

SPICE UP YOUR LIFE! Using Herbs and Spices

Herbs and spice are a great way to add flavor to your food without adding extra salt, but knowing what spices to use can be confusing. Follow the tips below:

- Start with 1/4 teaspoon for four servings and increase to your taste.
- Add fresh herbs and spices near the end of cooking, dried herbs and spices earlier on.
- Use less spice or herbs if dried.
- You can turn whole spices into powder with a coffee grinder or mortar and pestle.
- To enhance spiciness add chili or red pepper flakes at the VERY beginning of a recipe in a hot pan without the oil.
- To easily retrieve whole spices that are stewing in a dish, make a packet out of a coffee filter (if strong enough) or a paper tea filter, and tie it.
- **Other flavor enhancers include:** Lemon juice, lime juice, orange juice, pineapple juice, vinegars, fresh garlic and onions, chili peppers

Herb/Spice	Suggested Use
Basil	Meat, fish, seafood dishes, eggs, soups, salads, sauces, stews, beans, tomato dishes, most vegetables
Bay leaf	Meat, poultry, game, fish, shellfish, stews, chowders, soups, tomato sauces, pickled meats and vegetables, gravies, marinades
Caraway	Cabbage, dips, dressings, meats, casseroles, cottage cheese, cheese spreads, beans, beets, noodles, breads, cookies
Cayenne	Meat, seafood dishes, casseroles, stews, curries, Mexican recipes, cottage and cream cheese, sauces, soups, vegetables, popcorn
Chili powder	Mexican dishes, meats, stews, seafood, eggs, soups, relishes, dressings, vegetables, popcorn
Cilantro	Spanish foods, salsas and salads, burritos, meat dishes
Cinnamon	Pork, chicken, sweet potatoes, carrots, squash, fruits, nut breads, pastries, puddings, desserts, spiced beverages, oatmeal
Cloves	Sparingly with pork, baked fish, roast chicken, soups, sauces, baked beans, sweet potatoes, carrots, squash, fruits, gingerbread, desserts
Cumin	Soups, stews, sauces, eggs, tomato dishes
Curry	Meat, poultry, fish, shellfish, eggs, stews, beans, cottage cheese, sauces, soups, dressings, vegetables
Dill	Seafood, meat, poultry, cream cheese, soups, chowders, spreads, dips, dressings, rice and potato dishes, vegetables, carrots
Garlic	Meat, fish, shellfish, beans, stews, soups, tomato sauces, breads, vegetables, pasta, rice
Ginger	Meat, poultry, stews, cheese dishes, soups, dressings, curries, yellow vegetables, beets, cakes, pies, cookies, beverages, or boiled as a tea

Italian Seasoning	Italian dishes, Eggs, stews, sauces, beans, vegetables, sandwiches
Marjoram	Beef, pork, lamb, games, poultry, fish, fish sauces, omelettes, stews, soups, sauces, green salads, vegetables, cheese
Mustard	Fish, eggs, soups, sauces, salads, dressings, spreads, many vegetables, sandwiches
Nutmeg	Desserts of all kinds, ground meats, stews, sauces, many vegetables, applesauce, many beverages
Onion	Roasts, steaks, chops, soups, stews, sauces, vegetables, eggs
Oregano	Italian recipes, Mexican recipes, tomato sauces, meats, fish, poultry, eggs, soups, spreads, dips, green salads, vegetables, mushrooms, sandwiches
Parsley	Meats, poultry, fish, eggs, beans, stews, soups, spreads, dips, butters, salads, vegetables, noodles, rice, breads
Poppy Seed	Chicken, fish, lamb, veal, breads,
Red Pepper Flakes	Italian recipes, Mexican recipes, tomato sauces, meats, fish, poultry, eggs, soups, vegetables
Rosemary	Sparingly in meats, poultry, eggs, beans, soups, green salads, sauces, stuffing, marinades, vegetables, herb breads, fruits
Sage	Pork, fish, veal, lamb, cheese dips, cream soups, gravies, green salads, tomatoes, carrots, lima beans, peas, onion, lentils, Brussels sprouts, eggplant
Savory	Seafood, pork, lamb, veal, poultry, egg dishes, cabbage, peas, lentils
Sesame	Fish, lamb, eggs, chicken, fruit salads, vegetables, noodles, breads, toppings, candies, cookies
Tarragon	Poultry, fish, shellfish, salads, soups, beets, cabbage, cauliflower, broccoli
Thyme	Sparingly in fish, shellfish, soups, meats, poultry, cheese, eggs, gumbo, soups, artichokes, beets, beans, potatoes, onions, carrots
Turmeric	Gives a yellow color, mildly sweet, in eggs, curries, tomato stews
Vanilla	In oatmeal, tea, desserts

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Garlic to dream about: Slice the top off one whole head of garlic, exposing the tip of each clove. Wrap in foil and bake at 400 degrees for 45 minutes. When it is done it will be like a soft, spreadable butter, only with no fat! Spread it on bread, use it with chicken, fish, beef, pork, pasta, or anything else you like. Squeeze it out, but be careful—it's very hot!

Salad Dressing: Combine an oil, an acid (vinegar or citrus), and something else.

To add flavor to a sandwich (without the fat): Add Worcestershire sauce, balsamic vinegar, mustard, pimientos, oregano, or Italian seasoning.