



## SPICES & SEASONINGS

### Benefits of Spices & Seasonings:

- Add flavor, color and fragrance without the extra calories, fat, sugar, and often sodium.
- Completely change the flavor profile of a food or dish.
- Minimize use of sauces and dressings high in fat, carbohydrates and sodium.
- Provide health benefits and protective factors due to natural antioxidants, vitamins and minerals.

	FLAVOR	USES	TIPS
<b>CHILI POWDER</b>	Spicy, smoky, sweet & flavorful; often made of ground chili peppers blended with paprika, cumin, garlic powder, black pepper & salt	Extremely versatile; used in Asian, Mexican, Southwestern, Indian & American dishes	Pairs great with lime for added zing. Use as a rub for meat & fish, add to chili, soups, stews, taco dishes & sauces for added flavor & a subtle kick.
<b>CINNAMON</b>	Sweet, earthy, woody	Baked goods, savory dishes, Enhances flavor & the perception of sweetness	Add to oatmeal, cookies & any baked goods for added sweetness & depth. Also great in soups & stews.
<b>CUMIN</b>	Smoky, earthy, nutty, spicy, warm, slightly bittersweet	Add to a variety of recipes, often in Mexican, Asian, Indian & Mediterranean dishes	A little goes a long way. Pairs well with garlic & chili powder in dishes & gives a multi-layer flavor; enhances garlic's flavor, balances the heat in chili powder & brings out the nutty flavor in coriander.
<b>GARLIC POWDER</b>	Milder than fresh garlic, lightly sweet	Season meats, vegetables, potatoes & starches, enhance flavor in snacks (nuts, popcorn) & added to most stews, soups, sauces & dressings	Substitute for salt in low-sodium dishes to still get bright flavors & taste. Amplifies flavor in savory dishes.
<b>GINGER</b>	Sweet & spicy; ground is milder & slightly sweeter than fresh ginger	Asian & Middle Eastern dishes, also great for upset stomach & digestion	Use for marinades, sauces & dressings. Add to stews & soups for a warm, sweet & spiced flavor. Also great on meat, fish & vegetables.
<b>OREGANO</b>	Peppery, sweet, fresh	Italian & Mediterranean dishes	Goes well with chicken & fish, sauces, dressings, salads, pasta dishes, soups & stews.
<b>PARSLEY</b>	Clean, bright, grassy & vibrant	American, European & Middle Eastern dishes	Great in pasta dishes, sprinkled on chicken, fish & potatoes. Adds flavor to casseroles, soups, stews & egg dishes.
<b>VANILLA EXTRACT</b>	Sugary, caramelly & floral; sweet but potent	Compliments & brings out flavors in baked goods & savory dishes	Enhances the perception of sweetness; use in baked goods, tenderizing meats, smoothies, tomato sauce & other savory dishes
<b>LEMON JUICE</b>	Fresh, tart, light, bright, clean	Extremely versatile; use in baked goods, tenderizing meat & fish, dressings, sauces, soups, stews & salads.	Add at the end of cooking for most flavor. Add to cooked vegetables to keep bright colors & enhance flavor. Substitute for vinegar in dressings.

**Tip:** T fresh = 1 tsp dried or ground