



## Cooking and Baking with Extra Virgin Olive Oil

Extra virgin olive oil is a great substitute for butter and other cooking fats when cooking and baking. Its use provides a depth of flavor and healthy antioxidants and monounsaturated fat. You may substitute extra virgin olive oil in just about any application, including sautéing and frying. Extra virgin grade has the highest smoke point of olive oil at about 400° Fahrenheit.

### Extra Virgin Olive Oil Conversion Chart

Butter/Margarine	Extra Virgin Olive Oil
1 TSP	3/4 TSP
1 TBSP	2-1/4 TSP
2 TBSP	1-1/2 TBSP
1/4 CUP	3 TBSP
1/3 CUP	1/4 CUP
1/2 CUP	1/4 CUP PLUS 2 TBSP
2/3 CUP	1/2 CUP
3/4 CUP	1/2 CUP PLUS 1 TBSP
1 CUP	3/4 CUP

*Extra virgin olive oil has a complete fat content while butter contains about 25% milk solids in addition to its fat. For this reason, a conversion follows a 3/4 ratio.*