



## Measuring Cut-Up Ingredients

Measuring cut-up ingredients—chopped, minced or diced—can be confusing. Should you measure them before you cut them up or after?

The answer depends on how the ingredient is written. Does the recipe say "1 cup nuts, chopped," or "1 cup chopped nuts"?

"1 cup nuts, chopped," means you pour the large nut pieces into a dry measuring cup, take them out and chop them up for your recipe.

"1 cup chopped nuts" means you chop the nuts first and then put them in the cup to measure. The same applies to ingredients that call for mincing or dicing.

Careful measurement is important for successful cooking!

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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