

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

HERBS & SPICES

You can eat healthier by choosing and preparing foods that are low in salt, sugar and fat. Add flavor to your healthful foods by adding herbs and spices.

- Cook tasty low fat food by flavoring meats, vegetables and grains with herbs and spices.
- Sweeten foods with spices such as allspice, anise, cardamom, cinnamon, cloves, ginger and nutmeg.
- Season foods without salt by adding herbs and spices that have zesty flavors such as black pepper, hot pepper, garlic, coriander, onion, and curry.



Salt-Free Herb Blend *Makes about 1/3 cup.*

Use this herb blend in any recipe as a substitute for salt.

5 teaspoons onion powder
2 1/2 teaspoons garlic powder
2 1/2 teaspoons paprika

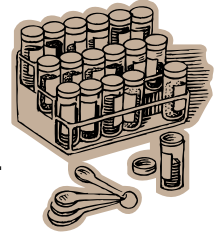
1 1/4 teaspoons thyme
1/2 teaspoon black pepper
2 1/2 teaspoons dry mustard



1. Combine all ingredients and mix well.
2. Spoon herb blend into a shaker. Add a few grains of white rice to keep the mixture dry.

Cooking With Herb & Spices

A GOOD RULE OF THUMB:
Use herbs and spices sparingly to start.



1. Add **FRESH** herbs near the end of cooking or just before serving.
2. Add **DRIED whole** herbs and spices at the start of cooking to get full flavor. Removing whole herbs and spices, at the end of cooking, may be necessary to reduce choking hazard.
3. Get more flavor from **DRIED flaked** herbs by crumbling them in your palm before adding them to your dish. Some flaked herbs are mild (basil) and best added at the end of cooking while others are robust (thyme) so they can be cooked longer.
4. Add **DRIED ground** herbs and spices towards the end of cooking time.
5. Hot red pepper gets hotter during cooking so start with small amounts.
6. For cold foods (dips, dressings, etc.), add herbs several hours before serving.

HERB ROASTED POTATOES Serves 5.

3 medium baking potatoes	1/2 teaspoon paprika
1/2 cup chives or onions, minced	1 teaspoon rosemary
2 tablespoons parsley	Non-stick vegetable cooking spray
1/4 teaspoon pepper	

1. Scrub potatoes under running water. Thinly slice potatoes.
2. Mix chives, parsley, pepper, paprika and rosemary together in a small bowl.
3. Layer 1/3 of potatoes in an 8x8x2 inch baking pan sprayed with cooking spray.
4. Sprinkle with 1/3 herb mixture.
5. Repeat with layer of potatoes and herbs two more times. Cover with foil.
6. Bake at 350°F for 45 minutes or until done.

NUTRITION FACTS (per serving) - Calories 210 - fat 0 g - calories from fat 0 - sodium 20 mg - total carbohydrate 46 g - fiber 6 g



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FAMILY NUTRITION PROGRAM
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