

Olive Oil: A Substitute for Butter & Margarine



Butter/ Margarine 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 + 2 tbsp
2/3 cup	1/2 cup
3/4 cup	1/2 cup + 1 tbsp
1 cup	3/4 cup

When a particular dish calls for margarine or butter, you might be able to substitute a healthier option: olive oil when frying and sautéing. Olive oil can also be used along with butter and/or margarine to enhance the flavors of the individual ingredients in some recipes.

Olive oil can also be used in the place of butter/margarine when baking. The conversion chart below is appropriate for most cake and pastry recipes. However, there are some instances when a solid shortening, like butter or margarine, should be used. For example, since cake frosting must stay solid at room temperature, butter and powdered sugar work nicely, but olive oil and powdered sugar wouldn't make a great pairing for cake frosting. You should also consider the taste factor when baking with olive oil. A mild tasting olive oil should be used in most cake and pastry recipes.