

Spice Up Your Pantry



Having herbs and spices on hand is a great way to enhance the flavor of your favorite dishes without the use of sugar or salt.



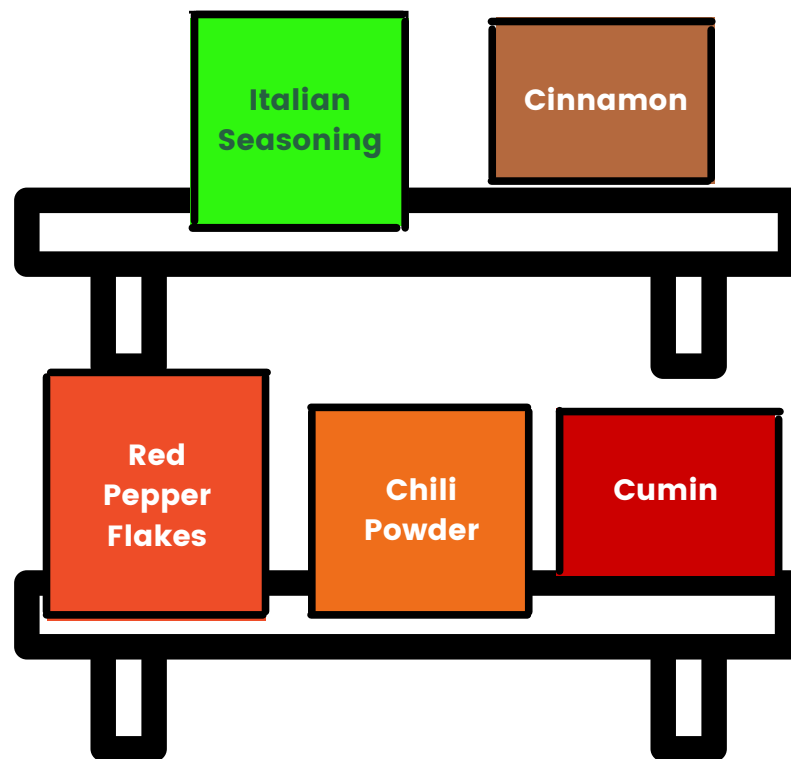
FIRST

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These 5 herbs and spices can be used in many different recipes making them good flavor options to start with.



As you explore flavors and cooking more, gradually add other herbs and spices to your supply.



Freshness equals flavor.

- Be sure to keep your spices tightly closed and stored in a cool, dry place, such as your pantry or cabinet.
- Check your expiration dates every so often.
 - Whole spices will stay fresh for up to 2 years
 - Ground or dried spices will stay fresh for about 6 months.

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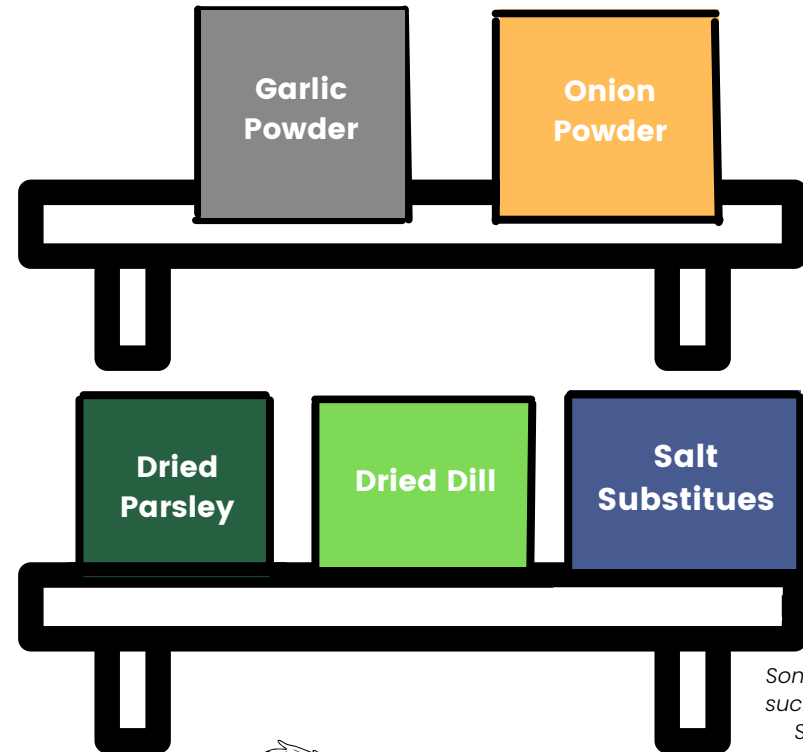
Are you ready to add more flavor? Here are 5 additional spices to explore. These seasonings can be used in a wide array of dishes and cuisines.



5 MORE

Tips

- Garlic powder and onion powder can be used in many dishes.
 - Add dried parsley to marinades or creamy sauces.
 - Use a flavorful salt substitute seasoning, such as Mrs. Dash, on steamed veggies.
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- Buying in bulk and buying store brand are great ways to cut costs.

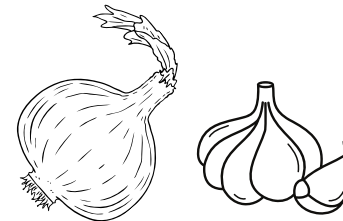


Some salt substitutes, such as Nu Salt or Lite Salt, may not be appropriate for all people. Consult with your doctor before adding to your diet.

Don't have it? Don't worry.

Certain ingredients can be substituted for others.

- 1 Tablespoon of onion powder can 1/2 a medium onion
- 1/2 teaspoon of garlic powder can replace 1 clove of garlic
- Italian seasoning can replace certain herbs such as basil, oregano, or rosemary at equal substitution equivalents.
- Generally, 1 Tablespoon of fresh herbs can be replaced with 1 teaspoon of dried herbs.



Suggestions for Using Spices

Here are some quick suggestions for how to use your spices. Think of these as a starting place and add more to your list as you experiment.



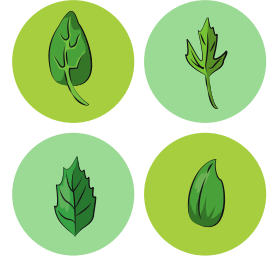
<u>Spices or Herbs</u>	<u>Suggestions</u>
Italian Seasoning	Use in place of dried basil or dried oregano when needed - potatoes - omelets - seafood - beef - poultry
Cinnamon	Fruit salads - sweet potatoes - squash - pumpkin - green beans - pork chops - ham
Red Pepper Flakes	Very versatile - add at the beginning of cooking for overall heat - add after cooking to give subtle bursts of heat
Chili Powder	Tomato soup - corn soup - gumbo - chili - rice - green beans - meat loaf - hamburgers - shrimp
Cumin	Soups - stews - chili - meatloaf - rice - salad dressing - tomato sauces

<u>Spices or Herbs</u>	<u>Suggestions</u>
Garlic Powder	Very versatile - stir-fry's - marinades - salsa - beef - pork - poultry - pasta
Onion Powder	Very versatile - soups - stews - marinades - meatloaf - chili - potatoes - roasted vegetables - pasta
Dried Parsley	Very versatile - soups - potatoes - cauliflower - carrots - squash - deviled eggs - omelets - garnish
Dried Dill	Cole slaw - salad dressing - green beans - deviled eggs - omelets - pot roast - baked fish
Salt Substitute	Some salt substitutes, such as Nu Salt or Lite Salt, may not be appropriate for all people. Consult with your doctor before adding to your diet.



All About Zest

Just as spices and herbs do, citrus zest can add a unique flavor element to many dishes. Citrus zest is also a known replacement for some salt in recipes.



Tips

- Acidic flavors from zest help to brighten a dish by balancing out salt within the recipe.
- The acid within zest also helps to break down/tenderize proteins.
- Add before cooking for a mellow flavor.
- Add after cooking for a bright punch of flavor.



- Add citrus zest to a variety of dishes to bring out different flavors:
 - Marinades or salad dressings
 - Baked fish or chicken
 - Stewed red meats
 - Rice, pasta, or quinoa
 - Desserts

How to zest citrus

- Make sure you clean your citrus fruit before zesting.
- Try using a microplane - which is an expensive tool that finely grates items into small bits
- Gently scrape the citrus over the sharp edges. Rotate the citrus until you grate the amount you need.
 - Tip: avoid as much of the white part of the peel, called the pith, as possible. The pith can taste bitter.
- Be careful of your fingers to avoid injury.
- Citrus fruit to try: lemons, limes, oranges, grapefruit, or tangerines.
- Freeze for up to 1 month in airtight freezer bag.