



Season with Herbs & Spices



Season your foods with herbs and spices instead of salt, sugar and fat.

Experiment with herbs & spices to find the flavors you like:

Beef: allspice, basil, bay leaf, caraway seed, chervil, chili powder, cloves, coriander, cumin, curry powder, dill, fennel, ginger, marjoram, oregano, paprika, pepper, rosemary, savory, tarragon

Eggs: basil, cayenne, celery seed, chervil, chili powder, chives, cumin, curry powder, dill, marjoram, mustard seed, oregano, paprika, parsley, pepper, rosemary, sage, savory, tarragon, thyme, turmeric

Fish: basil, bay leaf, cayenne, celery seed, chervil, cumin, curry powder, dill, ginger, marjoram, mustard seed, oregano, paprika, parsley, pepper, sage, savory, tarragon, thyme, turmeric

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

Pork: allspice, basil, bay leaf, caraway seed, chervil, cinnamon, cloves, coriander, fennel, ginger, marjoram, nutmeg, pepper, rosemary, sage, savory, thyme

Poultry: basil, bay leaf, chervil, coriander, curry powder, dill, ginger, marjoram, paprika, parsley, pepper, rosemary, sage, savory, tarragon, thyme, turmeric

Vegetables: See additional handout