



Quick: how many teaspoons in five Tablespoons? That's the question that stumped a contestant on the new TV show "Are You Smarter Than a Fifth Grader?" Don't be stumped!

Go to www.cookingwithalicia.com and download this handy cooking conversion chart. Stick it on your fridge.

While you're at it, take our fun and entertaining tour to find out about everything we have to offer.

Cooking with Alicia
your online cooking assistant™

a whole new cooking experience!

Kitchen helper chart

1/2 Tablespoon (Tbsp) = 1-1/2 teaspoons (tsp)
1 Tablespoon = 3 teaspoons
1/8 cup (c) = 2 Tablespoons
1/4 cup = 4 Tablespoons
1/3 cup = 5 Tablespoons + 1 teaspoon

1 fluid ounce (fl oz) = 2 Tablespoons
1/4 cup = 2 fluid ounces
1 cup = 8 fluid ounces
1 pint (pt) = 2 cups (c)
1 quart (qt) = 2 pints = 4 cups
1 gallon = 4 quarts = 16 cups

1 pound (lb) = 16 ounces (oz)
1/4 pound = 4 ounces

1 medium onion = 3" diameter = 1-1/4 cups chopped
1 clove garlic = 1 teaspoon
1 cup raw rice cooked in 2 cups water
= 3 cups cooked rice
1 Tablespoon fresh herbs = 1 teaspoon dried

no spam, no pop-ups, no advertising, no junk mail... ever!

for more help in the kitchen, from meal planning to grocery shopping to cooking, check us out at ...

www.cookingwithalicia.com

great recipes with lots of pictures & step-by-step illustrated instructions ...
illustrated ingredients guides & techniques ...
automatic grocery lists and more ... everything you need all in one place

subscribe yourself or give it as a gift

"My goal, simply stated, is to help people develop their cooking skills and to build a passion for cooking." – Alicia

What we offer:

- ✓ Really good recipes and every single one has illustrated, step-by-step instructions that really show how to cook the meal. Recipes don't teach you how to cook but we do!
- ✓ Lots and lots of pictures
- ✓ Weekly Meal plans that suggests three meals per week; you don't have to think about what to cook!
- ✓ Automated grocery list organized by section in the grocery store; makes shopping easy!
- ✓ Illustrated ingredients, tools and techniques linked into each recipe: everything you need, all in one place
- ✓ Weekly newsletter
- ✓ "oops" section that shows our mistakes so you can learn from them
- ✓ "Better than Takeout" recipes that are fast and quick and more healthy than most take out food
- ✓ And lots, lots more!

Check it out at www.cookingwithalicia.com

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**Take our tour to find out more!
Click on the "Take the Tour" button on our home page.**



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