



Measuring Margarine and Butter

Look for margarine and butter in the dairy case at the store. One stick of margarine or butter equals 1/2 cup. The wrapping is usually marked off in tablespoons for measuring smaller amounts. With a sharp knife cut off the number of tablespoons needed in the recipe. This works best if the stick is solid. If the wrapper does not have these markings, pack the margarine firmly, right to the top of the measuring spoon or cup and level off with a table knife.

Whipped versions of butter and margarine should not be used for cooking or baking because air has been added for volume; you would not get a correct measurement. The same is true for reduced-fat butter and margarine because they have added moisture.

To store margarine or butter, leave it in its original package and keep it in the refrigerator or freezer.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



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