chopped  
Zest of one lemon  
1 egg  
1 tsp dried oregano, ½ tsp chili powder, ¼ tsp ground cinnamon  
Salt and ground black pepper to taste  
Olive oil

### For Pita Assembly:

1 Whole wheat Pita, cut in half  
1 handful of mixed local salad greens  
Cucumber Yogurt Sauce (from page 11)  
½ red onion, chopped



## Instructions

1. In a large mixing bowl whisk together the breadcrumbs, parsley, onion, garlic, lemon zest, egg, oregano, chili powder, ground cinnamon, salt and black pepper.
2. Add the ground turkey and combine well with your hands then form meatballs to small sized balls (about 2 oz or 8 meatballs).
3. Coat the bottom of the 11-inch skillet with olive oil and heat to medium high heat. Place the meatballs inside the skillet, browning each side, rotating as needed until fully cooked. Use an instant read thermometer to ensure the inside of the meatball reaches 165°F.

Assemble by stuffing 1-2 meatballs into pita pocket, top with onion, mixed greens and yogurt sauce. Tip: Cut meatballs in half or when rolling meatballs prior to cooking, flatten them slightly so they fit into the pita pocket. Serves 4-6.

# Cucumber Yogurt Sauce (Tzatziki)

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## Equipment

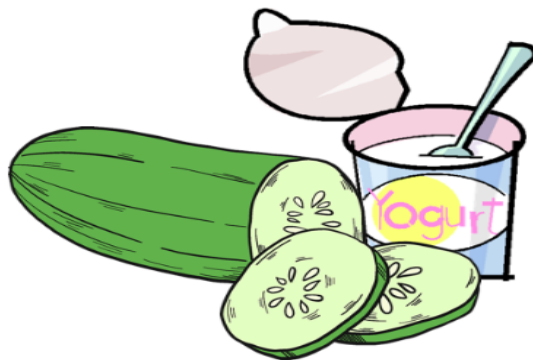
Vegetable Peeler  
Chef's Knife  
Vegetable Cutting Board or mat  
Mixing bowl and strainer  
Spoon

## Ingredients

2 cups Plain Greek Yogurt, 2% reduced fat  
1 cucumber, medium, peeled, seeded, and grated  
1 tablespoon lemon juice  
1 garlic clove, minced  
1 handful fresh mint or dill  
Salt and Pepper to taste  
Optional: sliced tomato

## Instructions

1. Peel, seed, and grate one cucumber and set aside to drain. Place grated cucumber into a colander to drain as much liquid out as possible. Squeeze grated cucumbers with your hands to remove more liquid.
2. Mince garlic and fresh herbs.
3. In a large bowl, mix the yogurt, grated cucumber, lemon juice, fresh herbs and garlic together.
4. Chill for 1 hour before serving. Keep refrigerated in air tight container for up to 4 days. Recommended with the Greek Meatballs (page 10). Top with tomato and more fresh mint or dill prior to serving.



## Week 5 Menu: Lettuce Wraps with **Quinoa & Black Beans** and Skillet Apple Crisp

# Quinoa and Black Beans

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### Equipment

Electric Skillet  
Vegetable cutting board or mat  
Chef's Knife  
Mixing and measuring spoons

### Ingredients

1 teaspoon olive oil  
½ onion, chopped  
2 garlic cloves, chopped  
¾ cup quinoa, rinsed  
1 ½ cups reduced sodium vegetable broth  
1 teaspoon ground cumin  
¼ teaspoon cayenne pepper  
1 cup frozen corn kernels  
1 (15 oz) can black beans, rinsed and drained  
Salt and ground black pepper to taste  
1 head of Butter Leaf lettuce or Romaine leaves  
Garnish options: ½ cup chopped fresh cilantro, lime, sliced jalapeno, diced tomato and red onion



### Instructions

1. Heat oil in a saucepan over medium heat; stir onion and garlic, cook until lightly browned, about 10 minutes.
2. Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt, and pepper.
3. Bring the mixture to a boil. cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 minutes.
4. While mixture is cooking, wash and separate bib lettuce leaves.
5. Stir frozen corn into the saucepan, and continue to simmer until heated through, about 5 minutes; mix in the black beans and cilantro.

Serves 6. Spoon the quinoa & bean mixture on the lettuce leaves, top with lime, sliced jalapeno and red onion. Eat with your hands, similar to a wrap or taco. Other mix in options: brown rice, barley and whole wheat couscous are whole grains that will work in this recipe. Add frozen peas and carrots in addition to or instead of black beans.

# Skillet Apple Crisp

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## Equipment

Vegetable peeler

Chef's Knife

Vegetable or Fruit cutting board or mat

Measuring and mixing spoons

## Ingredients

For the apples...

4 Gala or other Michigan Apples

1 tablespoon unsalted butter

2 teaspoons brown sugar

1 teaspoon ground cinnamon

For the topping...

½ tablespoon unsalted butter

1 teaspoon brown sugar

¼ cup rolled oats

¼ cup chopped pecans

## Instructions

1. Cut, core, and peel the apples, then cut them into ½-inch chunks.
2. Melt the butter in a skillet, add the apple chunks, brown sugar and the cinnamon. Mix everything around until well combined.
3. Put on the lid and cook the apples until they're soft (about 7 min.).
4. Once the apples are done, prepare the topping. In the skillet, melt the butter, then stir in the remaining ingredients.
5. Toast the topping until it is crunchy, then sprinkle over the apples.



Week 6 Menu: Simple and Satisfying Snacks, **Peanut butter energy bites and overnight oats.**

# Peanut Butter Energy Bites

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## Equipment

Large mixing bowl

Chef's Knife

Measuring cups and spoons

Hands

## Ingredients

$\frac{1}{3}$  cup creamy peanut butter

$\frac{3}{4}$  cup rolled oats

2 tablespoons honey or maple syrup

$\frac{1}{2}$  cup mini chocolate chips

$\frac{1}{4}$  cup unsalted peanuts, crushed

## Instructions

1. Add peanut butter and honey to a bowl and stir together.
2. Using Chef's knife, carefully chop the peanuts
3. Add the rest of the ingredients to the bowl and stir to combine.
4. Place in the refrigerator for at least 20 minutes to chill.
5. Remove from the refrigerator, form mixture into 1 inch balls, makes about 12 bites. If not rolling easily, add a little water to the mixture and also wet your hands when rolling.



Because each ball is about 200 calories of “energy” one serving is one ball. These make a great ‘on the go’ breakfast, snacks for before or during sporting practices or an after-meal dessert. If you do not have rolled oats, substitute wheat germ or any unsweetened, whole grain ready to eat cereal. Mix in options: dark mini chocolate chips instead of semi-sweet, cocoa powder, dried cherries or shredded coconut all work well. Keep bites refrigerated and freeze them if not eaten within 5 days.

# Overnight Oats

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## Equipment

Measuring cups and spoons

Mixing spoon

Glass Canning Jar with lid

## Ingredients

¼ cup uncooked old-fashioned rolled oats

1/3 cup 2% milk

¼ cup Greek Yogurt

## Add Ins

*Strawberry Shortcake Flavor:*

¼ cup fresh or frozen strawberries

1 tsp honey or maple syrup (optional)

¼ tsp vanilla

*Banana or Apple Flavor:*

1 Tbsp peanut butter

1 tsp honey or maple syrup (optional)

¼ cup diced ripe banana or apple

*Pumpkin Pie Flavor:*

½ tsp pumpkin pie spice

2 tsp maple syrup (optional)

¼ cup unsweetened pumpkin puree

## Instructions

1. Place all ingredients except fruit in a pint jar. Put the lid on and shake to combine.
2. Add fruit, stir gently until combined.
3. Please lid back on jar and place in refrigerator overnight.
4. Stir before eating.

This is great method do in batches. Keep refrigerated and eat within 4 days. Thank you to Michigan State University Extension for this recipe. Use a Bridge Card with SNAP benefits? Find out about Supplemental Nutrition Assistance Education Programs [https://www.canr.msu.edu/snap\\_ed/](https://www.canr.msu.edu/snap_ed/)

## What's in **Season?**

**Michigan is the second most diverse agricultural state in the country!** There is a wide variety of fresh fruits, vegetables and other products available throughout the year. Produce is always more nutritious and flavorful when in season - and it's usually cheaper as well. Below is a guide to common fruits and vegetables and when they are available at farmers markets in Michigan or at a local grocery stores in both fresh and frozen options. Crop availability fluctuates with many different factors, so becoming a regular at the market and talking to farmers is the best way to know what's available now - and what will become available in the future. Many of the food pantries in Northwest Michigan have Michigan Produce. Find food:

<https://northwestmifoodcoalition.org/food-pantries/>

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### Michigan Produce Availability

<b>Apples</b>	<i>Mid-August to late October</i>
<b>Apricots</b>	<i>July to early August</i>
<b>Asparagus</b>	<i>Early May to late June</i>
<b>Beets</b>	<i>July to mid-October</i>
<b>Blackberries</b>	<i>Mid-August to late September</i>
<b>Blueberries</b>	<i>Late July to mid-September</i>
<b>Broccoli</b>	<i>Mid-July to mid-October</i>
<b>Brussels Sprouts</b>	<i>October</i>
<b>Cabbage</b>	<i>Mid-August to late October</i>
<b>Carrots</b>	<i>Late July to October</i>
<b>Cauliflower</b>	<i>August to October</i>
<b>Cherries, Sweet</b>	<i>Early July to early August</i>
<b>Cherries, Tart</b>	<i>July to August</i>
<b>Chestnuts</b>	<i>October</i>
<b>Corn</b>	<i>Late July to mid-September</i>
<b>Cucumbers</b>	<i>Early August to early October</i>
<b>Eggplant</b>	<i>August</i>
<b>Grapes</b>	<i>September to October</i>
<b>Green Beans</b>	<i>Early August to mid-September</i>
<b>Lettuce</b>	<i>April to December</i>
<b>Nectarines</b>	<i>August to September</i>
<b>Onions</b>	<i>Early July to late September</i>



<b>Peaches</b>	<i>Mid-August to mid-September</i>
<b>Pears</b>	<i>September to October</i>
<b>Peas</b>	<i>June</i>
<b>Peppers</b>	<i>August to mid-October</i>
<b>Plums</b>	<i>July to September</i>
<b>Potatoes</b>	<i>Early September to late October</i>
<b>Potatoes, New</b>	<i>Mid-July to early September</i>
<b>Pumpkins</b>	<i>September to October</i>
<b>Radishes</b>	<i>June to October</i>
<b>Ramps</b>	<i>Mid-April to June</i>
<b>Raspberries</b>	<i>July to October</i>
<b>Rhubarb</b>	<i>May to June</i>
<b>Saskatoons</b>	<i>July to August</i>
<b>Snap Peas</b>	<i>Late June to mid-July</i>
<b>Spinach</b>	<i>June to October</i>
<b>Squash, Summer</b>	<i>Mid-July to mid-September</i>
<b>Squash, Winter</b>	<i>Mid-September to mid-October</i>
<b>Strawberries</b>	<i>Mid-June to early July</i>
<b>Tomatoes</b>	<i>Early July to October</i>



## Tips for Shopping at Farmers Markets

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- 1 KEEP IT SIMPLE**  
You're buying ultra-fresh produce when you shop at the farmers market, so let its natural flavor show when you cook it. Keep preparation simple.
- 2 INVEST IN WHEELS**  
If you buy a lot, consider getting a wheeled cart or wagon. Strollers also work well for fruits and veggies.
- 3 TALK TO THE FARMERS!**  
If you find a vegetable that's new to you and want to give it a try, ask the farmer how to prepare it.
- 4 THINK "WHOLE FOODS"**  
Think about how food comes to market without being processed. Carrots come unpeeled while beets still have greens (and dirt) attached. Handling just-harvested produce can take getting used to, but the superior flavor is worth it! Seek out handouts for tips on working with fresh, seasonal produce!
- 5 WORK IN VOLUME**  
The best deals are had when you buy in bulk. Freezing, canning, and drying are some of the ways you can save food for later in the year.
- 6 PLAN FOR SPONTANEITY**  
You'll fare better if you plan your trip, but you need to leave a bit of wiggle room for those strawberries you didn't know would be at market so early, or the zucchini blossoms you've never tried before.
- 7 PLAN MEALS AHEAD**  
Since you know what you're likely to find at the farmers market, you can do a bit of meal planning and shop accordingly. You'll know both how much to buy and what extra herbs or greens you can add to the dish.
- 8 BRING BIG BAGS & SMALL CHANGE**  
Make sure everything gets home without crashing onto the sidewalk by bringing your own sturdy canvas or nylon bags. Although vendors will make change, purchases will go easier and faster if you have exact (or close to exact) change.
- 9 GO EARLY (OR GO LATE)**  
Markets tend to be less crowded right when they open or just before they close. For the best selection, go to the farmers market early. For the best deals, go to the farmers market late.
- 10 KNOW YOUR SEASONS**  
Making decisions is much easier if you know what grows locally, and ask about what will be coming to market in upcoming weeks.

## **Tips** for Growing Your Own Food!

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- 1 Begin with plants you know your family likes to eat.** While it's always good to try new foods, start by growing produce you know your family will enjoy!
- 2 Start small!** Many plants can grow in containers and pots. Tomatoes, herbs, and strawberries, among others will do just fine on a sunny porch.
- 3 Feeling lost? Read the back of the seed packet!** Seed packets come with an abundance of growing information on the back such as when to plant, how deep to plant, and the amount of sunlight the plant likes.
- 4 Water consistently.** Until you learn more about how much water each plant needs, you can be relatively sure your plant won't die with not over or underwatering. Keep an even soil moisture level by watering in the morning before the sun is out.
- 5 Talk to your neighbors!** Every community has people who love to grow food whether it be a full-time farmer or your neighbor down the street who has killer tomato plants. Don't be afraid to ask people for advice and tips on growing food! It's a great way to connect with new people and not get frustrated as you're learning a new skill.

## Making Your Dollars **Count**

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- 1 Plan your meals.** Based on your schedule for the week, figure out when you'll have time to cook and what you'll want to eat. This can be as simple as "burgers Monday night, tacos Tuesday night, leftovers Wednesday night, vegetable soup Thursday..." Once you have a plan, you'll know how much food to buy and when you'll use it. Eliminating last minute purchases will help keep your budget on track.
- 2 Use recipes that incorporate leftovers.** Casseroles, smoothies, soups and stir-fries are great dishes that use a variety of vegetables and other items you might already have in your fridge.
- 3 Utilize your freezer and dehydrator.** Freeze food such as bread, sliced fruit, or meat you know you won't be able to eat in time. Bake and freeze chicken breasts or fry and freeze taco meat to use later. Buy fruits and vegetables in bulk and dry in a dehydrator for storage.

One more sure-fire way to maximize your food budget? Make sure you don't end up throwing food away before you have a chance to eat it! An estimated 40% of food in the U.S. ends up in the landfill each year. When we let food go to waste, it's like putting money in the garbage. With a little bit of planning we can make sure the money spent on food gets used in a delicious and healthy way.

## Measurement Equivalents

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<b>CUP = Fluid Ounce = Tablespoon = Teaspoon = Milliliter</b>				
<b>1 C</b>	<b>8 oz</b>	<b>16 Tbsp</b>	<b>48 tsp</b>	<b>237 ml</b>
<b>3/4 C</b>	<b>6 oz</b>	<b>12 Tbsp</b>	<b>36 tsp</b>	<b>177 ml</b>
<b>2/3 C</b>	<b>5 oz</b>	<b>11 Tbsp</b>	<b>32 tsp</b>	<b>158 ml</b>
<b>1/2 C</b>	<b>4 oz</b>	<b>8 Tbsp</b>	<b>24 tsp</b>	<b>118 ml</b>
<b>1/3 C</b>	<b>3 oz</b>	<b>5 Tbsp</b>	<b>16 tsp</b>	<b>79 ml</b>
<b>1/4 C</b>	<b>2 oz</b>	<b>4 Tbsp</b>	<b>12 tsp</b>	<b>59 ml</b>
<b>1/8 C</b>	<b>1 oz</b>	<b>2 Tbsp</b>	<b>6 tsp</b>	<b>30 ml</b>
<b>1/16 C</b>	<b>.5 oz</b>	<b>1 Tbsp</b>	<b>3 tsp</b>	<b>15 ml</b>