Spice Up Your Life!
Using Herbs and Spices

Herbs and spices 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

<table>
<thead>
<tr>
<th>Herb/Spice</th>
<th>Suggested Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil</td>
<td>Meat, fish, seafood dishes, eggs, soups, salads, sauces, stews, beans, tomato dishes, most vegetables</td>
</tr>
<tr>
<td>Bay leaf</td>
<td>Meat, poultry, game, fish, shellfish, stews, chowders, soups, tomato sauces, pickled meats and vegetables, gravies, marinades</td>
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<tr>
<td>Caraway</td>
<td>Cabbage, dips, dressings, meats, casseroles, cottage cheese, cheese spreads, beans, beets, noodles, breads, cookies</td>
</tr>
<tr>
<td>Cayenne</td>
<td>Meat, seafood dishes, casseroles, stews, curries, Mexican recipes, cottage and cream cheese, sauces, soups, vegetables, popcorn</td>
</tr>
<tr>
<td>Chili powder</td>
<td>Mexican dishes, meats, stews, seafood, eggs, soups, relishes, dressings, vegetables, popcorn</td>
</tr>
<tr>
<td>Cilantro</td>
<td>Spanish foods, salsas and salads, burritos, meat dishes</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>Pork, chicken, sweet potatoes, carrots, squash, fruits, nut breads, pastries, puddings, desserts, spiced beverages, oatmeal</td>
</tr>
<tr>
<td>Cloves</td>
<td>Sparingly with pork, baked fish, roast chicken, soups, sauces, baked beans, sweet potatoes, carrots, squash, fruits, gingerbread, desserts</td>
</tr>
<tr>
<td>Cumin</td>
<td>Soups, stews, sauces, eggs, tomato dishes</td>
</tr>
<tr>
<td>Curry</td>
<td>Meat, poultry, fish, shellfish, eggs, stews, beans, cottage cheese, sauces, soups, dressings, vegetables</td>
</tr>
<tr>
<td>Dill</td>
<td>Seafood, meat, poultry, cream cheese, soups, chowders, spreads, dips, dressings, rice and potato dishes, vegetables, carrots</td>
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<tr>
<td>Garlic</td>
<td>Meat, fish, shellfish, beans, stews, soups, tomato sauces, breads, vegetables, pasta, rice</td>
</tr>
<tr>
<td>Ginger</td>
<td>Meat, poultry, stews, cheese dishes, soups, dressings, curries, yellow vegetables, beets, cakes, pies, cookies, beverages, or boiled as a tea</td>
</tr>
<tr>
<td>Seasoning</td>
<td>Uses</td>
</tr>
<tr>
<td>------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>Italian</td>
<td>Italian dishes, Eggs, stews, sauces, beans, vegetables, sandwiches</td>
</tr>
<tr>
<td>Marjoram</td>
<td>Beef, pork, lamb, games, poultry, fish, fish sauces, omelettes, stews, soups, sauces, green salads, vegetables, cheese</td>
</tr>
<tr>
<td>Mustard</td>
<td>Fish, eggs, soups, sauces, salads, dressings, spreads, many vegetables, sandwiches</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>Desserts of all kinds, ground meats, stews, sauces, many vegetables, applesauce, many beverages</td>
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<tr>
<td>Onion</td>
<td>Roasts, steaks, chops, soups, stews, sauces, vegetables, eggs</td>
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<tr>
<td>Oregano</td>
<td>Italian recipes, Mexican recipes, tomato sauces, meats, fish, poultry, eggs, soups, spreads, dips, green salads, vegetables, mushrooms, sauces</td>
</tr>
<tr>
<td>Parsley</td>
<td>Meats, poultry, fish, eggs, beans, stews, soups, spreads, dips, butters, salads, vegetables, noodles, rice, breads</td>
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<tr>
<td>Poppy Seed</td>
<td>Chicken, fish, lamb, veal, breads,</td>
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<tr>
<td>Red Pepper</td>
<td>Italian recipes, Mexican recipes, tomato sauces, meats, fish, poultry, eggs, soups, vegetables</td>
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<tr>
<td>Flakes</td>
<td></td>
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<tr>
<td>Rosemary</td>
<td>Sparingly in meats, poultry, eggs, beans, soups, green salads, sauces, stuffing, marinades, vegetables, herb breads, fruits</td>
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<tr>
<td>Sage</td>
<td>Pork, fish, veal, lamb, cheese dips, cream soups, gravies, green salads, tomatoes, carrots, lima beans, peas, onion, lentils, Brussels sprouts, eggplant</td>
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<tr>
<td>Savory</td>
<td>Seafood, pork, lamb, veal, poultry, egg dishes, cabbage, peas, lentils</td>
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<tr>
<td>Sesame</td>
<td>Fish, lamb, eggs, chicken, fruit salads, vegetables, noodles, breads, toppings, candies, cookies</td>
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<tr>
<td>Tarragon</td>
<td>Poultry, fish, shellfish, salads, soups, beets, cabbage, cauliflower, broccoli</td>
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<tr>
<td>Thyme</td>
<td>Sparingly in fish, shellfish, soups, meats, poultry, cheese, eggs, gumbo, soups, artichokes, beets, beans, potatoes, onions, carrots</td>
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<tr>
<td>Turmeric</td>
<td>Gives a yellow color, mildly sweet, in eggs, curries, tomato stews</td>
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<tr>
<td>Vanilla</td>
<td>In oatmeal, tea, desserts</td>
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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 Worchester sauce, balsamic vinegar, mustard, pimientos, oregano, or Italian seasoning.