



A Nutrition Resource

# HERBS, SPICES & SEASONINGS

Herbs and spices can add flavor and variety to food - using them when cooking is particularly helpful to remain within guidelines for recommended daily sodium intake. Use a little at first and then add more when you are sure you like the flavor.

## SUBSTITUTE DRY FOR FRESH:

Use  $\frac{1}{3}$  to  $\frac{1}{2}$  teaspoon crushed or dried for 1 Tablespoon fresh.

## STORAGE:

Herbs and spices lose flavor and can spoil if kept longer than one year. If you use them slowly, buy small quantities or store them in the freezer.

## MANY SEASONING MIXES CONTAIN A LOT OF SALT

Use the following sparingly and look for them as ingredients in seasoning mixes.

- Garlic salt
- Seasoned salt
- Onion salt
- Celery salt
- Soy sauce
- Monosodium Glutamate (MSG)



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<b>Herbs, Spices &amp; Seasonings</b>	<b>Uses</b>
ALLSPICE	Desserts
BASIL	Tomato and egg dishes, stews, soups, and salads
BLACK PEPPER	Soups and stews, meats, seafood, and vegetable dishes
CHILI POWDER	Meats, casseroles, vegetables, soups, and eggs/egg dishes
CIDER VINEGAR	Chili, bean and rice dishes, sauces, dips
CILANTRO	Salads, vegetables, and sauces, Mexican foods, salsas, salads, slaws, and marinades
CINNAMON	French toast, fruit salad, sweet potatoes, pumpkin and winter squash, ham or pork chops, and baked goods
CUMIN	Mexican, Middle Eastern, and Indian dishes, beef, lamb, and bean dishes, chili and tomato sauces
DILL	Tuna or salmon salad, potato salad, pickles, dips, and sauces, vegetables like tomatoes, cucumbers, carrots, and green beans
GARLIC	Italian, Mexican, and Oriental dishes, salad dressings, stir-fries, and with tomatoes and potatoes (Can use fresh or dried - crushed, minced, or powdered)
GINGER	Asian dishes, marinades for chicken or fish, fruit salad dressings, gingerbread, and pumpkin pie (Can be used fresh or dried/ground)
ITALIAN SEASONING	Italian seasoning is a mixture of marjoram, oregano, basil, and rosemary. Use in Italian dishes like spaghetti and pasta salads.
LEMON JUICE	Fruit salads, blender drinks, fish, and vegetables
NUTMEG	Cooked fruit, pies, desserts, baked items, spinach, sweet potatoes, pies, desserts, and baked items
ONION	Any dish where onion flavor is desired - chili, casseroles, stews, salads, sauces, and vegetables (Can be used fresh or dried – minced or powdered)
OREGANO	Italian dishes, chili, omelets, beef stew, meatloaf, pork, and vegetables such as broccoli and tomatoes
PARSLEY	Meats, soups, and vegetable dishes (Adds color and brings out the flavor of dishes)
ROSEMARY	Meats, vegetables, and soups
SAGE	Stuffing, poultry, Brussels sprouts, and soups
THYME	Fish, poultry, meats, soups, stews, rice, and vegetable salads

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