

## Cook with Herbs & Spices

Herbs & spices add flavor, aroma and visual appeal to food.

Herbs & spices maximize the flavor of low fat foods.

Use herbs & spices to flavor food instead of salt, sugar or fat.

If a recipe calls for 1/4 teaspoon of powdered herb, you can use 3/4 to 1 teaspoon crumbled or flaked, or 2 teaspoons fresh.

Add whole spices during cooking to get full flavor. Add ground or cut herbs and spices midway or towards end of cooking time so the flavor isn't lost or weakened. For cold foods (dips, dressings, etc.), add herbs several hours before serving.



UNIVERSITY OF ILLINOIS  
**EXTENSION**  
FOOD STAMP NUTRITION EDUCATION  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM

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# FARMERS' MARKET NUTRITION PROGRAM

## Herbs & Spices



**Season Your Foods  
With Herbs and Spices  
Instead of Salt, Sugar and Fat**

**VEGETABLES:**

**Beans, dried:** allspice, bay leaf, celery seed, chili powder, cloves, cumin, mustard seed

**Beans, lima:** basil, cayenne, celery, onion, savory

**Beans, snap:** basil, bay leaf, savory

**Beets:** bay leaf, cloves, nutmeg

**Broccoli:** caraway seed, garlic, mustard seed, onion

**Brussels sprouts:** caraway seed, dill, mustard seed

**Cabbage:** celery seed, cumin, fennel, mustard seed

**Carrots:** marjoram, nutmeg, parsley thyme

**Cauliflower:** celery seed, dill, paprika, parsley

**Corn:** chili powder, chives, parsley,

**Cucumber:** basil, chives, dill, parsley, pepper

**Eggplant:** allspice, bay leaf

**Greens, dark leafy:** marjoram, nutmeg

**Parsnips:** chervil, dill, marjoram, parsley, rosemary, thyme

**Peas:** basil, chervil, chives, marjoram, mint, rosemary, tarragon

**Potatoes, sweet:** allspice, cinnamon, cloves, ginger, nutmeg

**Potatoes, white:** basil, chives, paprika, parsley, pepper,

**Squash, summer:** chervil, marjoram, parsley, pepper

**Squash, winter:** allspice, basil, cinnamon, cloves, ginger, mustard seed, nutmeg,

**Squash, zucchini:** marjoram, oregano

**Tomatoes:** basil, bay leaf, celery seed, chives, curry, tarragon, thyme

**Turnips:** allspice, dill, nutmeg, paprika

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**FRUIT:** allspice, anise, basil, cardamom, cinnamon, cloves, curry powder, fennel, ginger, mace, mint, nutmeg, rosemary

**Dilled Cucumbers**

2 medium-sized cucumbers  
1/2 cup low-fat sour cream or yogurt  
1/4 cup chopped fresh dill  
Salt and freshly ground pepper

1. Thinly slice the cucumbers.
  2. Combine the cucumbers with sour cream/yogurt and dill. Chill.
  3. Salt and pepper, to taste
- Serves 6

Nutrition Facts (per serving): Calories 40 ~ fat 2.5 g ~ calories from fat 20 ~ sodium 10 mg ~ total carbohydrate 4 g ~ fiber 1 g

**Shaker Spice Blend**

*Sodium: 1.78 mg per teaspoon*

5 teaspoons onion powder  
1 1/4 teaspoons thyme leaves, crushed  
2 1/2 teaspoons garlic powder  
1/2 teaspoon ground white pepper  
2 1/2 teaspoons paprika  
1/4 teaspoon celery seed  
2 1/2 teaspoons dry mustard

Mix thoroughly and place in shaker for use on main dishes, vegetables, soups or salads.