



Cooking with Herbs, Spices & Seasonings

Herbs and spices can add flavor and variety to your food. Use a little at first, and then add more when you are sure you like the flavor.

To use dry for fresh: Use $\frac{1}{3}$ to $\frac{1}{2}$ teaspoon crushed for 1 Tablespoon fresh.

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

Herb, Spice or Seasoning	Uses
Allspice	Desserts
Basil	Tomato and egg dishes, stews, soups and salads
Bay Leaves	Soups and stews, meat, seafood and vegetable dishes
Black Pepper	Meats, casseroles, vegetables and soups, (other types of peppers: white, cayenne)
Chili Powder	Chili, bean and rice dishes, sauces, dips
Cider Vinegar	Salads, vegetables and sauces.
Cilantro (Coriander)	Mexican foods, salsas, fresh salads and slaws and in marinades
Cinnamon	French toast, fruit salad, sweet potatoes, pumpkin and squash, apple desserts, ham or pork chops, cookies, bread pudding
Cloves	Whole – ham or pork roast Ground – pear or apple desserts, squash & sweet potatoes
Cumin	Mexican, Middle Eastern & Indian dishes, beef, lamb, dry bean dishes, marinades, chili and tomato sauces An ingredient in curry powder.
Dill	Tuna or salmon salad, potato salad, pickles, dips & sauces, vegetables, like tomatoes, cucumbers, carrots, green beans

Garlic	Can use fresh or dried. (Crushed, minced or powdered) Italian, Mexican and Oriental dishes salad dressings, stir-fry, tomatoes and potatoes
Ginger	Can be used fresh or dried (ground). Asian dishes, marinades for chicken or fish, fruit salad dressings, gingerbread, pumpkin pie
Italian Seasoning	A mixture of marjoram, oregano, basil and rosemary. Italian dishes such as spaghetti, stir-fry, pasta salads
Lemon Juice	Fruit salads, blender drinks, fish, and vegetables
Marjoram	Egg and cheese dishes, meat, fish, poultry and vegetables
Nutmeg	Cooked fruit, pies, desserts, baked items, spinach, sweet potatoes, eggnog and French toast
Onion	Can be used fresh or dried (minced or powdered) Use in any dish where onion flavor is desired: chili, casseroles, stews, salads, sauces, and vegetables.
Oregano	Italian dishes, chili, omelets, beef stew, meat loaf, pork, vegetables (such as broccoli and tomatoes)
Parsley	Adds color and brings out the flavor of dishes, meat, soup or vegetable dishes
Rosemary	Meats, vegetables and soups
Sage	Stuffing, poultry, duck, Brussels sprouts,
Thyme	Fish, poultry, or meats, in soups, stews, rice, vegetable salads

Seasoning Food with Less Salt

Try using herbs and spices to season your food.

Some seasonings contain salt and/or sodium. Use these sparingly:

Garlic salt	Seasoned salt
Onion salt	Celery salt
Soy Sauce	Monosodium Glutamate (MSG)

Many seasoning mixtures contain a lot of salt –
READ THE LABEL!

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